

Challenging „The one true Love“

The story we are told

- Too much sex is considered „promiscuous“/“decadent“
(at least for women: Slut vs Stud)
- You are not „whole“: You have to find „the other half“
- Being „destined“ for each other/“love at first sight“
- „Romantic Love“ is something you should strive for
- A lifetime monogamous relationship is of the most important goals of life

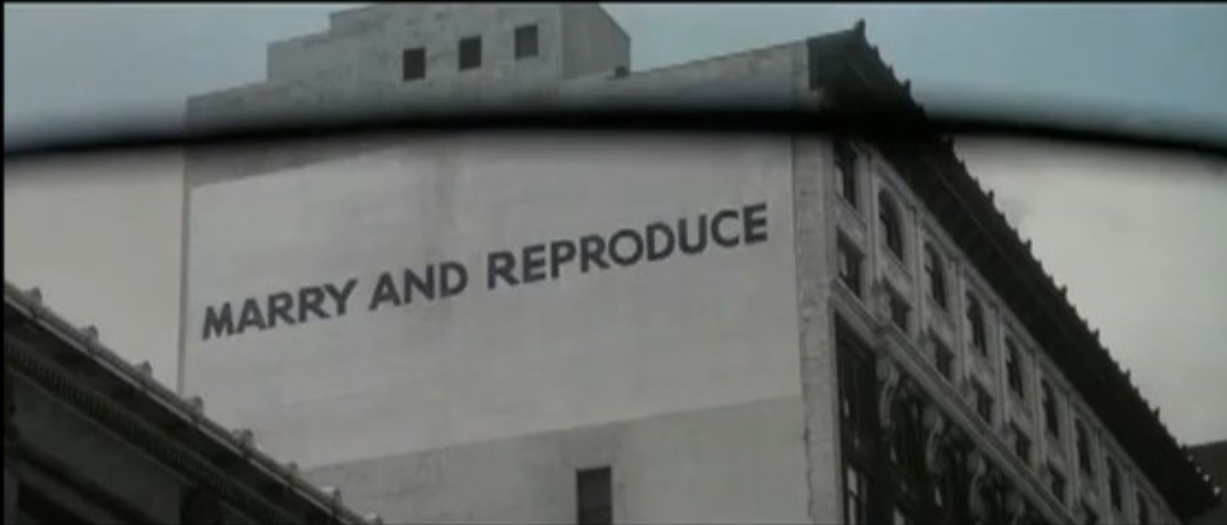
This can lead to

- People are judged if they don't find "the one". Self-doubts.
- Pressure to find „the one“ and to fulfill all their needs
(be someone you are not)
- Fear of losing partners, try to „own“ partners, other people become a threat
- Cheating
- Leaving partners for „better partners“



Sexual desire is hyped and commercialized. Love is treated as a scarce good and people are mostly isolated.

The „traditional“ family became traditional in the middle of the 19th century.



The traditional family with the woman doing reproduction work stabilizes capitalism.

← *Movie „They live“*

Not every problem someone has with his girlfriend is necessarily due to the capitalist mode of production.

Herbert Marcuse

Polyamory

consensual, ethical, and responsible non-monogamy

Various Forms: Open Relationships, Circles, Networks, ...

Love is not a limited resource (only time is)

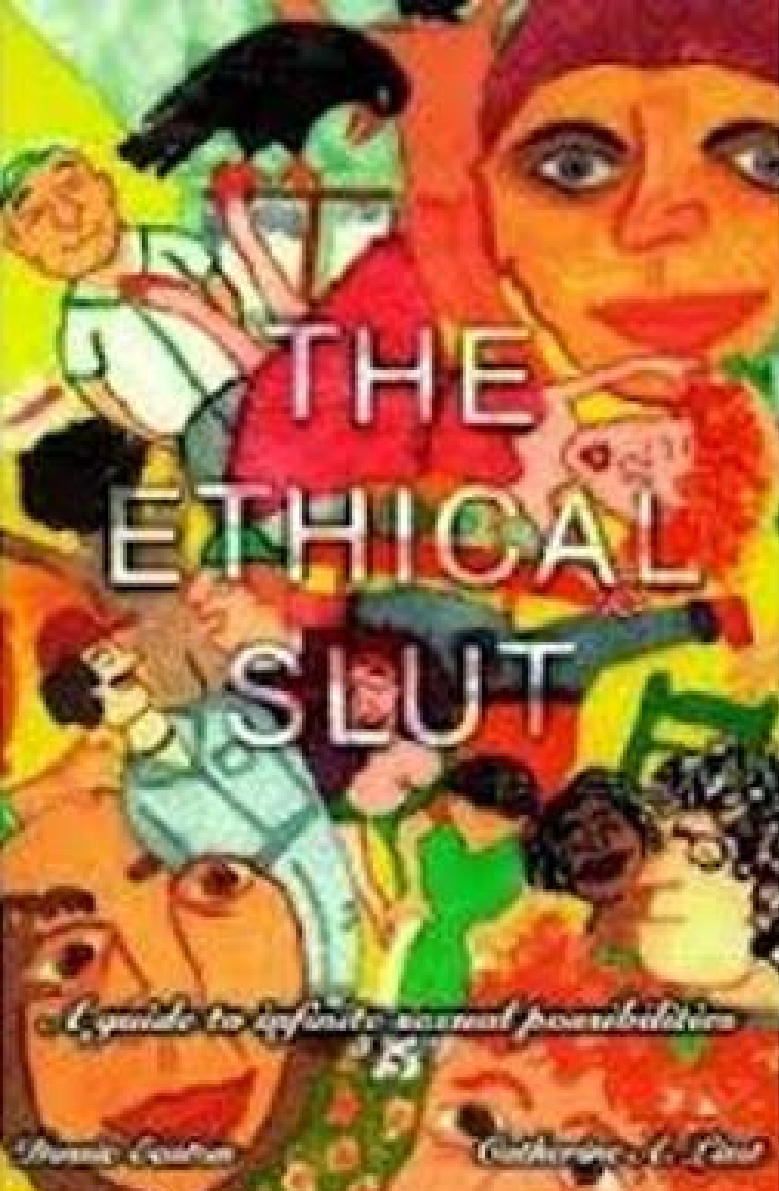
The more love you give the more love you have.

How does it work? - *just like every good relationship should*

- Question the norms of what a relationship has to be like, find what works for you.
- Honest and open communication (needs, fears, feelings, limits)
- Take responsibility for your needs/feelings (no blaming)
- Empathy and respect for your partners' needs and feelings
- Faithfulness (no cheating) with regards to mutual agreements

Advantages

- Find what works best for you
- Reduces pressure to have to find "the one". (Each relationship has its own value.)
- Reduces pressure to fulfill all needs of the other. (You can be with someone even if you don't fulfill all her needs)
- The "main" relationship can be inspired by additional relationships
- Adapts to new needs if partners develop in divergent directions



The Ethical Slut - book and web series

Reclaiming „slut“ as a sex-positive term

***Polyamory might not be for everyone but
the skills you learn are:***

- Communication
- Question what a relationship is about
- Consensual sex and safer sex
- Be „whole“ without needing „the one“
- Compersion and how to handle jealousy