

RELATIONSHIP STRUGGLES

A TRAUMA-SENSITIVE
RELATIONSHIP DIVERSITY AFFIRMATIVE
ZINE

BY
MEG-JOHN BARKER

CONTENTS

- 1 } INTRODUCTION
- 2 } THE PROBLEM
- 3 } POSSIBLE SOLUTIONS
- 4 }
- 5 — RELATIONSHIP TRAUMA
- 6 — EXISTENTIAL
- 7 — SOCIOCULTURAL
- 8 — RELATIONAL
- 9 — INTERNAL
- 10 — WHAT THIS MEANS
- 11 — RELATIONSHIP DIVERSITY
- 12 — SOLONESS & SINGLEDOM
- 13 — INSTANT/EVOLVING RELATIONSHIPS
- 14 — SERIAL/LIFELONG RELATIONSHIPS
- 15 — BETWEEN/BEYOND THE BINARY
- 16 — CONSENSUAL/CONSCIOUS RELATIONSHIPS
- 17 — AROMANTIC & ASEXUAL RELATIONSHIPS
- 18 — RELATIONSHIP ANARCHY
- 19 — SEX & RELATIONSHIP WORK
- 20 — CONCLUSIONS
- 21 — FIND OUT MORE
- 22 — SUPPORT MY WORK

INTRODUCTION

LOVE HURTS

THE PROBLEM

RELATIONSHIPS ARE (VERY VERY) HARD

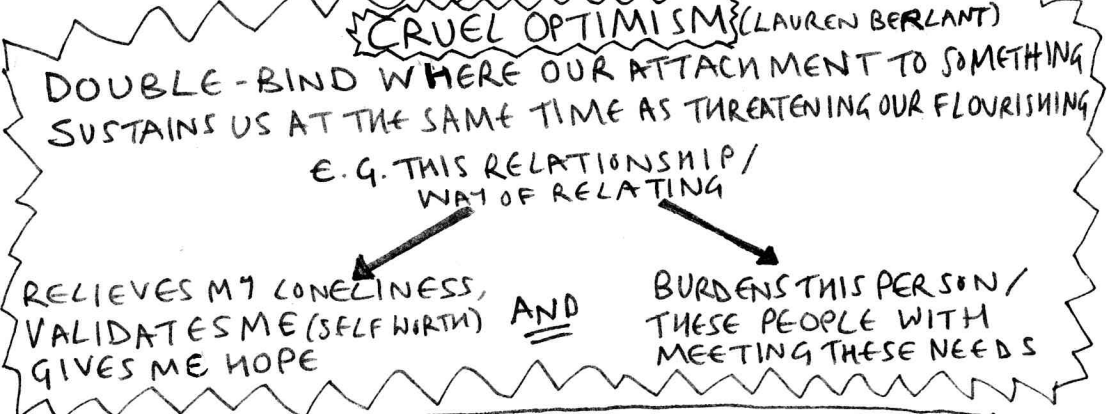
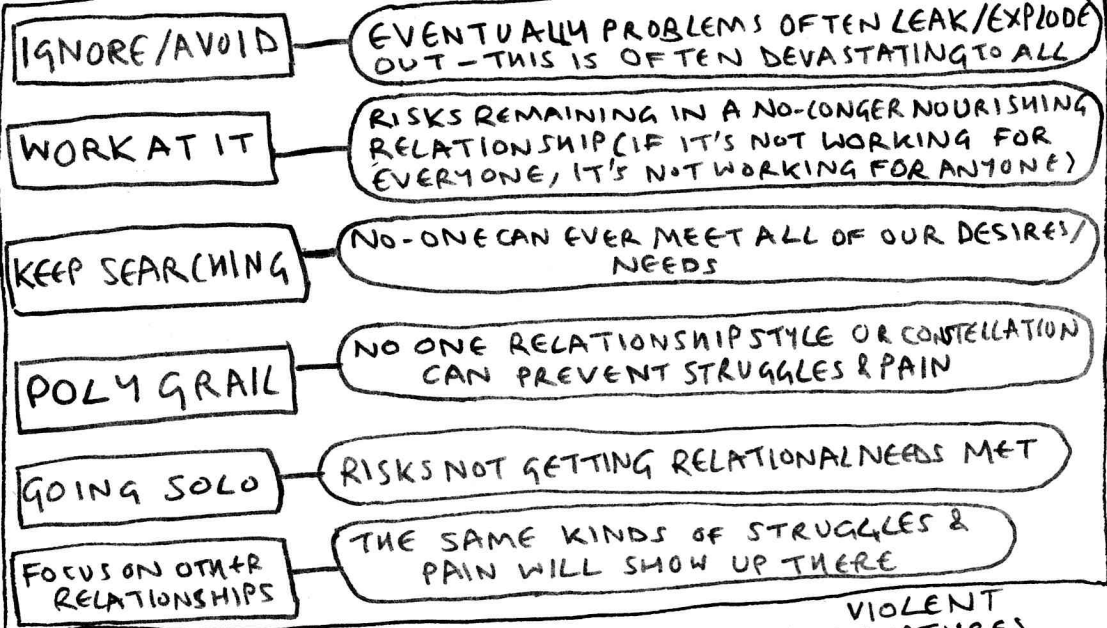


- WHICH OF THESE HAVE YOU TRIED?
- ARE THERE ANY OTHERS IN YOUR LIFE / COMMUNITIES?
- WHAT'S YOUR EXPERIENCE?

* 'CULTURE' IN THIS ZINE MAINLY REFERS TO MAINSTREAM CULTURE IN WESTERN EUROPE, NORTH AMERICA & SIMILAR CONTEXTS (2)

BIG PROBLEM

NONE OF THESE 'SOLUTIONS' STOP RELATIONSHIPS BEING HARD/PAINFUL



- DOES THIS RESONATE FOR YOU?
- HOW HAVE YOU RESPONDED? E.G.
 - BLAMING SELF
 - BLAMING OTHER/S
 - AVOIDING THE ISSUE
 - WITHDRAWING/GIVING UP

ALTERNATIVE

RELATIONSHIPS ARE HARD AND PAINFUL BECAUSE OF RELATIONSHIP TRAUMA

SO WE NEED A TRAUMA-SENSITIVE APPROACH TO ALL RELATIONSHIPS

MAINSTREAM CULTURE USES THE STRUGGLES IN COUNTER-CULTURAL RELATIONSHIPS AS EVIDENCE THAT THEY'RE WRONG & CAN'T WORK, AND VICEVERSA



NOT NATURAL, ABNORMAL, TOO COMPLICATED, I COULD NEVER... BOUND TO FAIL. WHAT ABOUT THE CHILDREN??!

BRAINWASHED NORMIES/MUGGLES, OUR WAY IS MORE EVOLVED & FREE, YOURS IS NON-CONSENSUAL, WHAT ABOUT THE CHILDREN??!

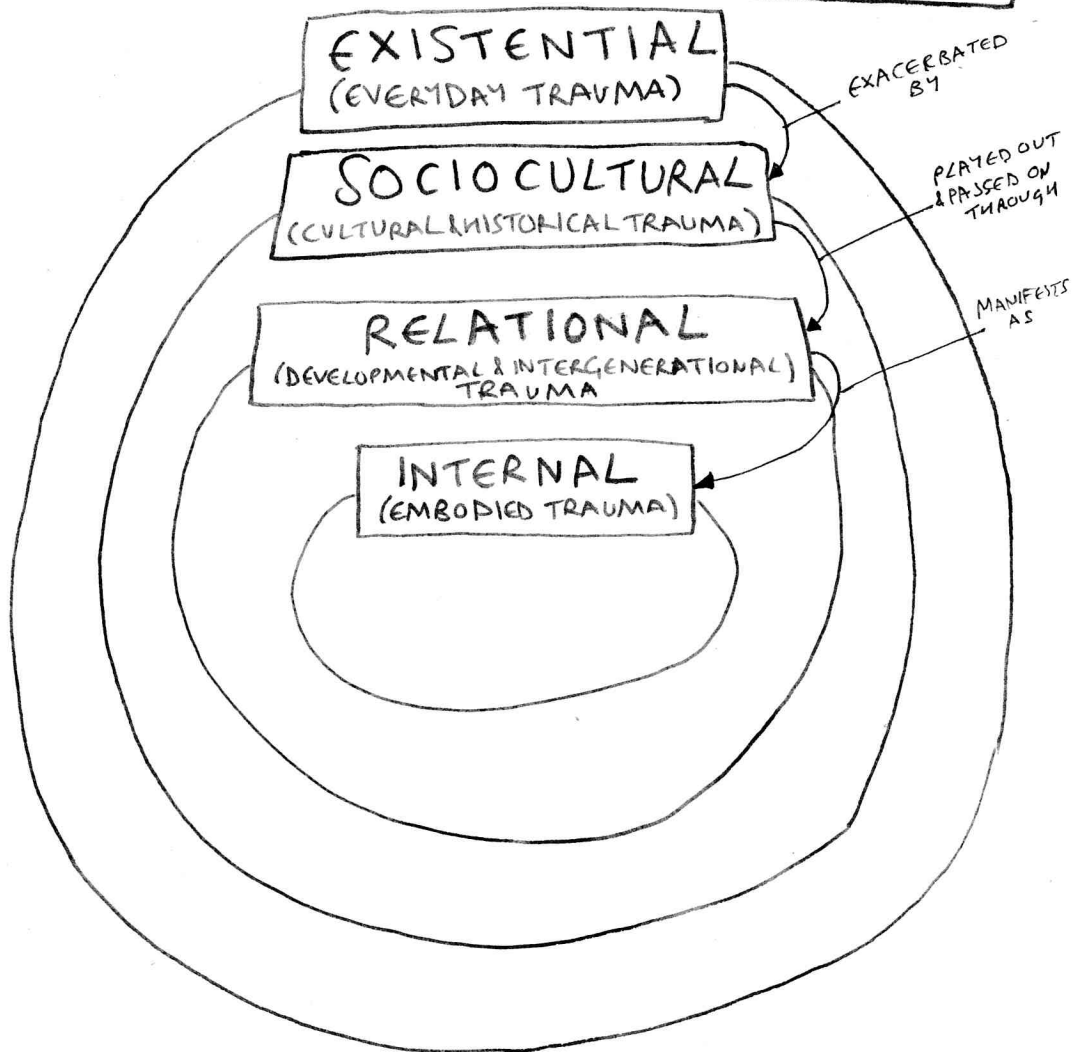


NO!

ALL RELATIONSHIP STYLES ARE HARD
DIFFERENT THINGS WORK FOR DIFFERENT PEOPLE AND AT DIFFERENT TIMES IN OUR LIVES

SO WE NEED A RELATIONSHIP DIVERSITY AFFIRMATIVE APPROACH AFFIRMING DIVERSE KINDS OF RELATIONSHIPS AS EQUALLY VALID (AS WITH GENDERS & SEXUALITIES)

A MULTI-LEVEL UNDERSTANDING OF (RELATIONSHIP) TRAUMA

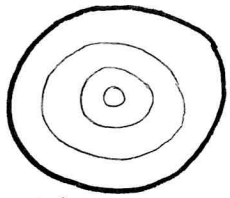


EXPLORING

- HOW (RELATIONSHIP) TRAUMA OCCURS AT ALL THESE INTERCONNECTED LEVELS (PAST & PRESENT),
- HOW WE CAN ADDRESS IT ACROSS THOSE LEVELS NOW,
- HOW WE CAN SHIFT THINGS FOR THE FUTURE

EXISTENTIAL

(EVERY DAY TRAUMA)



AT THE EXISTENTIAL LEVEL OF BEING HUMAN

- WE ARE INEVITABLY BOTH ALONE AND IN RELATION WITH OTHERS
- WE NEED BOTH FREEDOM & DIGNITY AND SAFETY & BELONGING

WE'RE IN A STATE OF EXISTENTIAL ANXIETY

IF I'M FREE THEN I COULD ALWAYS HAVE MADE DIFFERENT CHOICES - E.G. A DIFFERENT RELATIONSHIP OR WAY OF RELATING



EVERYTHING IS IMPERMANENT AND EVENTUALLY ENDS, AND THAT'S TERRIFYING. I'D BETTER CLING ON / NEVER GET ATTACHED



IRVIN YALOM

TO AVOID THIS ANXIETY WE EITHER:

- BELIEVE THAT WE ARE SPECIAL, OR
- TRY TO MAKE OTHERS OUR RESCUERS

HELL IS OTHER PEOPLE!
WE'RE ALWAYS TRYING TO MAKE OTHERS INTO SOMETHING FOR US, OR OURSELVES INTO SOMETHING FOR THEM, & THAT CAN'T LAST BECAUSE FREEDOM



JEAN-PAUL SARTRE
SIMONE DE BEAUVOIR



I'M RIGHT, YOU'RE WRONG
YOU MUST DO THINGS MY WAY

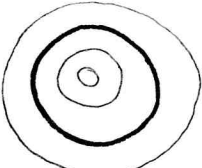
YOU'RE AMAZING!
WHO DO YOU NEED ME TO BE SO YOU'LL LOVE ME?



SO WE INEVITABLY END UP HURTING OTHERS & BEING HURT BY OTHERS

- IS THIS FAMILIAR TO YOU? HOW?
- WHY DOESN'T EVERYONE ACKNOWLEDGE HOW HARD RELATIONSHIPS ARE?
- HOW MIGHT WE DO THINGS DIFFERENTLY

SOCIOCULTURAL



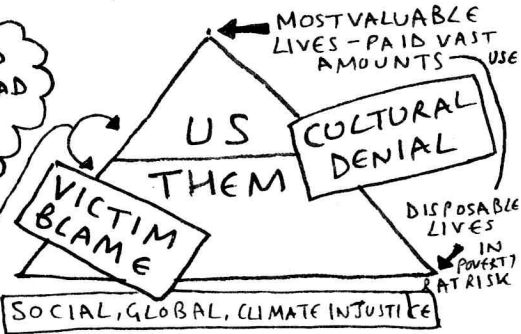
(CULTURAL & HISTORICAL TRAUMA)

INDIVIDUALISTIC CULTURES ENCOURAGE THESE TRAUMATIC WAYS OF TREATING OURSELVES & OTHERS



I'M SO SCARED THEY'LL SEE I'M BAD I NEED THEM TO PROVE I'M OK

GAP INCREASING WITHIN & BETWEEN NATIONS



ROMANTIC RELATIONSHIPS ARE PUT UNDER PARTICULAR PRESSURE TO MEET ALL OUR (CONTRADICTORY) NEEDS

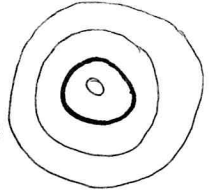


WHEN THEY FAIL TO MEET OUR NEEDS WE EASILY BLAME OTHERS OR OURSELVES, INSTEAD OF THIS CULTURE

- IS THIS FAMILIAR TO YOU? HOW?
- WHAT IMPACT DOES IT HAVE?
- HOW MIGHT WE DO THINGS DIFFERENTLY?

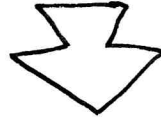
RELATIONAL

(DEVELOPMENTAL & INTERGENERATIONAL TRAUMA)



CULTURALLY TRAUMATIC MESSAGES ABOUT WHAT KINDS OF PEOPLE & BEHAVIOURS ARE VALUABLE/ACCEPTABLE, AND WHAT KINDS AREN'T, ARE PASSED ON THROUGH FAMILIES

DEVELOPMENTAL TRAUMA = ^{TOUGH} EXPERIENCES + ^{LACK OF} HOLDING & HEARING ABOUT THESE RUPTURES LEFT UNREPAIRED
IN CHILDHOOD



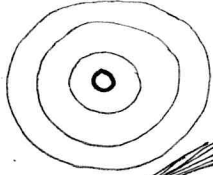
- (SOME OF) OUR EMOTIONS BECOME UNBEARABLE TO US
- WE SEARCH FOR WHAT WE LACKED OR LOST IN CHILDHOOD IN OUR ADULT RELATIONSHIPS
- WE MAY WELL REPEAT PATTERNS OF THE PAST
- WE DEVELOP SURVIVAL STRATEGIES THAT GET IN THE WAY OF INTIMACY & AUTHENTICITY



- IS THIS FAMILIAR TO YOU? HOW?
- WHAT IMPACT DOES IT HAVE?
- HOW MIGHT WE DO THINGS DIFFERENTLY?

INTERNAL

(EMBODIED TRAUMA)



CULTURAL & DEVELOPMENTAL TRAUMA
BECOME LOCKED IN OUR BODIES



WE DEVELOP SURVIVAL STRATEGIES
WHICH BECOME RELATIONAL HABITS, E.G.

 FIGHT <ul style="list-style-type: none"> • BLAME OTHERS • DEMAND THEY MEET OUR NEEDS & DESIRES • CONTROL EVERYTHING 	 FLIGHT <ul style="list-style-type: none"> • AVOID OUR PROBLEMS • KEEP BUSY • STAY DISTRACTED
 FAWN <ul style="list-style-type: none"> • BECOME WHAT OTHERS WANT • KEEP THEM SWEET • PLACATE & PEOPLE-PLEASE 	 FREEZE <ul style="list-style-type: none"> • WITHDRAW INTO OURSELVES • HIDE AWAY • GIVE UP

THE 4 FS

ALL KEEP US FROM BEING **REAL** AND **CLOSE** TO OTHERS

WE FOREGROUND PARTS OF US WHO WE LEARNT WERE APPROVED OF, OR WE NEEDED TO BE TO SURVIVE.
WE DISOWN PARTS WE LEARNT WERE UNACCEPTABLE OR WERE DANGEROUS TO BE (GOT US ANNIHILATED OR ABANDONED)

THIS PLAYS OUT IN OUR RELATIONSHIPS, E.G. WE'RE:

- DRAWN TO QUALITIES WE DISOWN IN OURSELVES
- DRAWN TO RELATIONSHIPS WHERE WE CAN BE OUR DISOWNED PARTS AND FINALLY (HOPE TO) BE HELD AND HEARD
- DRAWN TO RELATIONSHIPS THAT PROVE WE'RE ALL THE ACCEPTABLE THINGS & NONE OF THE UNACCEPTABLE ONES

- IS THIS FAMILIAR TO YOU? HOW?
- WHAT IMPACT DOES IT HAVE?
- HOW MIGHT WE DO THINGS DIFFERENTLY

WHAT THIS MEANS...

TASK IS NOT

- KEEP RELATIONSHIP TOGETHER AT ALL COSTS
- FIND 'THE ONE'
- CHANGE RELATIONSHIP STYLE

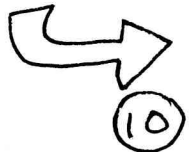
TASK IS

- REALISE AND NORMALISE THE ENORMITY OF WHAT WE'RE (ALL) UP AGAINST AND HOW DEEPLY CHALLENGING IT IS
- ALLOW AND FEEL THE PAIN OF ALL OUR UNRESOLVED RELATIONSHIPS (RATHER THAN BLAME IN/OUT, AVOID, OR WITHDRAW)
- EMBRACE OUR OWN LIFELONG JOURNEY THROUGH LEARNING HOW TO LOVE/RELATE

INSTEAD OF

WHAT RELATIONSHIP/
RELATIONSHIP STYLE?

WHAT CAN WE LEARN
FROM - AND FOR -
ALL RELATIONSHIPS/
STYLES? FOR MORE
TRAUMA-SENSITIVE
RELATING?

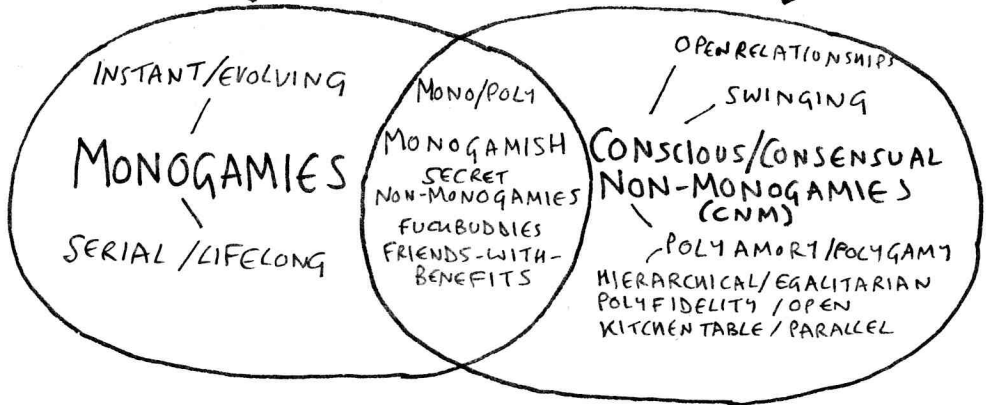


RELATIONSHIP DIVERSITY

NO BETTER/WORSE
ALL VALID

SOLONESS
&
SINGLEDOM

HONOUR WHAT
ALL HAVE TO
OFFER



AROMANTIC
& ASEXUAL
RELATIONSHIPS



WHERE WOULD YOU
LOCATE YOURSELF
HERE?
MAY BE IN OTHER
PLACES OR IN
MULTIPLE PLACES
HAS THIS CHANGED
OVER TIME?
MIGHT IT CHANGE
AGAIN?

RELATIONSHIP
ANARCHY

NEXT 8 PAGES
EXPLORE WHAT
WE CAN
LEARN FROM
ALL OF THESE
FOR TRAUMA-
SENSITIVE
RELATING
OF ALL KINDS

SEX &/OR
RELATIONSHIP
WORK

WHAT CAN WE LEARN?

SOLONESS & SINGLEDOM

SINGLE
POSITIVITY

SOLO-
POLY

SELF-
PARTNERING

★ ALL SEE OUR RELATIONSHIPS WITH OURSELVES AS CENTRAL ★

♡ WE DON'T NEED A PARTNER TO BE WHOLE AND FULFILLED ♡

USEFUL FOR TRAUMA-SENSITIVE RELATING BECAUSE:

- EMPHASISES SELF-COMPASSION & SELF-AWARENESS-KINDNESS & HONESTY WITH SELF COUNTERS VIOLENCE & SILENCE OF TRAUMA
- PRIORITISING TIME, ENERGY & CARE FOR THE SELF - ALL IMPORTANT FOR TRAUMA HEALING
- POTENTIAL FOR IDENTIFYING, & RELATING BETTER WITH OUR TRAUMATISED PARTS - REPARENTING OURSELVES SO WE DON'T UNCONSCIOUSLY RELATE WITH OTHERS FROM THOSE PARTS (E.G. THE 4 FS)

DOES THIS
RESONATE
WITH YOU?



HOW MIGHT YOU
INCORPORATE IT
INTO YOUR
RELATIONSHIPS?

INSTANT/EVOLVING RELATIONSHIPS

WHAT CAN WE LEARN?

FALLING IN LOVE

HOT LOVE

CRUSHES & SQUISHES

NEW RELATIONSHIP ENERGY (NRE)

HONEYMOON PERIOD

GIVEN WE DON'T KNOW THE OTHER PERSON (WELL), WE CAN USE THIS TO LEARN RELATIONAL TRAUMA AWARENESS, EG.:

- WHAT ARE WE YEARNING FOR THAT WE LOST/LACKED?
- WHAT DISOWNED PARTS OF US ARE WE DRAWN TO IN OTHERS?
- WHAT DYNAMICS MIGHT WE WANT TO RE-ENACT IN THE HOPE THEY'LL GO DIFFERENTLY THIS TIME?
- WHAT IS BEING AWOKEN IN US THAT WE MIGHT CULTIVATE EVERYWHERE - NOT (JUST) IN THIS RELATIONSHIP?

SLOW LOVE

INTENTIONAL CO-CREATION

EXISTING RELATIONSHIP ENERGY (ERE)

RELATIONSHIPS OF CONVENIENCE

USEFUL FOR TRAUMA-SENSITIVE RELATING BECAUSE:

- WE CAN CREATE SAFE-ENOUGH FOUNDATIONS BEFORE BUILDING ON THEM - CULTIVATING RELATIONSHIP CONTAINERS
- WE HAVE ENOUGH SPACIOUSNESS TO NOTICE AND PROCESS (ALONE/WITH OTHERS) WHEN TRIGGERED/REACTIVE
- WE CAN KEEP AN 'INKLING LIST' AND PRACTICE MICRO MOMENTS OF RUPTURE AND REPAIR TO BUILD TRUST

INKLING LIST

- WHEN THEY SAID ... I FELT SMALL
- I DIDN'T LISTEN WELL THAT TIME AND WANT TO APOLOGISE
- I NEED TO TELL THEM I'M SCARED OF ...

ALWAYS OK TO WAIT TILL YOU'RE BOTH FEELING READY, HOWEVER LONG IT TAKES

DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT?

WHAT CAN WE LEARN?

SERIAL / LIFELONG RELATIONSHIPS

SERIAL MONOGAMY

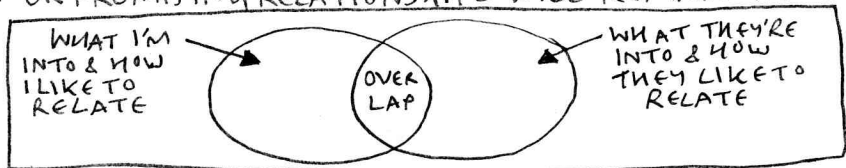
DATING

HOOK UPS

CASUAL ENCOUNTERS

CAN TEACH US THAT:

- 'SUCCESS' DOES NOT EQUAL LONGEVITY
- BRIEF ENCOUNTERS CAN BE JUST AS MEANINGFUL
- WHAT IF WE FOCUSED ON FINDING WHERE WE FIT, AND EXPECTED THIS TO CHANGE OVER TIME, RATHER THAN FORCING FIT OR PROMISING RELATIONSHIPS WILL REMAIN THE SAME?



ENDURING LOVE

LONG-TERM RELATIONSHIPS

CAN TEACH US THAT:

- WE ALL NEED SOME SPACE & SOMETHING OTHER THAN THIS RELATIONSHIP
- WE NEED TO DEVELOP A RELATIONSHIP SUPPORT SYSTEM (FOR ALL OUR RELATIONSHIPS)
- DIFFERENT WAYS OF LIVING (APART &/OR TOGETHER), COMMUNICATING, & BEING INTIMATE WORK FOR DIFFERENT PEOPLE/RELATIONSHIPS

DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT?

SEE BARKER & GABB - THE SECRETS OF ENDURING LOVE

WHAT CAN WE LEARN?

BETWEEN / BEYOND THE MONOGAMY / NON-MONOGAMY BINARY

MONOGAMY

NON-MONOGAMY

CAN'T WORK

MIXED RELATIONSHIPS
EG MONO/POLY

CAN'T WORK

DANGEROUS

MONOGAMISM

NON-MONOGAMY LITE

CHEATING ON 'GOOD' MONOGAMY

MISTRESSES / ADULTERERS

MORALLY INFERIOR TO 'GOOD' NON-MONOGAMY

CHILDISH NOT SERIOUS WON'T LAST

FRIENDS WITH BENEFITS / FUCK BUDDIES

NOT PROPER LOVE RELATIONSHIPS

CAN TEACH US THAT:

- ★ LOVE ISN'T BINARY! ONE SIZE DOESN'T FIT ALL! ★
- ♥ LOVE IS AN ACTION NOT A FEELING - IT'S ABOUT VALUING OURSELVES AND OTHERS EQUALLY (bell hooks) ♥

SO WE MIGHT:

- RESPECT THAT WE HAVE DIFFERENT RELATIONSHIP STYLES (EG MONO/POLY, ONE WANTS TO BE SEXUALLY OPEN, ONE EMOTIONALLY)
- ETHICS IS NOT (JUST) ABOUT COMMITMENT/HONESTY - IT CAN BE ABOUT RESISTING TREATING PEOPLE AS POSSESSIONS/PROPERTY TO BE OWNED
- CENTRE FRIENDSHIP AS OUR FOUNDATION - WE MAY OR MAY NOT BUILD EROTICISM, CO-HABITING, COLLABORATING, CO-CARING FOR OTHERS, SHARED LIFE PROJECTS, ETC. ON THIS

DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT INTO YOUR RELATIONSHIPS?

SEE VICTORIA BROOKS - MISTRESS ETHICS

WHAT CAN WE LEARN?

SENSUAL/CONSCIOUS RELATIONSHIPS

- INSTEAD OF FOCUSING ON THE 'NM' IN 'CNM', WHAT IF WE FOCUSED ON THE 'C' & APPLIED IT TO ALL RELATIONSHIPS?
- HELPFUL FOR TRAUMA GIVEN THIS IS OFTEN CAUSED/PERPETUATED BY NON-CONSENT AND BY PEOPLE ACTING UNCONSCIOUSLY (OUT OF THEIR TRAUMA PATTERNS)

SENSUAL RELATING

YOU WANT

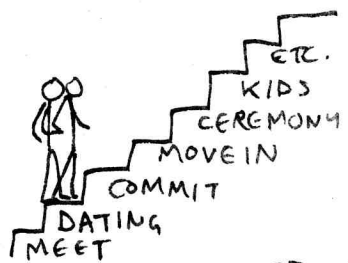
- MAKE CONSENT THE AIM RATHER THAN SOMETHING HAPPENING E.G. EVERYONE FEELS FREE-ENOUGH & SAFE-ENOUGH, RATHER THAN THE RELATIONSHIP CONTINUING IN A CERTAIN WAY OVER TIME
- EVERYONE IS ENCOURAGED TO TUNE INTO THEIR NEEDS WANTS BOUNDARIES LIMITS

AND COMMUNICATE THESE, KNOWING THEY'LL BE HEARD & RESPECTED

- WE TRY TO MITIGATE WHAT LIMITS CONSENT (EG. POWER IMBALANCES)
- & TO NAME & REPAIR INEVITABLE MOMENTS OF NON-CONSENT

CONSCIOUS RELATING

- WE CAREFULLY CONSIDER & INTENTIONALLY CHOOSE THE POTENTIALS & CHALLENGES OF OUR RELATIONSHIP STYLE/CONTAINER
- WE COMMIT TO DOING 'THE WORK' ON OUR RELATIONSHIP TRAUMA PATTERNS SEPARATELY & TOGETHER
- WE COMMIT TO SHARED VALUES (EG. KINDNESS, HONESTY)
- WE PRIORITISE MUTUAL CARE REGARDLESS OF THE NATURE OF OUR CONNECTION



CO-CREATION - NOT JUST FOLLOWING THE DEFAULT SCRIPT OR RELATIONSHIP ESCALATOR

DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT

SEE FREE BOOK ON CONSENT (REWAITING-THE-RULES.COM) CONSCIOUS COMMITMENT - ALETHYA.COM

WHAT CAN WE LEARN?

AROMANTIC & ASEXUAL RELATIONSHIPS

(ROMANTIC OR NURTURING)

EMOTIONAL CONNECTION

IS SEPARATE FROM ATTRACTION/INTIMACY

EROTIC CONNECTION

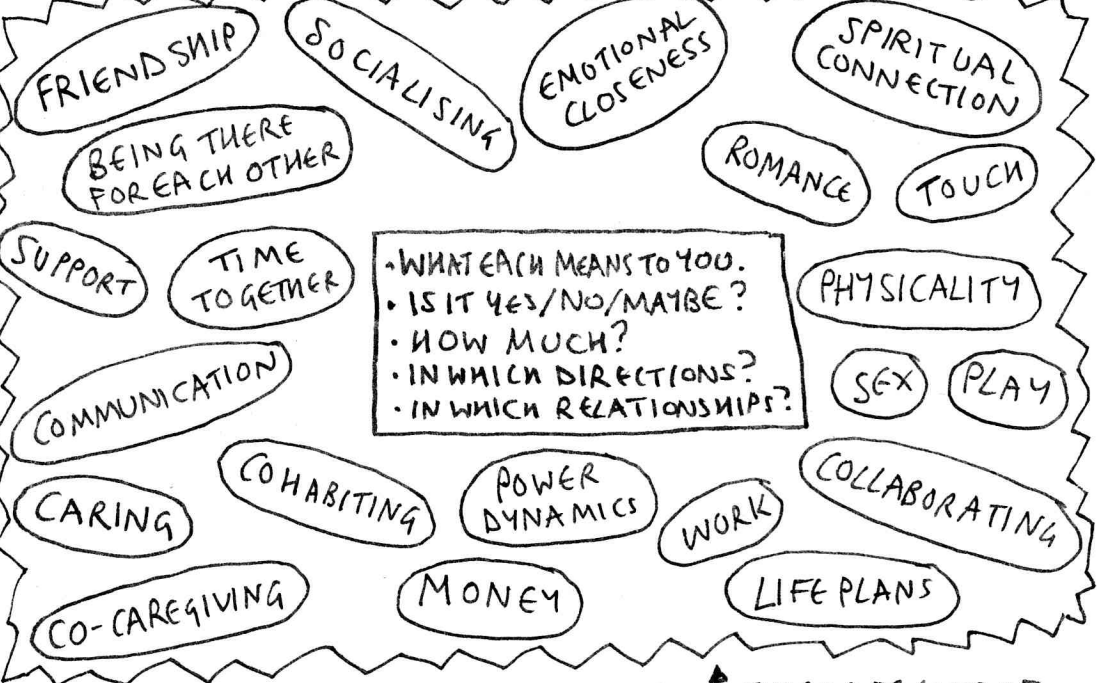
WE CAN HAVE • EITHER WITHOUT THE OTHER
• BOTH TOGETHER
• NEITHER

ALL VALID

SCIENCE AGREES!
SEXUAL CONFIGURATIONS THEORY

CAN CHANGE OVERTIME

RELATIONSHIP SMORGASBOARDS LIST MORE ELEMENTS WE CAN CHOOSE TO NURTURE (OR NOT) IN OUR RELATIONSHIPS



• WHAT EACH MEANS TO YOU.
 • IS IT YES/NO/MAYBE?
 • HOW MUCH?
 • IN WHICH DIRECTIONS?
 • IN WHICH RELATIONSHIPS?

DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT?

↑ THERE ARE LOTS OF THESE LISTS ONLINE

SEE MAPPING YOUR SEXUALITY ZINE (REWRITING-THE-RULES.COM)
ANGELA CHEN-ACE, ELA PRZYBYLO-ASEXUALEROTICS (17)

WHAT CAN WE LEARN?

RELATIONSHIP ANARCHY

3 LEGGED STOOL OF RELATIONSHIP MAINTENANCE

VALUES

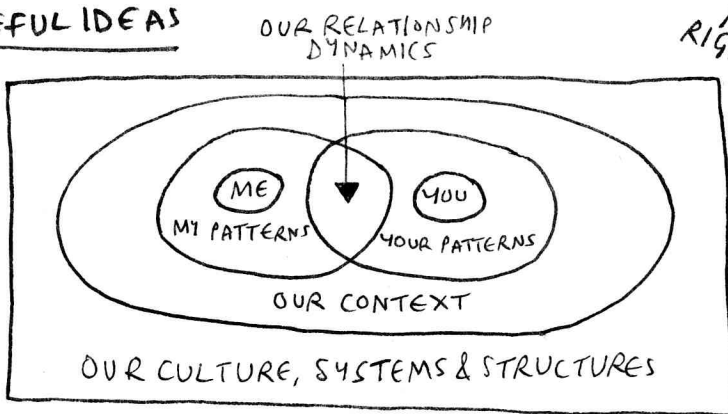
- FREEDOM OF ALL INVOLVED
- NON-HIERARCHICAL
- NON-NORMATIVE
- COMMUNITY INTERDEPENDENCE



⇒ ALL KINDS OF RELATIONSHIPS EQUALLY VALID & VALUABLE
 QUESTIONING PRIVILEGING OF ANY OVER OTHERS
 PERSONALLY / CULTURALLY (E.G. ROMANTIC OVER FRIENDSHIP)

SOME USEFUL IDEAS

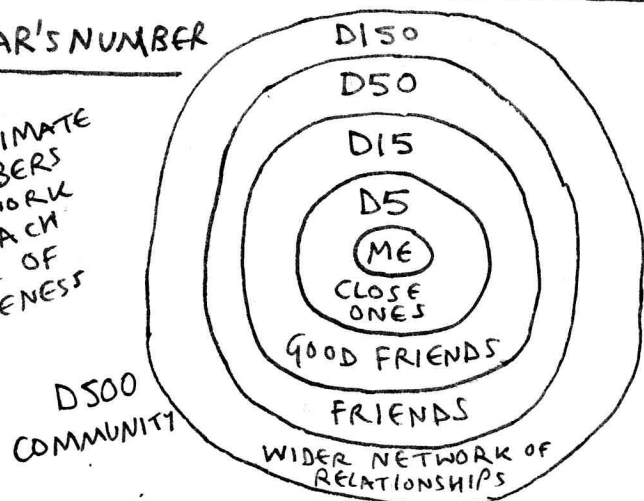
FOR ANY RELATIONSHIP/
 CONFLICT EXPLORE



NOT WHO IS RIGHT? ME OR YOU?
 BUT EXPLORE AREAS OF FIT & MISFIT
 E.G. TRAUMA PATTERNS & OTHER DIVERSITIES

DUNBAR'S NUMBER

APPROXIMATE NUMBERS THAT WORK AT EACH LEVEL OF CLOSENESS



DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT INTO YOUR RELATIONSHIPS

SEE ANDIE NORDGEN - RELATIONSHIP ANARCHY MANIFESTO
 SEE JORGE FERRER - LOVE AND FREEDOM

WHAT CAN WE LEARN?

SEX & RELATIONSHIP WORK

PROFESSIONALS PROVIDING EROTIC &/OR EMOTIONAL INTIMACY

SEX & RELATIONSHIP WORKERS HIGHLIGHT:

- HOW TRANSACTIONAL / POWER IMBALANCED MOST SEX & RELATIONSHIPS ARE
- HOW EXPLOITATIVE AND NON-CONSENSUAL MOST WORK IS

INSTEAD OF DEMONISING SEX/RELATIONSHIP WORK, WE COULD LEARN FROM IT

WHAT IF?

• WE REGARDED ALL THE DIFFERENT FORMS OF ALL THESE WAYS OF MEETING OUR EMOTIONAL/EROTIC NEEDS & DESIRES AS EQUALLY VALID?

- NOT HAVING THEM
- WITH PROFESSIONALS WHOSE SERVICES WE VALUE HIGHLY
- WITH PEERS
- WITH OURSELVES
- WITH PARTNER/S ETC.

• WE ACKNOWLEDGED THE MULTIPLICITY OF REASONS MANY OF US DO IMPLICIT &/OR EXPLICIT FORMS OF EROTIC / EMOTIONAL LABOUR

- FINANCIAL NEED
- OUR CALLING
- ACCESS NEEDS
- DUTY / EXPECTATION
- CREATIVE OUTLET
- FULFILLING / VALIDATING
- TO GET SOMETHING BACK ETC.

• WE FOCUSED ON MAKING ALL THE WAYS OF MEETING OUR OWN - AND OTHERS' - EROTIC / EMOTIONAL NEEDS & DESIRES AS ETHICAL AND CONSENSUAL AS POSSIBLE

IN ADDITION TO THESE SKILLS ↑ SEX & RELATIONSHIP WORKERS LIKE SOMATIC SEX EDUCATORS & EMBODIED PRACTITIONERS CAN TEACH TRAUMA-SENSITIVE PRACTICES & KNOWLEDGE EG

- SELF REGULATION AND CO-REGULATION TOOLS
- HOW TO STAY WITH, AND SHARE, OUR FEELINGS

DOES THIS RESONATE WITH YOU?

HOW MIGHT YOU INCORPORATE IT?

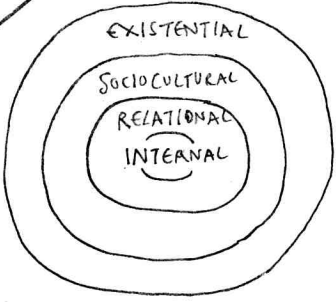
SEE JUNO MAC & MOLLY SMITH - REVOLTING PROSTITUTES QUINTIMACY.COM, SWARM COLLECTIVE.ORG

CONCLUSIONS

- WE ALL HAVE DIVERSE/UNIQUE WAYS OF RELATING WHICH ARE EQUALLY VALID
- WE ALL CARRY DIVERSE/UNIQUE FORMS OF RELATIONSHIP TRAUMA WHICH ARE DEEPLY CHALLENGING
- WE COULD COMMIT TO ADDRESSING THIS AT ALL LEVELS (A LIFELONG COMMITMENT - TILL DEATH DO US PART!)

INTERNAL
 DOING OUR (TRAUMA) WORK
 THERAPY
 SOLO PRACTICE
 LEARNING
 RELATIONAL PRACTICE
 SHARING

RELATIONAL
 CULTIVATING
 RELATIONAL SUPPORT SYSTEMS
 SAFE-ENOUGH CONTAINERS
 FOR ALL OUR RELATIONSHIPS



SOCIOCULTURAL
 DEVELOPING AND CONTRIBUTING TO COMMUNITIES OF SUPPORT
 SHIFTING TRAUMATISING CULTURES

EXISTENTIAL
 COMMITTING TO KIND/HONEST RELATING WITH ALL - THE SELF - OTHERS - OTHERS - WORLD
 ALL UP AGAINST (SO WARD)
 WE'RE IN THIS TOGETHER
 WE'RE DOING THE BEST WE CAN WITH THE RESOURCES WE HAVE

FIND OUT MORE

SOME GREAT RECENT BOOKS INCLUDE:

- SOPHIE K ROSA - RADICAL INTIMACY
- LUCY FRY - LOVE AND CHOICE
- JESSICA FERN - POLY SECURE
- MAGDALENA J FOSSE - THE MANY FACES OF POLYAMORY
- JONATHAN KENT - A WORLD BEYOND MONOGAMY
- JORGE FERRER - LOVE AND FREEDOM
- MIMI SCHIPPERS - BEYOND MONOGAMY
- MICHELLE D VAUGHAN & THEODORE R. BURNS - THE HANDBOOK OF CONSENSUAL NON-MONOGAMY

SOME WEBSITES

- ALETHYA.COM
- LOVEUNCOMMON.COM
- CRITICALPOLYAMORIST.COM
- LOVEWITHOUTBOUNDARIES.COM
- QUINTIMACY.COM

SOME PODCASTS

- CULTURE, SEX, RELATIONSHIPS
- POLYAMORY WEEKLY
- MULTIAMORY
- BEYOND MONOGAMY
- THE EROTIC PHILOSOPHER

SUPPORT MY WORK

THERE ARE MANY MORE FREE ZINES AND
FREE BOOKS ON MY WEBSITE

REWRITING-THE-RULES.COM

IF YOU ENJOYED THIS ONE, AND
YOU CAN AFFORD TO, CONSIDER
SUPPORTING MY PATREON

- PATREON.COM/MEGJOHNBARKER
OR A ONE-OFF PAYPAL DONATION
- PAYPAL.ME/MEGJOHNBARKER

PLEASE FEEL FREE TO USE THIS ZINE
AND SHARE IT ON WITH FRIENDS,
CLIENTS, STUDENTS, ETC.

THE END