

SWINGER SYNCHRONIZATION EXERCISE

FROM

SwingersHelp.com

Swinging is generally approached more as a team event with couples working together to explore this sexy lifestyle. To have the best experience, it is wise to make sure your team is in synch. You want to ensure you both understand what each of you needs and wants from your swinging experiences. Clearly understanding each other and discovering each of your positions will enhance your experience and help keep the drama away.

EXERCISE INSTRUCTIONS

1. Talk with your partner and explain why you feel this exercise will help your relationship. It is important for you both to be engaged in this exercise. For this exercise to be helpful you both need to provide honest answers and make the effort to receive what each other is communicating.
2. Print out two copies. Then set aside private time for both of you to separately read your sheets and write in honest answers.
3. When you have both completed the sheets, come back together in a private space. Make sure you schedule enough free time to share and discuss your answers without distractions (we suggest at least 30 minutes so no one feels rushed).
4. You are probably going to uncover some surprises or miscommunications. This is a good thing. Discovering areas or topics that can be improved and clarified before a mistake is made is very helpful for your relationship. For each swinging element, we have included some discussion starters you can use to clarify your personal preferences and feelings.
5. We suggest you revisit this exercise at least once a year. We are all constantly growing. Our preferences & feelings can change as we are exposed to different experiences. Regularly tuning up your relationship can help ensure you avoid drama.
6. If you have a serious issue in your relationship, we strongly suggest you seek a trained relationship counselor. They can better assist you and your relationship with customized guidance as we all have our own unique situations.

Questions or Feedback? E-mail swingershelp@gmail.com

Communication

Verbal & non-verbal signals that are clearly given & received between each other. This includes communicating at home, during meet-ups & while playing.

How important is communication for you to be able to enjoy the swinging lifestyle?

Not Important Somewhat Important Very Important

During swinging, how often would you like communication with your partner? every ___ minutes

If communication is lacking, how does it make you feel?

Very Unhappy Somewhat Unhappy Neutral Still Satisfied

How well does your partner communicate with you?

Very Poor Neutral Very Well

Which best describes how you feel

- My partner communicates as much as I need & in the way I prefer it.
- My partner doesn't communicate enough but does it in the way I prefer it.
- My partner communicates enough but not in the way I prefer it.
- My partner doesn't communicates enough and not in the way I prefer it.

Explain how the verbal and/or non-verbal communication might be better handled between you...

Discussion Follow-Ups

- When people communicate together, what is given is not always what is received. Can you think of a time that has happened and why you feel it happened?
- What message from your partner has meant the most to you? Why?
- What outside influences do you think might be hampering your communication?

Connection

Establishing a personal connection with others in the lifestyle through flirting, chatting & other engagements

How much personal connection do you need to enjoy swinging?

- No Need Some Need High Need

How much of a connection do you want with other partners before physically playing?

- Previous meetings Lengthy Chat/Messages Casual/Brief Flirting None Needed

If personal connection is lacking, how does it make you feel?

- Very Discouraged Somewhat Discouraged Neutral Not Worried

How well does your partner understand your personal connection needs?

- Very Poor Neutral Very Well

Which best describes how you feel

- My partner & I build enough of a connection with others & how I prefer it.
 My partner & I build enough of a connection with others but not the way I prefer it.
 My partner & I don't build enough of a connection with others but we do it the way I prefer.
 My partner & I don't build enough of a connection nor do we do it the way I prefer.

Provide an example of a time when you felt like everything clicked perfectly. What made it work?

Discussion Follow-Ups

- Which specific fears or insecurities might be influencing your preferred style of connecting with others?
- What has been your favorite moment of building a personal connection with others?

Discretion

Protecting your personal information including your family, work, and home details from being exposed.

How much personal privacy do you need to enjoy swinging?

- No Need Some Need High Need

Which parts of your life do you want to remain private and undisclosed with swinger friends?

- Work Family Home Full Names

If information you wanted protected is exposed, how would it make you feel?

- Very scared Somewhat scared Neutral Still Comfortable

How well does your partner respect your privacy preferences?

- Very Poor Neutral Very Well

Which best describes how you feel

- We share the right amount of information in the right way.
 We share the right amount of information but not in the way I prefer.
 We share too much/too little information but do it in the way I prefer.
 We share too much/too little information nor in the way I prefer.

Explain how your feelings about privacy impact your swinging comfort level...

Discussion Follow-Ups

- What influences your comfort level with privacy?
- Are there any adjustments you would like to how you are handling your information?

Attraction

The different qualities that spark your interest & excitement in other people.

How important is attraction to your enjoyment of the swinging lifestyle?

- Not Important Somewhat Important Very Important

Which elements of attraction are most critical to you?

- Personality Body Type Facial Features Clothes Grooming

If one of your critical elements of attraction is lacking, how does it make you feel?

- Not Interested Neutral Still Interested

How well does your partner respect your attraction preferences?

- Very Poor Neutral Very Well

Which best describes how you feel

- I feel supported and empowered to act on my own attraction preferences.
 I sometimes feel pressured to ignore my attraction preferences.
 I do not feel pressured to ignore my preferences but they are not always honored.

Explain how your feelings about attraction impact your swinging experience...

Discussion Follow-Ups

- Share the specific qualities that attract you to your own partner.
- When was the last time you were surprised to be attracted towards someone? If you had to make three guesses why you found them attractive, what would they be?

Luxury

Enjoying a certain level of comfort & opulence during your swinging experiences.

How much luxury do you need to enjoy swinging?

- No Need Some Need High Need

How much money do you think should be budgeted each month for swinging? \$ _____

Which elements of luxury are most critical to your swinging experience?

- Fancy Clubs Fine Restaurants Upscale Hotels Expensive Clothes Travel N/A

If one of your critical element(s) of luxury is lacking, how does it make you feel?

- Very Unhappy Somewhat Unhappy Neutral Still Happy

How well does your partner respect your luxury preferences?

- Very Poor Neutral Very Well

Which best describes how you feel

- My partner & I enjoy too much luxury while swinging.
 My partner & I enjoy enough luxury while swinging.
 My partner & I don't enjoy enough luxury while swinging.

Explain how your feelings about luxury impact your swinging experience...

Discussion Follow-Ups

- Some people feel more appreciated when they are treated to luxuries in life. How do luxuries make you feel?
- Luxuries can divert money away from other needs or wants. Do you worry that swinging expenses get in the way of more important needs?

Sexual Exploration

Experiencing new & different sexual encounters not previously focused upon.

How important is discovering different sexual experiences to your swinging lifestyle enjoyment?

- Not Important Somewhat Important Very Important

Which elements of sexual exploration are most critical to you?

- Sex Toys Bisexuality Number of Partners Other N/A Fetish_____

If one of your critical element(s) of sexual exploration is lacking, how does it make you feel?

- Very Disappointed Somewhat Disappointed Neutral Still Satisfied

How well does your partner respect your desire for sexual exploration?

- Very Poor Neutral Very Well

Which best describes how you feel

- Feel supported and empowered to explore the sexual experiences that interest me.
 Sometimes feel pressured to ignore my interest in different sexual experiences.
 Not pressured to change my sexual interests but they are not always supported.
 Worried to explore potential curiosity in different sexual experiences.

Explain how your feelings about sexual exploration impact your swinging experience...

Discussion Follow-Ups

- How has your sexual curiosity changed over time?
- What has surprised you the most about your own desires?
- What sexual fantasies are the most appealing to you?

Task Support

The swinging lifestyle can require a good amount of work finding & screening others, messaging, & planning events.

How much task support do you need to enjoy swinging?

- No Need Some Need High Need

How much time each week would you like your partner to help with swinging tasks? _____ hours

If you don't receive enough support with swinging tasks, how does it make you feel?

- Very unhappy Somewhat unhappy Neutral Still Happy

How well does your partner support your swinging tasks?

- Very Poor Neutral Very Well

Which best describes how you feel

- I am given all the support I want and in the way I prefer it.
 I am not given enough support but it is in the way I prefer it.
 I am given all the support I want but not in the way I prefer it.
 I am not given enough support nor in the way I prefer it.

Explain how your feelings about how the workload is handled impacts your swinging experience...

Discussion Follow-Ups

- Sometimes a partner can make the difficult look easy and the other partner might not realize how much effort is involved. Take a moment to explain what swinging tasks you do & how much effort is needed.
- Some tasks aren't difficult but can be annoying. Take a moment to share which tasks you like & dislike the most to make sure you smartly assign the tasks between yourselves.

Rules & Boundaries

Clearly defining the limits of what is & is not allowed in your swinging experiences.

How strong is your need for a concrete set of swinging rules & boundaries?

- No Need Some Need High Need

If you don't receive enough support with swinging limits, how does it make you feel?

- Disrespected Ignored Neutral Still Happy

How well does your partner honor your mutually agreed to swinging limits?

- Very Poor Neutral Very Well

How do you feel about the current list of rules & boundaries?

- Reasonable Amount Too Many Too Few Have No Limits

How do you feel about the communication related to rules & boundaries?

- Clearly Communicated Somewhat Unclear Too Vague Not Equally Shared

Explain how your feelings about your shared swinging rules & boundaries impact your swinging experience...

Discussion Follow-Ups

- Often there are underlying motivations for different rules or boundaries. Take a moment to explain your reasons for a rule or boundary that has created conflict in the past.
- Having swinging limits is not helpful if they aren't clearly communicated. Take a moment to suggest how you both can improve your communication about rules.

Add Your Own _____

We are all different & have different requirements. If something hasn't been covered but is important to you, add it here.

How much _____ do you need for swinging?

- No Need Some Need High Need

If _____ is lacking, how does it make you feel?

- Very unhappy Somewhat unhappy Neutral Still Happy

How well does your partner _____ with you?

- Very Poor Neutral Very Well

Which best describes how you feel

- My partner _____ as much as I need & in the way I need it.
 My partner doesn't _____ enough but does it in the way I prefer it.
 My partner _____ enough but not in the way I prefer it.
 My partner doesn't _____ enough & not in the way I prefer it.

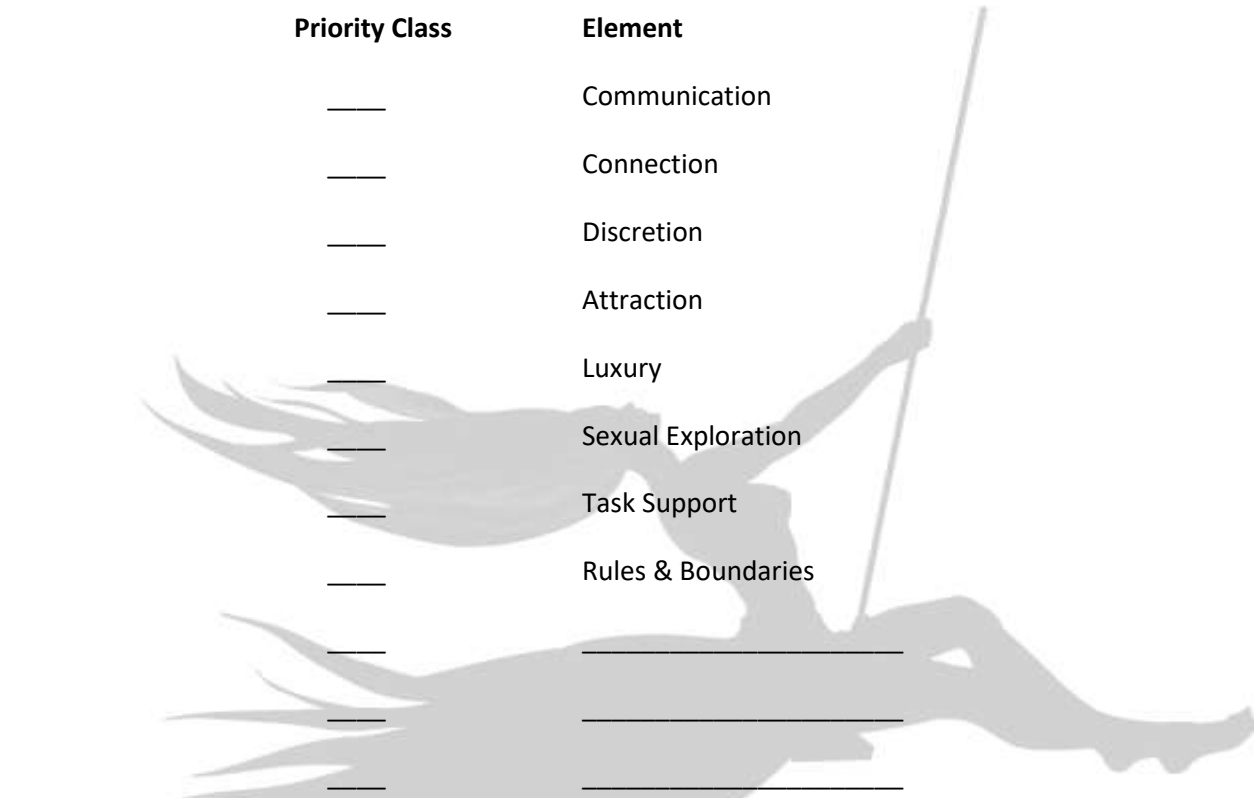
Explain how _____ might be better handled between the two of you...

Prioritizing Preferences

We have covered many different elements of the swinging lifestyle. Take a moment to put these elements in priority classes – A for High Priority, B for Medium Priority, & C for Low Priority. Be honest about how you truly feel.

The focus of this step is to communicate what elements matter the most to each of you so you can be better and more informed partners for each other.

Priority Class	Element
_____	Communication
_____	Connection
_____	Discretion
_____	Attraction
_____	Luxury
_____	Sexual Exploration
_____	Task Support
_____	Rules & Boundaries
_____	_____
_____	_____
_____	_____



PS To earn a bonus point & (more importantly) make your partner smile, write what you love most about them 😊
