

# poly • am • o • ry

(pälēamērē) - The state or practice of maintaining multiple sexual and/or romantic relationships simultaneously, with the full knowledge and consent of all the people involved.

## Definitions in Polyamory

**Polyandry** - The state or practice of a female having multiple male relationships or wedded husbands.

**Polygyny** - The state or practice of a male having multiple female relationships or wedded wives.

**Polygamy** - The state or practice of having multiple wedded spouses at the same time.

**Compersion** (Frubble) - A feeling of joy when a partner invests in and takes pleasure from another romantic or sexual relationship. (The opposite of jealousy.)

**Wibble** - feeling of insecurity, typically temporary or fleeting, when seeing a partner being affectionate with someone else. (Can be thought of as a kind of short-term jealousy.)

**Diad** - Relationship consisting primarily of two partners.

**Triad** - Relationship consisting primarily of three parts.

**Quad** - Relationship consisting primarily of four partners.

**Primary** - In a primary/secondary relationship, the person (or persons) in the relationship with the highest degree of involvement or entanglement, or sometimes the person accorded the most importance.

**Secondary** - In a primary/secondary relationship, the person (or persons) in the relationship who, either by intent or by circumstance, have a relationship which is given less in terms of time, energy and priority in a person's life than a primary relationship, and usually involves fewer ongoing commitments such as plans or financial/legal involvements.

**Vee** - A polyamorous relationship involving three people, in which one person is romantically or sexually involved with two partners who are not romantically or sexually involved with each other. (Also called, V, Hinge, or Pivot.)

## Polyamory Resources

Online:

- **Polyamory Weekly** - (polyweekly.livejournal.com)
- **Poly And Proud** - (polyandproud.com)
- **alt.polyamory** - (polyamory.org)
- **Polyamory Society** - (polyamorysociety.org)

In Print:

- **Loving More Magazine** - (lovemore.com)
- **Difficult Conversations** - (Available in audio version on iTunes)
- **Pride Symbol** -



## Precepts of Polyamory

- **Abundant Love** - The belief or philosophy that it is possible to love more than one person at the same time. Also that love is not a scarce resource that can be depleted.
- **Mutual Consent** - All parties involved know about each other and agree to the arrangements.