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Can we talk about our love for others?

What if I desire someone else?

**(RE)DEFINING RELATIONSHIPS**

Is it necessary to share every time I think of someone else?

“What makes us think that everything else will change in this century but marriage should stay the same as it was for our grandparents? It won’t. And the couples that manage to stay together and make it work will be the ones who decide to create fluidity and flexibility in their partnerships, and find ways to make monogamy work for them.”  
~~ Nelson, New monogamy

“Conventional notions of monogamous, till-death-do-us-part marriage strain under the dead weight of a false narrative that insists we’re something else. ...cultural shifts...rendered the true story of human sexuality so subversive and threatening that for centuries it has been silenced by religious authorities, pathologized by physicians, studiously ignored by scientists, and covered up by moralizing therapists.”  
~~ Ryan & Jethá, Sex at dawn

“A number of thorny questions arise in discussion of consensual non monogamy. Is emotional commitment always bound to sexual exclusivity? Can we love more than one person at the same time?... Is jealousy an expression of love or a sign of insecurity? Why are we eager to share our friends, but demand exclusivity from our lover?”  
~~ Perel, Mating in captivity

**TERMS**

- yield
- sex positive
- trans
- shadow
- holosexual
- poly
- somatics
- relationship

**OUTLINE**  
 Introductions  
 Learning to yield (activity)  
 What is love...?  
 Forms and functions  
 Attraction: sexual and otherwise  
 Open secrets  
 (Un)conscious touch & dimmer switches  
 Connections

**WHAT ARE LOVE & ATTRACTION?**  
 Love...  
 Attraction...  
 Lust...  
 Friendship...  
 Sensuality...  
 Desire...  
 Relationship...  
 Infidelity...  
 Shame...

How do I deal with my/your jealousy?



Can we meet potential or actual lovers for lunch, hobbies, or weekends?

decolonization:  
or: making space for other  
somatics & storytelling



(re)placing self:  
or: en/gendering movement  
gender & sexuality education



restor(ing) place:  
or: finding ground  
cultural eco-somatics



What are our rules about flirtation?

CONNECTIONS & RESOURCES

SELECTED REFERENCES

Block, J. (2009). Open: Love, sex, and life in an open marriage.  
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 Nelson, T. (2012). The new monogamy: Redefining your relationship after infidelity.  
 Perel, E. (2007). Mating in captivity: Unlocking erotic intelligence.  
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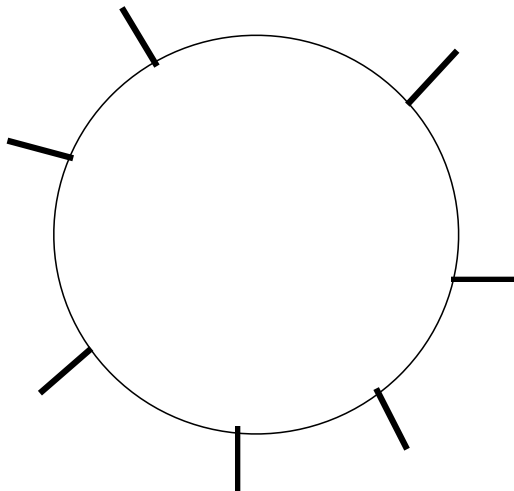
Can I love someone else and still love you?

ONLINE RESOURCES

- blogs:  
 Kinkly  
 Sexual Intelligence  
 Liberator
- Facebook pages:  
 Real Men Project  
 Everyday Feminism  
 Sex with Emily  
 Jenny Block  
 Feministing  
 ASSECT
- Email lists:  
 National Coalition for Sexual Freedom  
 Loving More  
 Center for Sex Positive Culture
- Misc:  
[thatotherpaper.com/files/Yes\\_No\\_Maybe.pdf](http://thatotherpaper.com/files/Yes_No_Maybe.pdf)

Is it okay to be attracted and emotionally connected to a friend of the opposite sex?  
 .....

WHAT ARE THE SETTINGS ON YOUR DIMMER?



TV & MOVIES

- Masters of Sex  
 Polyamory: Married & Dating  
 The Affair  
 Fifty Shades  
 Concussion  
 Easy A  
 Shame  
 The Ice Storm  
 Quills  
 Breaking The Waves  
 The Sessions  
 Monster  
 The Ice Storm  
 Blue is the Warmest Color  
 Sleeping Beauty  
 Up In The Air  
 An Education  
 Kissing Jessica Stein

The Openness Spectrum

