

# Die anarchische Befreiung der Liebe <3

Feministische Kritik an Monogamie, Beziehungsanarchie und alles dazwischen  
*Jasmin, Lexi und Sinya*

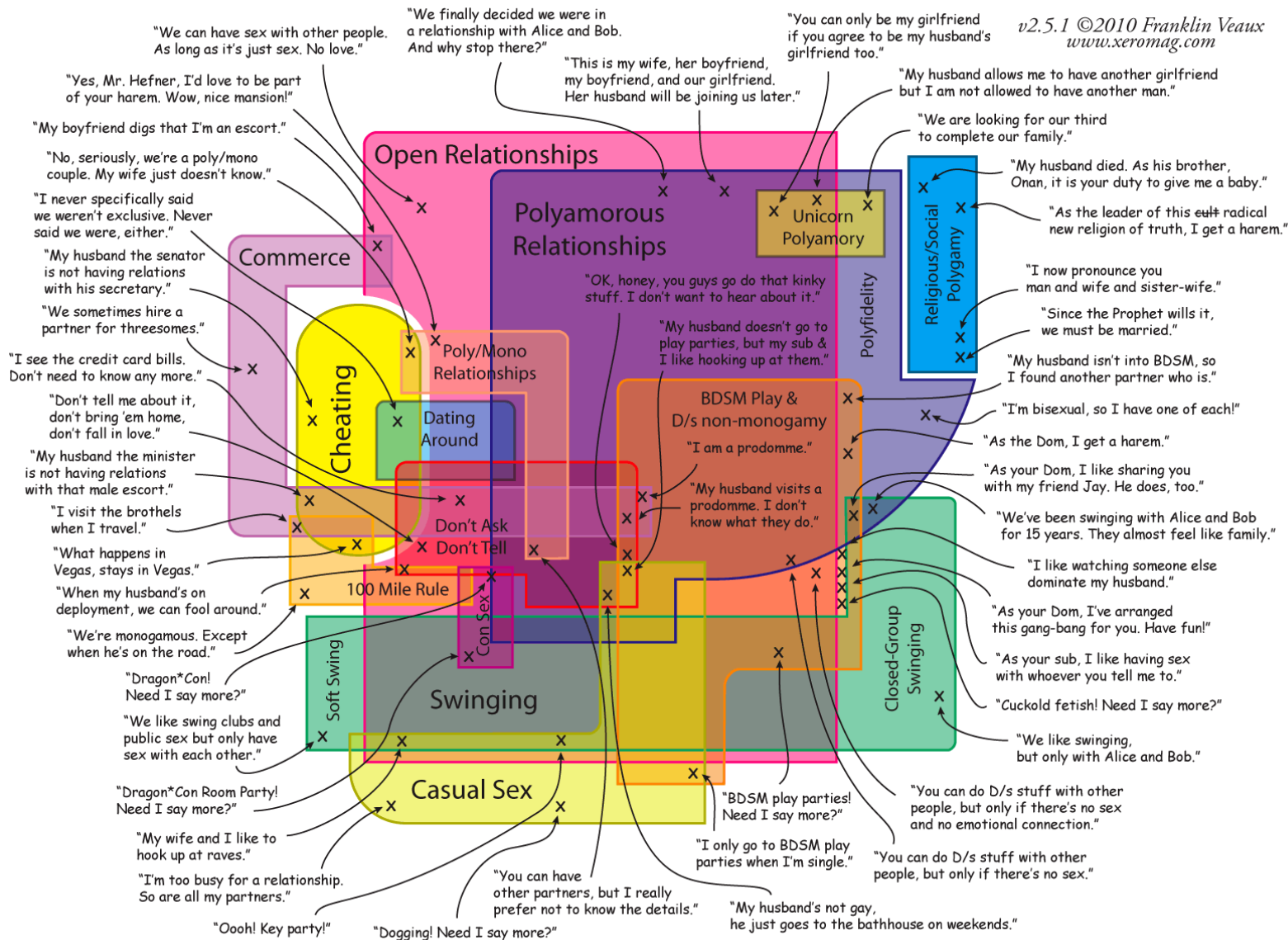
- Monogamie Kritik  
Ursprünge der Monogamie, feministische Herangehensweise und toxische Aspekte von Beziehungen identifizieren
- “Ethische” (ehrliche) Nichtmonogamie (NoMo) / Polyamorie (PA)  
Egalitäre PA – Durch unkonventionelle Beziehungen navigieren
- Beziehungsanarchie (BA)  
BA Manifest und Meinungsverschiedenheiten in der BA Gemeinschaft

# The Anarchic Liberation of Love

Feministic criticism on monogamy, relationship anarchy and everything in between

*Jasmin, Lexi and Sinya*

- Monogamy Criticism  
Roots of Monogamy, Feministic takes and identifying toxic monogamy
- “Ethical” (Honest) Non-Mongamy (NoMo) / Polyamory (PA)  
Egalitarian PA – Navigating through non traditional relationships
- Relationship Anarchy (RA)  
RA Manifesto and disagreements among RAs



# Feministische Kritik an Monogamie

*Ursprünge der Monogamie, feministische Herangehensweise und toxische Aspekte von Beziehungen identifizieren*

- Ursprung der Monogamie und Ehe ☯
  - Besitz durch Agrikultur
  - Aus patriarchaler Strukturen entwickelt → Erbe
- Geschlechterrollen (Heteronormativität)
  - Erziehung zur Ehefrau & Mutter

*Empfohlen:*

*Sex – Die wahre Geschichte*

*von Cacilda Jethá und Christopher Ryan*

# Feministische Kritik an Monogamie

- Mehr Frauen die fuer ihre Berduerfnisse einstehen, darueber sprechen anstatt von der Gesellschaft kritisiert zu werden (slutshaming) oder verurteilt zu werden sensibel zu sein.

Can't be slut shamed if you're not ashamed of being a slut



The more you know 🧐

# Feministische Kritik an Monogamie

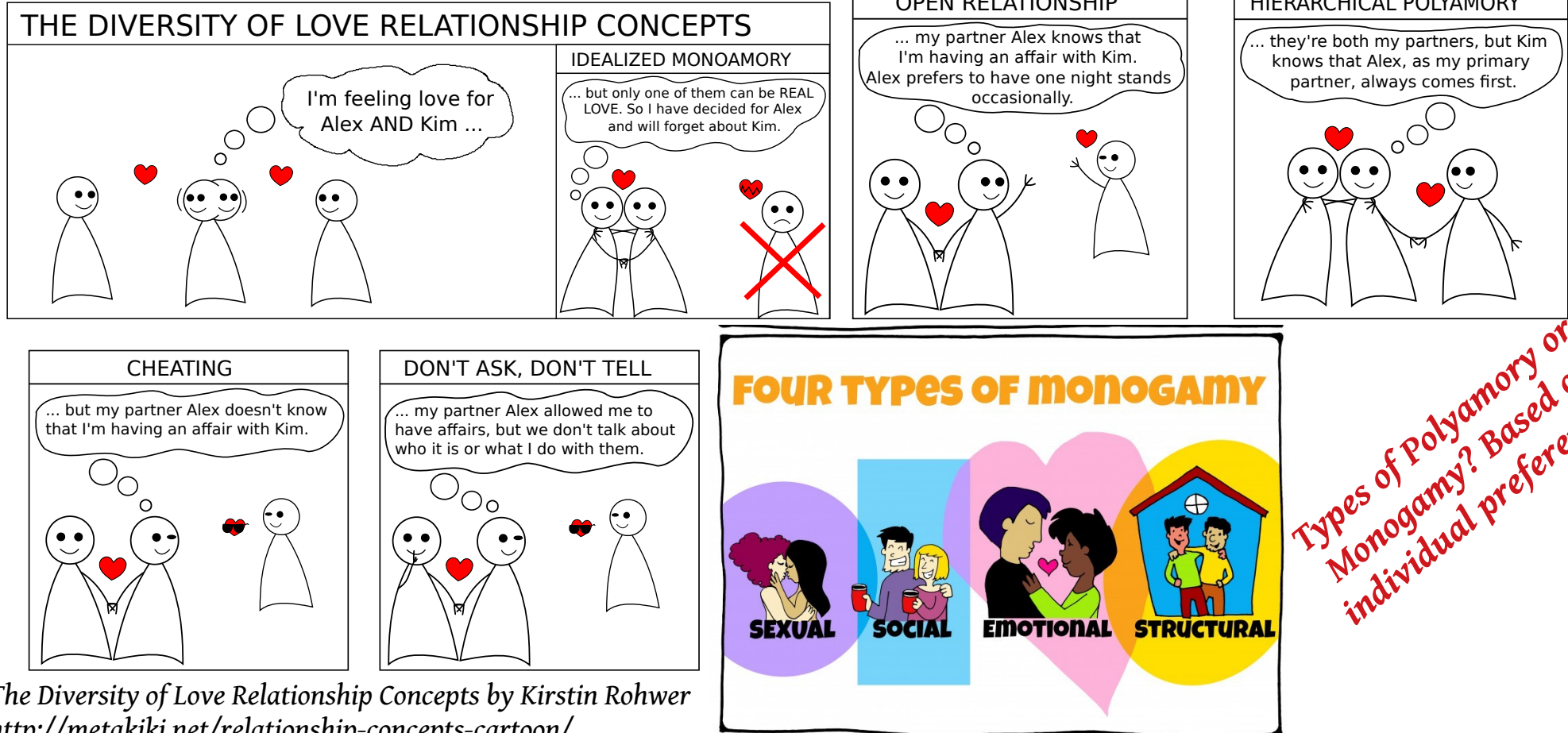
- Toxische Monogamie abschaffen und Mononormativität

Zum Beispiel: Wenn du den Bedürfnissen deines Partners nicht nachkommen kannst, ist er zu bedürftig oder du bist nicht gut genug!

- Geschlechterrollen leichter aufgelöst?

# ~~"Ethical"~~ Honest NoMo/ PA

*Ethical is a complicated word, let's call it honest NoMo*

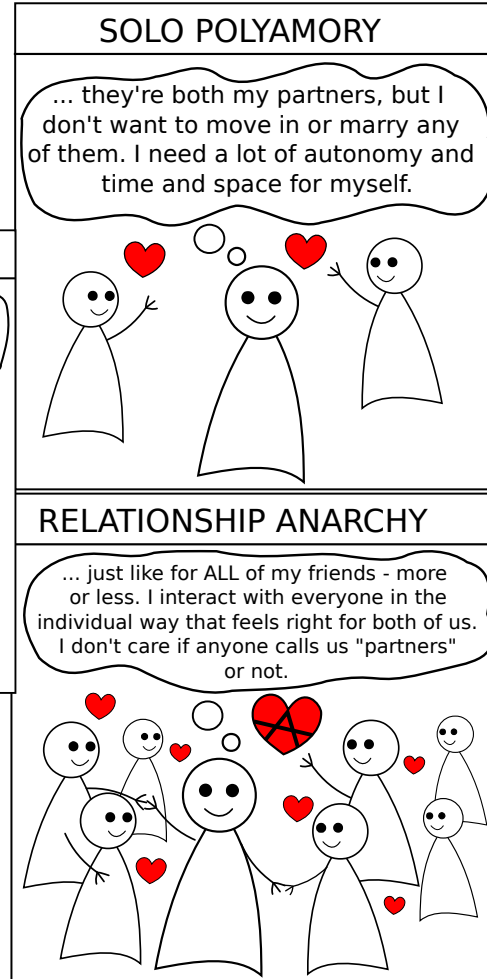
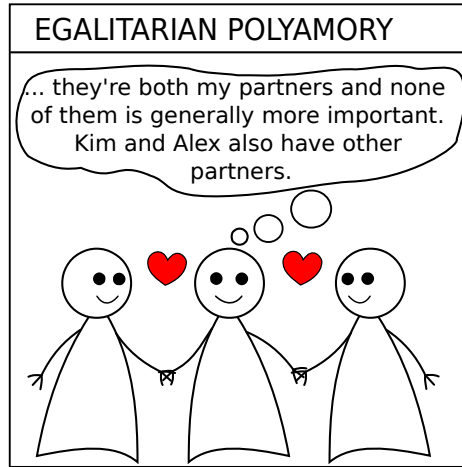
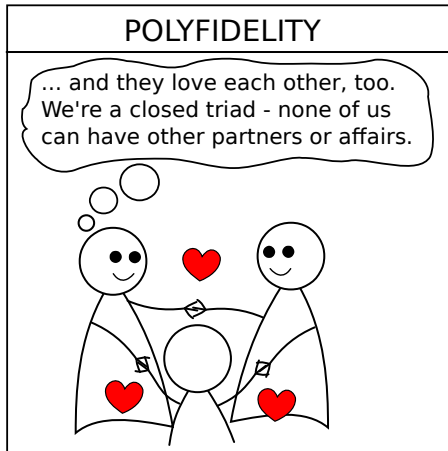
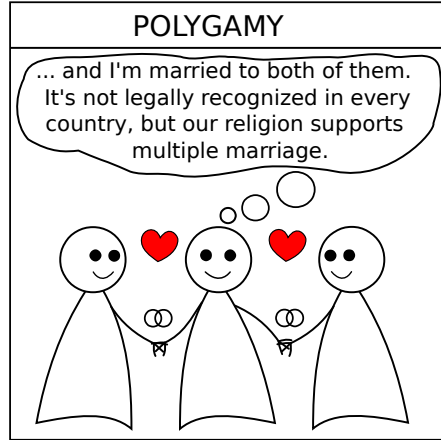


The Diversity of Love Relationship Concepts by Kirstin Rohwer  
<http://metakiki.net/relationship-concepts-cartoon/>

<https://greatist.com/live/learn-your-monogamy-style>

# Honest NoMo/ PA

*The Diversity of Love Relationship Concepts by Kirstin Rohwer –  
A basic classification of polyamory*



People also identify as solo poly with RA tendencies - not prioritizing romantic relationships over friendships and may or may not prefer labels for them

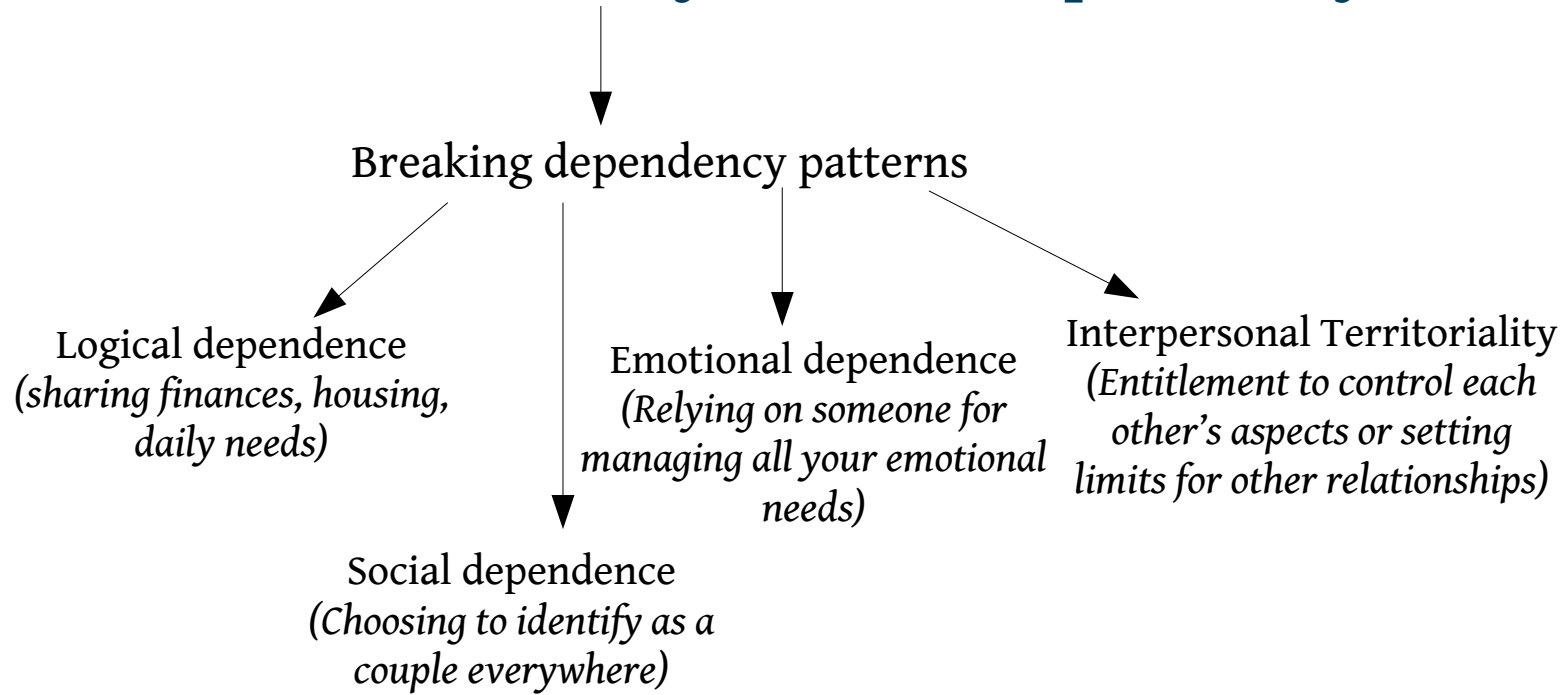


# Egalitarian PA

## *Navigating through non- traditional relationships*

- Complete individual autonomy and self-responsibility in all relationships
- Knowing the difference between establishing boundaries for oneself and defining rules for a relationship
- Identifying and being aware of Couple Privilege
- Getting rid of Amatonormativity
- Do you want to step off the relationship escalator?

# Complete individual autonomy and self-responsibility in all relationships



***What is autonomy for you? What kind of complete dependence on someone would you avoid?  
Important to see through interdependence (mutual dependency) and codependence (toxic)  
Commitment ≠ Codependency***

# Knowing the difference between establishing boundaries for oneself and defining rules for a relationship

Rule: “I forbid you to have unbarriered sex with any other person”

Boundary: “In order to protect my sexual health, I reserve the right to discontinue having sexual intercourse with you if you have unbarriered sex with any other person”

1. What is the purpose of this rule?
2. Does the rule serve the purpose?
3. Is this rule the only way to serve this purpose?

*Acknowledge that any rule that forbids person A from doing X is potentially a rule that deprives newcomer C from activity X*



*Recommended:  
More than Two by Franklin Veaux and Eve Rickert*

# Identifying and being aware of Couple Privilege

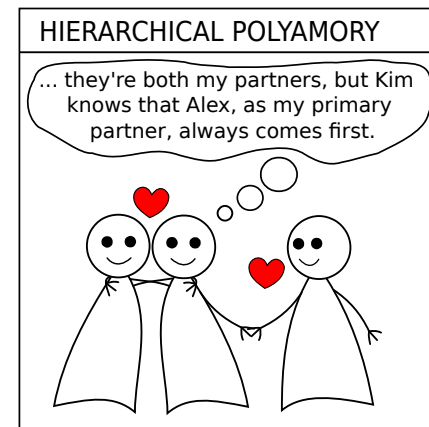
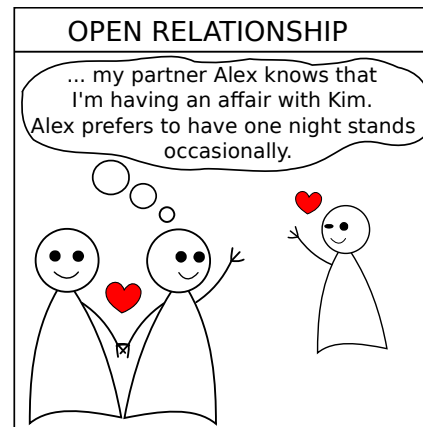


*“Privilege is: About how society accommodates you. It’s about advantages you have that you think are normal. It’s about you being normal, and others being the deviation from normal. It’s about fate dealing from the bottom of the deck on your behalf.” -Betty*

For example – The OPP or One Penis Policy

Alex says, you can sleep with Kim only if they don’t have a penis/ Alex says you can’t engage in penetrative sex

**It is sometimes subtle. Being aware of couple privilege is important for the couple to identify their limits and responsibilities and it is also important for potential people wanting new connections to set boundaries for themselves**



‘Veto power’ → Or Alex can say, “You can sleep with anyone else except Kim”  
Alex might as well come out as an asshole

<https://solopoly.net/2013/02/05/couple-privilege-having-it-doesnt-necessarily-make-you-an-asshole-but-it-can/>

<https://brown-betty.livejournal.com/305643.html>

# Getting rid of Amatonormativity

*“This consists in the assumptions that a central, exclusive, amorous relationship is normal for humans, in that it is a universally shared goal, and that such a relationship is normative, in that it should be aimed at in preference to other relationship types.” - Elizabeth Brake*

*“She hasn’t found the one ... yet”*

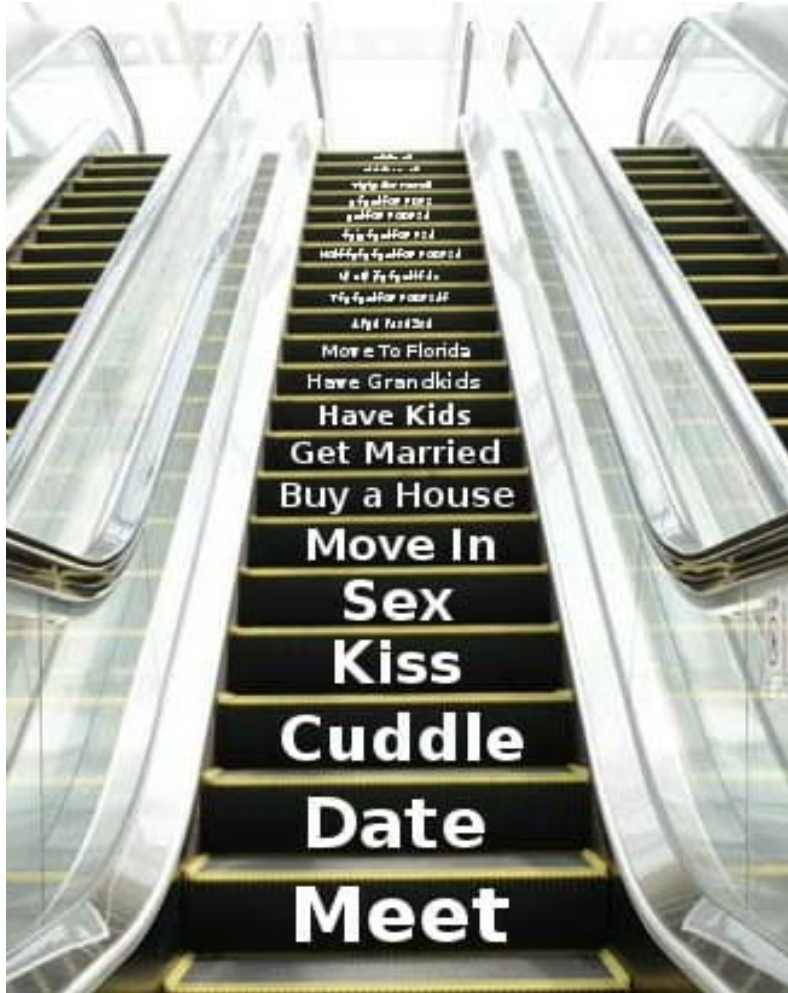
*“aren’t you lonely/immature/irresponsible  
because you are not married/partnered?” - your  
grandma*

<https://elizabethbrake.com/amatonormativity/>



<https://narratively.com/how-i-learned-to-love-being-aromantic/>

# Do you want to step off the relationship escalator?



For some, this is a pretty neat picture, for others this is exhausting.

Everybody can choose what they want for themselves as long as it is honest. Getting over the monogamy hangover i.e. pre defined traditional relationships can be challenging and requires thorough self analysis.

*Recommended:*

*Stepping Off the Relationship Escalator: Uncommon Love and Life*  
by Amy Grahm



# Beziehungsanarchie (BA)

## *BA Manifest und Uneinigkeit in BA Gemeinschaft*

- Manifest von Andie Nordgren
  - Leider unerreichbar
- 1) Liebe  $\neq$  Kuchen
- 2) “romantische Liebesbeziehung”?
- 3) “Regeln”, Gesetze?

# Beziehungsanarchie

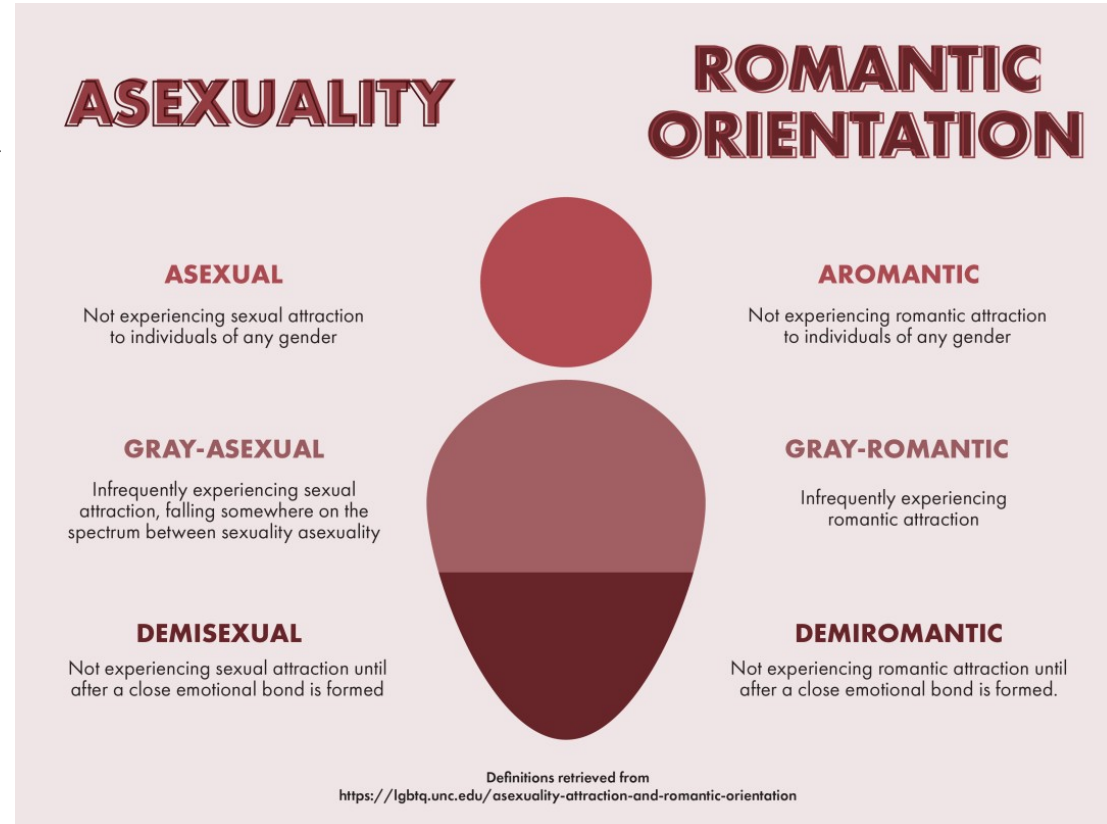
- Liebe  $\neq$  Kuchen
  - Überfluss
  - Wird mehr durch „teilen“





# Beziehungsanarchie

- “romantische Liebesbeziehung”?
  - Grenzen zwischen nomo RZB & Freundschaft?
  - “(romantische) Gefühle/Liebe”?
  - “Sex”? Asexualität?
  - Unklarheit & Missverständnisse
    - Mono-Normativität

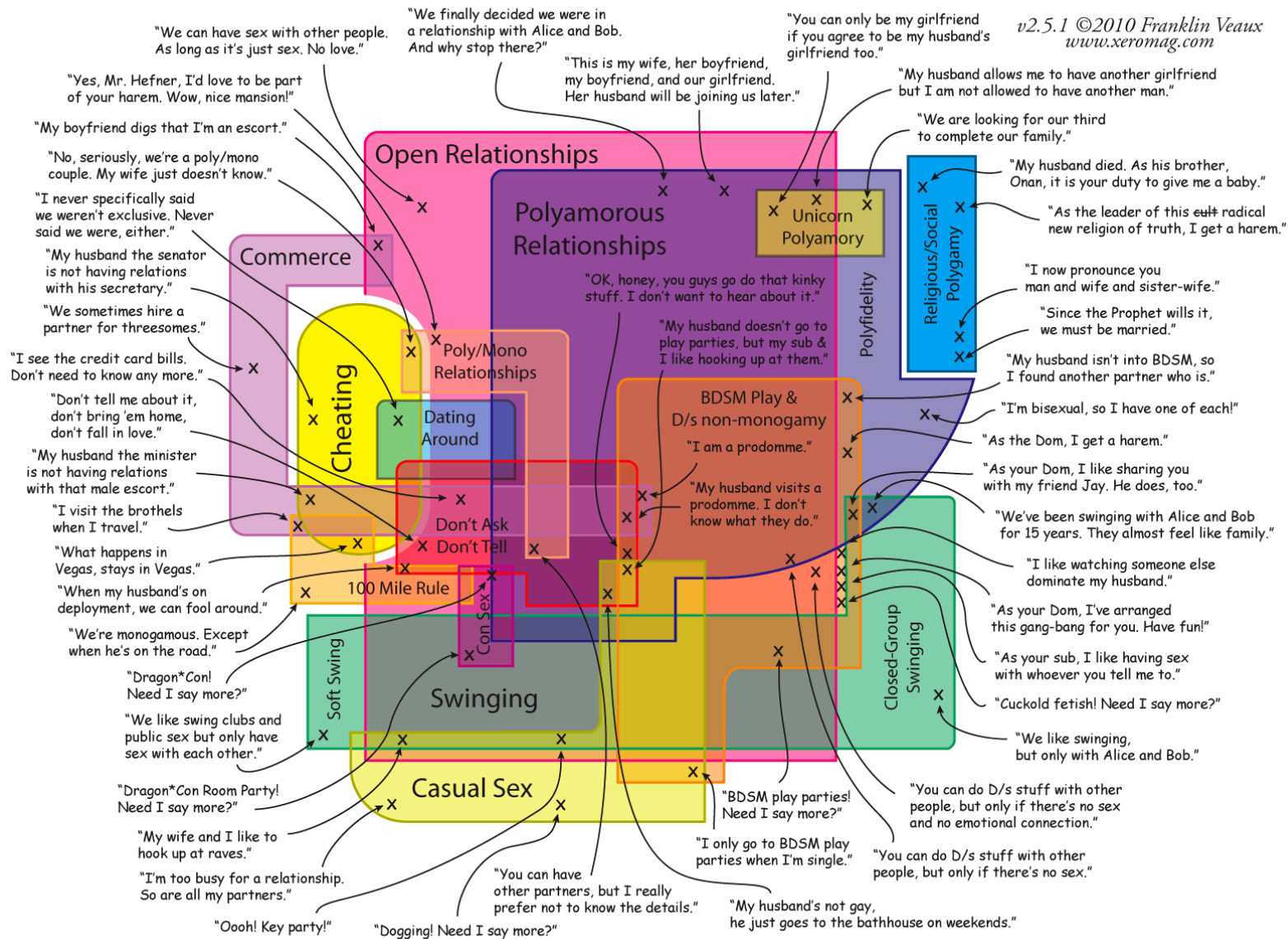


# Beziehungsanarchie

- “Regeln”, Gesetze? → Anarchie / „Anomie“
  - Wie egalitäre PA
  - Nur übliche aus Monogamie gemeint
  - → Grenzen → Gleich für alle → keine Hierarchie
  - Vertrauensbasis statt Druck
  - “Trotzdem” Verbindlichkeit
  - Freiheit, spontan zu sein ↔ Pflicht
  - „Build for the lovely unexpected“

# Beziehungsanarchie

- “Regeln”, Gesetze? → Anarchie / „Anomie“
  - „Build for the lovely unexpected“
- Streitthema in BA Gemeinschaft?
  - Statistik unbekannt
  - „Anomie“ statt Anarchie?
  - Verurteilung von „Freiheit“?
- „Beziehungsanarchist\*in“
  - Angst vor Identitätsabspruch
  - Überzeugungen / Ideale als Lösung



<https://bluecloud.academy/course/view.php?id=8>

