Chapter Two: Identifying and Grieving Your Losses in an Open Relationship

Many people that open their relationship look for all the positives and benefits that you can gain. As fulfilling as polyamorous relationships can be, there are still losses that you can experience. In this chapter, we go over the process of identifying and grieving these losses.

Exercise 3: Your Cost-Benefit Analysis
What are you gaining and losing?

Even if you have discovered you are on the side of the orientation spectrum that is completely polyamorous, you have likely been in monogamous relationships in the past. Just like there are positives in polyamorous relationships that can’t be found in monogamy, there are positives of monogamous relationships that can’t be had in polyamorous relationships. You may need to identify these and accept the loss of them in your life or relationships.

Have you been in both monogamous and polyamorous relationships? If so, these questions may be easier for you. However, if not, it’s still possible to answer all of these questions. Take your time to figure out what is important to you, and what you feel the loss and gain of the most.

Exercise 3: Discussion/Ask Yourself

- What are the biggest costs of monogamy to you?
- What are the biggest rewards of monogamy to you?
- What are the biggest costs of polyamory to you?
- What are the biggest rewards of polyamory to you?
- Are there any pros or cons to either monogamy or polyamory that you feel that you don’t see listed?