

Normalizing Non-monogamy Podcast Outline

We're excited to have you on the NNM podcast! Below are some talking points and questions that we plan to use as a **guide** during the interview. We hope to make the discussion more of a conversation and less like an actual interview, but wanted to provide some talking points ahead of time. Let us know if there is anything below that you are not comfortable sharing and we'll make sure not to bring that up. Please let us know if you have any questions before we record!

Introduction: (as much as you are comfortable sharing)

- Name: something we can call you throughout the podcast
- Age: a range is ok but specific is better :)
- Location: as specific or fake as you want
- Sexual identity if desired (straight, bi, curious, something else)

Discussion Topics:

1. Can you briefly explain the non-monogamous dynamic within your relationship? In other words, what does non-monogamy mean for you? **(3-5 minutes)**
 - a. This should be a high level overview/quick synopsis: swingers, poly, hotwife, etc.
 - b. How long have you been exploring this dynamic?
 - c. Take us quickly through your non-monogamous journey.
2. What was the catalyst that inspired you to look into this to begin with?
 - a. Who's idea was it?
 - b. What was the initial research like?
3. How long did it take to get from talking about it to acting on it? Can you describe the process a little?
4. What was your first experience (or first few experiences) meeting or talking to others outside of your relationship? Were there any major course corrections after the experience?
5. What were some of the initial rules that you laid out and how have they evolved over time?
6. Have you noticed the dynamic change or shift at all since the beginning?
7. Are you "out" to anyone? If so, how did that transition work?
8. How do you feel your relationship has benefitted from non-monogamy?
9. Have there been any drawbacks or major hurdles you had to overcome?
 - a. Have there been times where you have considered closing your relationship?

10. Do you have any words of advice or tips that you've learned along the way that you wish you could share with yourself at the beginning?
11. Is there anything else you would like to share with us?
12. Do you have a favorite resource (website, blog, podcast), that you would like to recommend to the audience?