

# Poly Role Play Cards

Designed by ChaTo — Concept by Sam & ChaTo

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Goal: to have fun and reflect

1. You are non-monogamous partners
2. Decide jointly on an imagined location (e.g., café)
3. Decide who is A and who is B
4. A draws two "objective" cards, keeps one, does not show it
5. B draws two "character" cards, keeps one, does not show it
6. A interpret themselves initiating a conversation on the objective, B plays as the chosen character
7. Role play for 3 to 5 minutes
8. Talk about the conversation (feelings, thoughts, ...)



## OBJECTIVES



You would like to see the other person less often, so you can have more time for yourself.



You would like to see the other person more often. The time between encounters is longer than what you would like.



You no longer feel sexually attracted to the other person, but you do enjoy non-sexual physical touch with them. You want to stay together.



You are feeling very jealous about a new partner the other person has.

You think you can manage this, but would like to ask for help.



You want to tell the other person that you opened up a profile in a dating app to meet and potentially date other people.



You want to tell the other person you are becoming more emotionally and physically close to a person you started dating recently.

You want to reassure the other person that the relationship with them is still important to you.



You want to tell the other person you will go on vacations with another partner for two weeks.

You know this is going to be difficult to process by the other person.



You want to tell the other person that you tested positive for a sexually transmitted disease (e.g., chlamydia), and started treatment.

You would like the other person to test themselves, and to start treatment if needed.



You want to tell the other person you found their mobile unlocked, could not resist the temptation, and looked through their messages, finding something that for you is objectionable (e.g., a lie).

You want to apologize, but also address what you found objectionable.



You want to come out to your friends and family, together, as non-monogamous.

You want to come out to everybody, you do not want this to be a secret.



You want to explore BDSM or kinky sex with the other person – perhaps go to a dungeon together, or to a BDSM play party. You know this is new to both of you.



You want to tell the other person that you realized they have become the closest relationship in your life, a kind of "anchor" partner.



You went through a very painful breakup last week, and now you have doubts about your whole relationship model.



(You pick the topic. Perhaps, think of a difficult conversation you recently had with a partner.)



## **CHARACTERS**



### Cheater "fuckboy" or "fuckgirl"

You just want to have sex with many people, but do not like taking any responsibility. Most of all, you do not like your partners having sex with others. You are just a cheater using non-monogamy as an excuse.



### Monogamous "cowboy" or "cowgirl"

You like partnering with non-monogamous people for a while, but in reality, you want an exclusive relationship. You think that over time you will make your partner monogamous.



### New to non-monogamy

You have been non-monogamous for six months and feel that you are still very new to it.



### Relationship anarchist

You are a relationship anarchist who has relationships that are friendships, in which some of those friendships are also sexual. You do not want to impose any hierarchy within the relationships in your network.



### Hierarchically non-monogamous

You want the relationship with your partner to be the most important for you and the most important for them, and for this relationship to be above all others.



### Anxious

You have anxious attachment: a strong fear of abandonment or rejection, and tend to be "clingy" in relationships.



### Avoidant

You have avoidant attachment: a strong discomfort with emotions, difficulty feeling close with other people, and a high need for independence.



### Closeted non-monogamist

You are non-monogamous, but for various reasons you prefer that nobody (including family, friends, acquaintances) finds out about this. You would also prefer that your partner keeps non-monogamy a secret.



### Still processing cheating

One of your other partners recently cheated on you, and you are still processing that. This is very present in your mind.



### Be yourself

Play as if you were facing this conversation.