

# ESTABLISHING AND MANAGING OPEN RELATIONSHIPS



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# Contents

<a href="#">Contents.....</a>	<a href="#">2</a>
<a href="#">Foreword by Johnny Soporno.....</a>	<a href="#">3</a>
<a href="#">My story, and this book.....</a>	<a href="#">4</a>
<a href="#">A thing or two about monogamy.....</a>	<a href="#">8</a>
<a href="#">An anatomy lesson.....</a>	<a href="#">8</a>
<a href="#">Orgasms.....</a>	<a href="#">9</a>
<a href="#">Attack, Defend, Fertilize – War of the Sperms.....</a>	<a href="#">9</a>
<a href="#">Marriage, and the Value of Virginity.....</a>	<a href="#">10</a>
<a href="#">Multiple Open Relationships.....</a>	<a href="#">12</a>
<a href="#">Categories of Relationships.....</a>	<a href="#">12</a>
<a href="#">The Relationship Categories.....</a>	<a href="#">13</a>
<a href="#">The Personality Factor.....</a>	<a href="#">14</a>
<a href="#">Expectation Management.....</a>	<a href="#">14</a>
<a href="#">Turning a One Night Stand into an Open Relationship.....</a>	<a href="#">16</a>
<a href="#">What do you say?.....</a>	<a href="#">16</a>
<a href="#">When do you say this?.....</a>	<a href="#">18</a>
<a href="#">Why this early? Isn't it better to have an established relationship first?.....</a>	<a href="#">18</a>
<a href="#">But won't girls run off if they know you're just after sex?.....</a>	<a href="#">19</a>
<a href="#">What do the girls generally say after you tell them this?.....</a>	<a href="#">20</a>
<a href="#">Is that it? Is this one conversation all it takes?.....</a>	<a href="#">20</a>
<a href="#">What if I don't build enough comfort and she experiences "Buyers Remorse"?.....</a>	<a href="#">21</a>
<a href="#">How do you know that she's not just saying the things you want to hear?.....</a>	<a href="#">23</a>
<a href="#">Maintaining the relationship.....</a>	<a href="#">23</a>
<a href="#">Keeping it fresh.....</a>	<a href="#">24</a>
<a href="#">How do you prevent her from developing feelings for you?.....</a>	<a href="#">25</a>
<a href="#">When do you end a relationship?.....</a>	<a href="#">26</a>
<a href="#">How much do you tell the girls about other girls and your lifestyle?.....</a>	<a href="#">27</a>
<a href="#">Dealing with jealousy – the green-eyed monster.....</a>	<a href="#">28</a>
<a href="#">The intellectual step.....</a>	<a href="#">29</a>
<a href="#">Ownership.....</a>	<a href="#">29</a>
<a href="#">Wanting whats best for her.....</a>	<a href="#">30</a>
<a href="#">The emotional step.....</a>	<a href="#">31</a>
<a href="#">In Closure.....</a>	<a href="#">34</a>
<a href="#">Dedications.....</a>	<a href="#">36</a>

## Foreword by Johnny Soporno

There is nothing quite so gratifying and affirmative as to see the results of your efforts playing out better than you'd hoped they would!

Reading this e-book, and watching how successfully and fully TJ's harmonized with and integrated the things I'd shared with him, (along with the invaluable insights of many of our other friends I'm proud to call peers!) into his mind, heart, and lifestyle, I feel overwhelmed with satisfaction and pride – and I'm delighted that he so succinctly communicates the essentials anyone (male or female!) would need to understand and appreciate before multiple long-term relationships could become a reality. It proves to me that he has gone well-beyond theory, beyond practice, and has elevated himself into the arena of philosophical wisdom – where one can generate and express clearly the digested results of their experiences, rather than merely regurgitating the lessons shared by others.

TJ LIVES the lifestyle he's recommending, and has proven to himself that it can and does work for everyone who applies it, and now he's passing the fundamentals on to you, for your own appraisal – all you need to do is courageously apply these simple elements to your own relationships, and watch in astonishment as the truth of TJ's words prove themselves to you over and over.

I often explain that the central purpose to my ongoing life, my personal mission-statement, is "I exist to enjoy the rewards of my best efforts". The sensations of satisfaction and accomplishment I get out of following TJ's progress are rewards beyond compare – and I hope to have them reenergized through his successes as demonstrated by you, dear reader!

Johnny Soporno

Worthy Playboy

## **My story, and this book.**

I was never great with women “pre-game”, but I was never truly horrible either. Growing up I early discovered my love for the fairer sex, but it took a long time before I realized just how much this love would shape my life.

In my youth I only hooked up with girls who were into martial arts – simply because that was the only area of my life where I had any confidence at all, and by the age of 20 I’d been to bed with two girls, both of them long term exclusive girlfriends. After each of these relationships, I lived in celibacy for over a year, only occasionally fooling around with other girls, but never being in control of what happened, and when I did, I never knew how to take it further than those initial kisses.

Since then my life has change drastically. I’ve worked on not only improving myself and my success with women, but more importantly, my relationships with women. I’ve learnt how to create genuine, open, and honest relationships with women, and I’m now lucky enough to have many great women in my life – both as friends and lovers (and in the best cases, as both). I’m constantly surrounded by positive, productive and incredible people. I have no Girlfriend, but I have several girl friends whom I go to bed with on a regular basis – all of whom know that I see others, and even recommend me to their other female friends. How great is that?

I’ve spent countless hours in conversations with women, countless hours studying litterature – both from the seduction community and from the fields of psychology, sociology and pedagogics, countless hours out testing, re-testing and adapting it all to my personality and preferences. All to understand how connections and relationships between humans work, and as a resault of this I’ve ended up with a teaching degree in psychology as well as a masters degree in pedagogics, not to mention a lifestyle I would’ve thought of as unrealistic a few years back.

In November of 2007 I wrote on a blog that was published on the front page of Norways biggest online newspaper. And through this article I got in touch

with Johnny Soporno. Our work together since then has taken me on amazing journeys, and by the summer of 2008 I was appointed an official Worthy Playboy Institute ([www.worthyplayboys.com](http://www.worthyplayboys.com)) coach, and Scandinavian representative after working with Johnny on several workshops and seminars in Europe.

Since then I've also had the pleasure of meeting men like Zan Perrion, Steve Piccus, Adam Lyons (aka AFC Adam), Amadeus Hellequin, Jamie Smart, Orlando Owen and many other great men and teachers. Some of these I've worked with, others travelled I've with and yet others I've shared hotelrooms with and laughed my butt off while swapping stories all night before conferences and workshops.

The seduction community is filled with incredible men, a lot of good material, and let's be honest; a lot of bad material. You can attend seminars, bootcamps and workshops where you can learn all kinds of different styles, techniques, tactics and methods. The ways of seduction are as diverse as life itself, and there is no doubt that most of these methods work if you put enough time and effort into mastering them.

So, what am I bringing to the table?

In my journey through this amazing community I've studied quite a lot of what is out there, and the one thing I could not find enough good material on to satisfy my thirst for knowledge was material on "open relationship management." The only applicable and reliable method I found was Johnny Soporno's work. And it is his Seductive Reasoning paradigm that my philosophy for relationships and seduction is based on. But I felt that something was missing in the community. I found that the descriptions of non-exclusive and open relationships were lacking in precision and that this whole area of the lifestyle that we lead was neglected by many.

There was no step-by-step guide that could help people with little experience, and most of the material I did find dealt mostly with mindsets and frames, and you had to figure out how to apply it to your Game yourself.

So I decided to work through my own structure and offer it to others. The feedback I got was monumental, and I've since shared my thoughts and philosophy on this with people from all over on workshops, seminars and bootcamps in Berlin (Germany), Amsterdam (Holland), Oslo, Bergen and Trondheim (Norway) as well as on online forums, Facebook and other chats with people from all over the world.

The structure and method I teach on this area of seduction is applicable for everyone no matter what skill-level, seduction method or age. It is very simple, and the core of it could be summed up in just a few sentences, but at the same time it could be discussed for days on end. When writing this e-book I've tried to cover all the major points and to organize them in a structure that makes them easy to read. However, you must be aware that since we are dealing with people and not machines, the outcomes will always vary slightly, and once again the most important thing is to calibrate your approach to the context and the people you are dealing with.

That being said, if you understand the structure presented for you in this e-book, and if you start using it, you will be able to start creating non-exclusive relationships without drama, without guilt and shame – filled with wonderful people, and incredible women.

In this e-book you'll learn about my method for turning one night stands into open relationships, you'll learn how I create honest and open relationships, genuine connections and great friendships with the wonderful women I meet. You'll learn how to maintain and manage these relationships, you'll learn how to avoid ending up in a situation where she falls in love and you don't, and you'll learn why you should not be ashamed of your need to have multiple, open, non-exclusive relationships with the women you want to surround yourself with.

Please, read the book carefully, take notes and judge for yourself which parts of it fits your personality as is, and which parts might need to be adapted. But there is one thing I DO NOT want you to change or discard, and that is my plea to you to be honest and up-front not only with the women you go to bed with, but with everyone in your life.

Honesty and communication are the best aphrodisiacs.

All that being said, I also want to point out that relationship management, as soon as you have some experience in it, isn't all that hard, and some of you might feel that this whole thing is perhaps even too elaborate. For those of you who might think so, that's great – it means that you are at the point where you already master this skill. But read on, perhaps you'll find a gem or two that you can incorporate in what you already do.

At a certain point you'll be able to forget most of what you've read in this e-book, and still be fantastically successful in your relationships. But if you are looking for a good starting point, I truly believe that this is the best place to look.

I also cannot recommend strongly enough that you watch Johnny Soporno's Seductive Reasoning 101 seminar (download it for free from [www.SeductiveReasoning.com](http://www.SeductiveReasoning.com)), take notes and incorporate the mindset and paradigm that he offers. This mindset will be invaluable for you as a player, a polygamous/polyamorous man, and hopefully – as a Worthy Playboy.

Good luck. And if you have any questions or comments, please feel free to get in touch with me at [hjerterknekt@gmail.com](mailto:hjerterknekt@gmail.com), my TJ Guttormsen facebook-profile or through [www.Genuine-Connections.com](http://www.Genuine-Connections.com).

## **A thing or two about monogamy.**

Forget what you've heard, read or seen on TV. Monogamy is not a natural thing for humans, just as it is not natural for pretty much any other mammal on this planet. We're not genetically programmed to have one sexual partner throughout our lives, however – we can make the choice to be monogamous. And monogamy HAS to be an intellectual choice made for the right reasons if the relationship is going to work – it's that simple.

Now, wether you already knew this or not, let me give you some science to back up this claim.

### ***An anatomy lesson***

The penis is shaped like a plunger. Scientists have argued why this makes sense from an evolutionary standpoint. One theory is that is is supposed to help with the lubrication of the vagina during sex, but this makes little sense seeing how the vagina is more or less self-lubricating when the female is turned on and ready to receive fertilization. Another theory, that makes more evolutionary sense when put in context with what I'm about to tell you next, is that the penis is a plunger. As the penis enters the vagina, fluids are pressed behind the head of the penis as it penetrates deep, then as the penis is retracted, this fluid is pulled out of the vagina – in other words, the penis is designed to pull out the sperm of other males who've recently had sex with the female.



The shape of a modern plunger.



The shape of an erect penis.

## **Orgasms**

The average time for a male to orgasm during intercourse is 3-5 minutes according to statistics. The average time for a female is around 15. After an orgasm the level of melatonin – a sleep-inducing hormone – is elevated in the male body while the female gets an energy-boost from sex by endorphins that are released in her body. (Ever wanted to go to sleep after sex but your female counterpart wouldn't stop talking? There's an example of how that works!)

Now, in earlier times when humans lived in tribes we can easily imagine this scenario: A male and a female have sex, the male reaches his climax and delivers his fertilizer (sperm) within 3-5 minutes, after which he's content and falls asleep after a release of melatonin. The female on the other hand is still turned on, energized and has not reached her climax yet. So what does she do? She moves on to the next male, and the next, and the next, until she's had her fill (pun intended) and a satisfying amount of stimulation to fill her 15 minutes or so, and has her orgasm.

There is more to this theory, but I won't go into details on these in this e-book. For more information on this – and the rest of the theories put forth in this section of the book – I recommend you check out the book "[Sperm Wars](#)" by Robin Baker, "[The Red Queen](#)" by Matt Ridley, "[The Mating Mind](#)" by Geoffrey Miller, and other books on the subject Evolutionary Psychology.

## ***Attack, Defend, Fertilize – War of the Sperms***

A little known fact about sperm is this: There are three different types of sperm, and only a very small fraction of sperm is capable of fertilizing an egg. The other types? They're there to wage war.

99% of the sperm we release are somewhat jokingly referred to as kamikaze-sperm, and within this group we find the two non-fertilizing types. Type A

sperm blocks the sperm from other males from reaching the egg, while Type B sperm actually attack the sperm from other males that enter the womb.

For more thorough detail on this, consult Robin Baker's "[Sperm Wars](#)", or simply do a google-search or check out youtube!

### ***Marriage, and the Value of Virginity***

Now, there is one more thing I'd like to point out, something which, when pointed out to me by Johnny Soporno made me laugh out loud, simply because of the obviousness of it. The ultimate argument for the fact that monogamy isn't a natural thing for humans is this: The existence of the institution of marriage.

Think about it. If it was in our nature to meet our soulmate and hook up with that person for ever – why would we need to sign a contract on it? Why would we need to mark our territory by putting a ring on a finger? Why would we feel the need to have a ceremony with witnesses to proclaim that we were going to spend our lives together?

It's simple. We wouldn't. We'd just meet, hook up, and stay together for the rest of our lives.

The whole idea of marriage is to protect our property. In any culture that has marriages or the likes we can find this one similarity: Property is important, and at the time of the creation of marriage these societies were mainly patriarchal (controlled by men), and it was important for these men to deem the women they fertilized as their own property, so that no other men would "steal" and/or fertilize these women.

Why was the value of virginity so important when a woman was to be married away? It proved that no other men could have had the chance to fertilize her before he obligated himself to take care of her and her offspring for the rest of their lives.

Why is it called a “honeymoon”, and why did the initial honeymoons last for one moon – one month – wherein the husband would be alone with his wife for a full cycle? So that he could keep her from other men for at least one fertile period and make sure that when she, after the honeymoon, became pregnant, it was certain to be his child.

Why is it that the firstborn in families were the one that were to inherit the farm? Because that was the only child that the father of the family could be sure was his own!

This all signifies that people always have been very aware of the fact that humans are not monogamous by nature, and will sleep with other than their partner when and if given the chance.

Why is it so important for men to believe that their child is their own biological offspring? Ego.

All this being said, I want to point out that I am not against monogamy in any way. If you want an exclusive, monogamous relationship, then more power to you and I’ll support you one hundred percent. But know that it is a choice – not a destiny.

## **Multiple Open Relationships**

This is the main section of this book. This section is divided into several smaller chapters, and will be the most important part of the book.

### ***Categories of Relationships***

Firstly I want to address the term “Multiple Open Relationships” which I will be using in this book. The usual terms for relationships of this nature in the community are Fuck Buddies (FB) and mLTR (Multiple Long-Term Relationship). In my model, these terms aren’t sufficient to describe all the different kinds of relationships you can have with women. Personally I refer to my relationships with women as “open relationships”, simply because that is what they are, and I can’t be bothered to define the relationships or the girls in any other way. When I speak of girls I sleep with I either refer to them as “girls I see” or simply as friends. None of the girls I see are Girlfriends of mine, they are simply female friends of mine whom I have sex with on either a regular or non-regular basis. My friendships with most of them do not differ from my friendships with other people with whom I do not have sex.

However, in this book you’ll see that I have named different types of relationships, as well as different types of girls. I have done this to make an easy-to-follow structure, and to fully understand my method of relationship management it is important that you understand what these different categories mean. Therefore, the following section will be a glossary-section where I define these categories. While you read the rest of this e-book, please refer back to this if you find yourself unable to define the relationships that I mention.

## The Relationship Categories

**FB:** The Fuck-Buddy relationship is simple, platonic and un-complicated. The girl you call up at 3am when you've struck out at the club, or visit every now and then only for sex is your Fuck-Buddy. There is no deep emotional connection, you do not socialize with each other outside the bedroom (or wherever you hook up), there is only sexual attraction and activities. (This is also often referred to as a Booty Call)

**mOR:** The multiple Open Relationship is the friend you have sex with. In the open relationship you have an emotional as well as a psychological link with your partner(s). Your relationship isn't just about sex, it is also based on a friendship, there's more emotional trust, and you share your life as well as your bodily fluids with each other. You might spend time together socially as well, you meet each other's friends and in some cases each other's families. You are, on the other hand, NOT boyfriend/girlfriend – you are simply good friends, who sometimes give each other orgasms.

**mLTR:** The multiple Long-Term relationship is much like the Open Relationship, but there is one distinction. When classifying a relationship as an mLTR you're also saying that the girl in that relationship is your Girlfriend. In this model you have at least one Primary Girlfriend, your Girlfriend both in title and role, and several secondary girlfriends – girls who share might the title but not the role of Girlfriend.

The difference between OR and mLTR in this model is important because of one thing: this model does not deal with managing Primaries – only FBs and friends you have sex with. If you are involved in a mLTR and have a Primary, the rules of the structure will change since your Primary (probably) will be more important to you than your secondaries.

## The Personality Factor

When reading this section, remember this: We are dealing with people here, not programs or machines, and so their position on this scale might change over time or even from meeting to meeting. It is up to you to figure out where her core lies at any given time in your relationship, and calibrate from there.

When I first started working out this model I divided the girls into different stereotype categories, and I had a whole system worked out to help you with your calibration. The problem with this, of course, is that no one fits any stereotype perfectly, and there are too many categories out there to make it an easy-to-remember structure. So I re-did it.

The following sketch is a scale which stretches from the far left – the girl that WILL fall in love with you instantly, to the far right – the girl who only sees you as a playmate/boytoy and will never be interested in an exclusive relationship with you.



Instantly in love with you.

Sees you as a boytoy

Simple, isn't it?

In short, the longer to the left on this scale the girl is, the more thorough you need to be with your expectation management (next chapter) and the more you need to set down boundaries and guidelines that will help prevent her from developing too strong romantic feelings for you (more on this on later).

## ***Expectation Management***

This is one of the cornerstones of my Game, my relationships and my life. It is one of the most important things I've ever learned, and perhaps the most

important thing I teach. The skill of expectation management was something I first learned when working as a conflict mediator, and later (and perhaps more importantly) learned how to implement in all aspects of life through Johnny. The topic is big enough to deserve an e-book in itself, but I will describe it only briefly in this section, and focus on the part related to relationship management.

Expectation management is, among a couple of other things, the art of managing the expectations that people have of you. This is important not only to avoid drama, misunderstandings and potential fall-outs, but also to establish the lifestyle that you want.

We are swamped with expectations from everyone around us. Our parents, siblings, teachers, bosses, friends, lovers, children, relatives, colleagues and so on all have expectations to us. Even a stranger you meet on the street or on a bus has expectations of you. These expectations differ largely from person to person, and from situation to situation, and unless we manage these expectations well, we risk losing control of our lives and our own decisions.

Does this mean that we should fulfill all these expectations that others impose on us?

No.

It means that we should make sure to let others know what to expect from us. It is our job to tell them what their expectations of us should be, it is not their job to decide which of their expectations we should fulfill for them.

This is especially important in relationship management. If you are clear, from the start, with the girls you see what they can expect from you, you prevent them from developing unrealistic expectations of you and your relationship.

So what should they expect from you?

Whatever YOU are willing to fulfill for them. If you are not willing to be exclusive to one girl, she needs to know. If you know that you will not be available for her as her Boyfriend, she needs to know. If you want to see her again later on these terms, she needs to know.

At the same time, it is important to do expectation management in the opposite direction too. What do you expect of her?

You should not expect anything from a girl that you are not prepared to offer her yourself. If you won't offer her exclusivity, she shouldn't have to offer it to you. If you won't offer her the title of Girlfriend, she shouldn't have to offer you the title of Boyfriend. Honesty and communication are the two most important parts of expectation management.

It is also important that you have thought this through enough to be able to explain WHY she can expect the things you offer to her, and why she can not expect the things you are not willing to offer her (exclusivity, commitment, etc). This is not only important so that you can explain it to her, but firstly it's important for your own frame, not to mention peace of mind.

You are equals in an open relationship, and so the expectations and guidelines/rules for the relationship should be equal for both of you.

### ***Turning a One Night Stand into an Open Relationship.***

#### **What do you say?**

“There is something you should know about me... I know I don't know you all that well yet, but you seem like an exciting and fun girl, and there's something that makes me enjoy your company a lot – although I'm not quite sure what it is yet.. Anyway, it is important that you know that while I'm not the type to enter into exclusive and committed relationships, I would love to see you

again, get to know you better, and I look forward spending time with you in the future as your friend and potential sexual partner. But I cannot fill the role of Boyfriend, and it is important that you do not start thinking of me as more than a friend that you can enjoy yourself with.”

This little speech has been repeated by me in one form or another many times. The wording isn't precise, because the conversation is always adapted to the situation and the girl in question, but it is an example of the general structure of the conversation. The main components of this little monologue are:

- Let her know that there is something you want her to know (before it gets to the point where she gets unreasonable expectations).
- Tell her that you like her – and WHY you like her (make it better than “you're hot!”).
- Tell her what you can offer her – AND what you can not offer her. In my case what I can not offer her is exclusivity or serious commitments.
- Tell her that regardless of this, you want to see her again and spend more time with her.

Recognize that this conversation comes from a mindset of YOUR telling HER what the basis of your relationship has to be if it is going to work for you. You are not asking her for permission, you are not even telling her to accept your frame – you are offering her the chance to explore a non-committed, non-exclusive relationship with someone who can make her feel great, with no strings attached. That's a pretty good deal for any girl if she feels that you are worth her while!

Calibrate the conversation after the girls personality. The Shy Girls (typically Best Friend-girls) might need more validation and comfort, while the strong and 'tough' girls (typically the FB-girls and the Playette) often prefers a concrete and direct speech. If in doubt, treat them as a Shy Girl – if they're not, they'll ask you to be more concrete about your thoughts. Oblige.

## **When do you say this?**

There is no set answer to this question, but in general I try to do this as early as possible. Often during the pillow-talk after we have sex the first time, the first morning we wake up together, and some times even before sex – but after it's clear that we're going to hook up (it can even be a good way to remove the dreaded "LMR" in some cases).

Also, in a lot of cases, I bring this up as a topic earlier on in the evening. Bring up the topic of relationship, romance, marriage, whatever while chatting with her (and her/your friends if they are around) and make it clear that you are not really a relationship-kind-of-guy. This will prime her mind to expect you not to offer any sort of committed and exclusive relationship to her later on. But even when you do this, being straight-forward with her later on is still important!

## **Why this early? Isn't it better to have an established relationship first?**

No.

Many girls are sensitive when it comes to sex. Having sex is a big investment for a lot of women (and some men of course), especially if it's something more than an obvious one night stand. Now, girls like excitement and adventure, but they do not like guys who are 'murky', who aren't honest about their intentions and string them along. This makes them feel insecure – and it should be your goal to help the women in your life feel strong and secure with you so that they can feel confident and safe when they open themselves up to you (both figuratively and literally).

By addressing this early we achieve several things:

- She doesn't have time to create romantic thoughts and an internal Boyfriend/Girlfriend frame in your relationship.

- She knows where you stand and what to expect – which will decrease the drama between the two of you drastically in the future.
- She is free to choose for herself whether or not she wants to pursue a non-exclusive, non-committed relationship with you or not, and she won't feel manipulated into doing so.
- She doesn't have to guess what your intentions are, and can relax and lower her shields around you.
- You establish yourself as an honest guy, and you show her that you are confident enough to be honest about your intentions, wants and desires.

### **But won't girls run off if they know you're just after sex?**

No! Most girls enjoy commitment-free sex just as much as guys, but they want and need security much more than we do. By being honest about your intentions, you help give her this security. If you've made her feel good, or been good enough in bed or whatever, most of the girls you hook up with will want to see you again. And besides, you are not just after sex. You want to have a sexual relationship with HER, because you think she is an exciting and fun girl that you feel comfortable with. And note that during your conversation you say that you want to "see her again", not "have sex with her again", this helps create sexual tension for your next meeting.

Another important point is to show her that she will get nothing but non-judgemental acceptance from you for her sexuality. If you can free her mind from the negative social conditioning that society has put upon her with regards to her sexuality, all of this will become easier than deciding what to have for dinner tomorrow. For more on the sexual emancipation of women, I suggest you study Johnny Soporinos seminar on Seductive Reasoning.

The only times girls will react badly to this conversation is, in my experience, when they are already at a point where they have developed romantic feelings for you. If a girl is in love with you, she won't want to share you with

others unless you've set the frame from very early on, and she's a strong, emancipated woman.

### **What do the girls generally say after you tell them this?**

This varies a lot. I've gotten everything from "wow, I hadn't even thought that far ahead, but that sounds good to me!" To things like, "uhm.. oh.. well, we've just started seeing each other, but I do like hanging out with you, so I guess I can live with that.." No matter what the answer is, I like to initiate a conversation about sex, comfort and honesty. I let the girls know that they can always trust that I will be honest with them and answer them honestly on any questions they might have. This, of course, also means that they must be sure that they really want to know the answers to the questions they ask me.

I also encourage them to keep seeing any other guys they might be seeing, and not hold back if they meet someone new that they like. I explain to them that I am not "Boyfriend Material", and that since I can not offer them a serious commitment or exclusivity, I do not expect them to offer it to me – in fact, I prefer if they see other guys, because it will make it less light for them to depend on me as their only supplier of intimacy – and cock.

Get the girls to give you their views on no-strings-attached sex. Try not to define or label your relationship until she does. Some girls react badly to being put into a "fuck buddy" category, even though she recognizes that that's what your relationship is all about. In other words, it is your job to establish the guidelines for your relationship, and it's her job to define the relationship – if she wants.

### **Is that it? Is this one conversation all it takes?**

No. In most cases you should follow up on this conversation after a while. After I've seen a girl a few times (usually on our third or fourth meet, but you

need to calibrate this) I address the matter again. I'll typically ask if she remembers the conversation from the first night, and what she thinks of it now that we've gotten to know each other better. I tell her that I want her to be honest with me, and that if she has a hard time with anything, starts developing feelings for me or anything else comes up, she should tell me so that we can handle it together.

A lot of girls (and quite a few guys) are unfortunately not very good at separating sex from emotions, and this is why it is important to create the right mindset for them by explaining to them your own mindset. Again I want to refer you to the Seductive Reasoning seminar if you want a deeper insight into a mindset that will help you enormously in this respect.

### **What if I don't build enough comfort and she experiences "Buyer's Remorse"?**

In some cases you'll find that you go so quickly from meeting someone to sex that you have little or no comfort, so that the before-mentioned conversation doesn't quite seem to have any impact. The girl considers this as a one night stand, and can't fit you into her image of the future. She's suffering from "buyer's remorse", and just wants to move on with her life.

The solution to this is creating enough comfort after the fact.

Any lack of comfort and rapport can be fixed after sex, but this is a fact that is widely overlooked in the community. If you get good at post-sarging you can pretty much eliminate the idea of buyer's remorse, and even skip comfort altogether during the seduction part, and still establish ongoing relationships with the women you go to bed with!

As we know, sex is a big investment for women. This is due both to social and genetic programming which makes sex a bigger deal for most women than most men. This can, for some women, lead to a feeling of insecurity and

vulnerability after sex. So how do we handle this insecurity and build comfort all at once? I'll give you a hint: Validation.

There are tons of ways of doing this. Some friends of mine recommend doing things like turning towards her right after sex, say "we rock!" Give her a high five and make it playful and fun and show her that you were together about the experience. Or put her hand on your chest and say "feel that" to show her how hard your heart is pounding.

Personally I'm not a high-five kind of guy (although I must admit it does happen every now and then, I hate to leave friends hanging), and I'm more on the calm side and will hug her while I talk with her about the experience, compliment her, ask her about herself, about why she thinks we're so good together and so-on. The principles at work are the same: Show her that this was something that the two of you shared because both of you wanted to. Show her that you like her through genuine conversation and interest in her as a person. Show her that you are not a "wham-bam thank you ma'am" kind of guy.

I also always make sure the girl is comfortable. I ask her if I can get her something to drink (I always keep a bottle of fresh water next to my bed), if she's hot/cold etc. Don't worry about supplication, it's not, it's comfort-building. You've already had sex with her, you can put any games you feel you've played aside and be nice and genuine (I recommend being genuine from the first time you look at her, but that's a different e-book). The whole concept of 'prize' and 'the chase' can be thrown out the window and you can concentrate on getting to know her on a real, genuine level. You are not trying to be needy or get her to like you (she already had sex with you, she likes you well enough in at least one respect), you are simply getting to know her better because you are interested in who she is.

If she spends the night (and the girls I meet usually do), or if I am sober, I always offer to drive her home when she gets ready to leave. This drive gives me more time to build comfort and talk about things mentioned previously in

this book. But whether or not I drive her home or she leaves on her own (or I leave her apartment on my own), the last thing I do is to tell her that I'm happy I met her, and that I look forward to seeing her again.

All this comfort-building after sex will also give the girl an opportunity to rationalize why she went home with someone she just met. Typical justifications will be that she could just "feel" that there was some kind of connection, that there was something special about you, that her instincts told her what a great guy you were and so on.

This being said. If you do a bathroom-pull at a crowded club, have sex with someone in a nearby park or back-alley five minutes after meeting her and so on, this might be a bit tricky since these are very clear and typical one-night-stand situations. However, by exchanging contact info, you still have the opportunity to follow up on the girl later on if you want.

### **How do you know that she's not just saying the things you want to hear?**

You don't. Unfortunately. Some times you will be able to see it when/if a girl starts developing strong feelings for you, and if you suspect she is, you should ask her about it when you are in a safe and comfortable setting.

However, we are talking about grown-ups here, they are old enough to take responsibility for themselves, and as long as you don't know that they are bluffing, there's really nothing you can do about it.

### **Maintaining the relationship**

Maintaining an open/casual relationship can sometimes be even harder than starting one, do not for a second think that you are allowed to rest easy just because you have one or more regular sexpartners. It is your job to

take care of your partner(s) and make sure they enjoy the relationship with you – and if need be, end the relationship if it's running down a bad road.

## **Keeping it fresh**

Keeping the relationship fresh, varied and exciting is the main ingredient in relationship maintenance. Granted, if your relationship is ONLY based on meeting up for sex it will be easier than if there's some sort of friendship involved.

There are two main areas in which you need to make sure the principle of variation is applied:

### *Socially:*

The best way of doing this is simply to make sure you don't fall into a routine that leads you to "go through the motions" every time you meet each other. Try to keep a lookout for new and fun things to do together, take her on adventures – even if it's just to your back yard where you can play in the snow together, or to the beach to build a sandcastle. Make sure you do other things than watch movies, eat food and have sex. Other times, grab her as soon as she walks into the room, push her up against the wall and ravage her – that can be an adventure in itself!

### *Sexually:*

There are a lot of good sources for inspiration on this point out there (anything by David Shade and Daniel Rose's 'The Sex Revolution Handbook comes to mind), but I'll give you a few pointers here too:

- Take turns being the one in control, but don't plan it. Every now and then, just throw her on the bed and say, "today I'm in charge" and don't let her do anything without you guiding her to do so. She'll usually want to take that role the next time you're together (you can even tell her to/hint at it when you're done having your way with her).

- Have sex in new locations. Avoid making it all about the bed. Do it in the livingroom, kitchen, bathroom, public restrooms, parks, in the woods, on the bus (you have no idea how much fun that can be until you've tried it!), at your office, at your school – wherever you can think of.
- Consider roleplaying/acting out fantasies (SHARE your fantasies with each other).
- Learn to do different types of massages (I can not recommend Steve Piccus' 'White Tiger Tantra' enough for this and other things).
- Use blindfolds, watch porn together (find something that she'll like by asking her), buy toys that you can use on her (or vice versa) – simply put: use your imagination!

### **How do you prevent her from developing feelings for you?**

There are a few guidelines that you can use. Also be aware of the fact that the way you treat her from the start will tend to influence where she ends up on the previously mentioned personality scale. This is a two-way street. The more romantic your interactions in the beginning of the relationship is, the more the girls tend to seek towards the left side of the scale.

That being said, with no romance and excitement at all, you might not get to the point where you establish an on-going casual relationship. Trust your instincts, and apply the rules that you see fit. The further to the left of the scale I feel the girl is, the more of these rules I apply:

- Don't see her too often. The "10-day rule" (do not see her more than once every 10 days at the most) is often used in this respect.
- Limit her access to social situations where you'll be hanging out with your friends. Meeting her at the club is alright, but don't bring her in to your group of friends in every-day social situations (except for politely introducing her if necessary). Your friends, and hers, might end up pushing a relationship-frame upon your interaction if given the chance.

- Always make sure there is sexual tension when you meet her to keep the relationship mainly a sexual one as opposed to a romantic one.
- Do not discuss things you would normally only discuss with very close friends.
- Encourage her to see other guys, ask her about it if she hints that she's interested in someone, give her advice if she wants it, and show that you are not jealous and do not consider her to be 'yours'.
- Take care of her during emotional conversations, but be careful about making her dependent on you for emotional relief through conversations – you might end up being her therapist, and she might get even more attached to you.

Remember, you are applying these rules for her, and your, own protection – not to control her.

Now, for the girls on the right side of the scale you can be more relaxed and casual about it, and if you feel comfortable that she's on the far right you can feel free to act as you wish. She'll set the limitations she feels necessary, but keep an eye out, if the playette develops feelings for you she'll most likely be very good at hiding it. It is therefore extremely important to establish a relationship of complete trust, honesty and openness.

These rules and relationships will change as the relationship progresses. After seeing a girl for a while you'll be able to put all these guidelines and thoughts aside and act as you see fit. This is where you want to be in the end – in an open relationship that flows naturally and effortlessly.

### **When do you end a relationship?**

Personally I only have a few situations in which I'll end a relationship and not have any more (sexual) contact with a girl I'm seeing:

When I do not wish to have sex, or any contact, with her ever again. This happens extremely rarely, and only when someone has in some way betrayed my trust in an unacceptable way.

When the girl develops strong feelings for me which puts her in a situation where the kind of relationship we have does her more harm than good. In this case I'll give her space some for a few months (three at the minimum) to work things out where we don't hang out as much as we used to, or we might simply have a platonic friendship for a while, and take it from there when she's ready.

If she gets a boyfriend and tells me she wishes to be exclusive and faithful to him. In this case I'll still stay in touch with her every now and then (unless, of course, we stick to a strictly platonic friendship, in which case I'll talk to her more often), but give her the space she wishes and leave it up to her to re-initiate our sexual relationship when/if she wants later on.

### **How much do you tell the girls about other girls and your lifestyle?**

As much as they want to know.

In this context it is important to read the signs the girls give you. A little while ago I had the following conversation with a girl I'm seeing after telling her about a party I was going to:

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Me: bla bla.. going to this party.. bla bla..

Her: Aah, maybe you'll find a hottie to play with! ...

Me: \*paused for two seconds and waited for an eventual follow-up comment\*

Her: No, by the way. Tell me I'm the only one you want to play with!

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Now, this girl is under no illusion as far as me seeing other girls as well, but she just doesn't want to hear about them. At the same time she knows that if she asks me, I'll answer honestly, so (as I said earlier) she needs to know whether or not she really wants the answer to a question before she asks it.

Don't offer this kind of information to the girls you see out of the blue, only answer them honestly and directly when they ask.

## **Dealing with jealousy – the green-eyed monster**

This is not an easy thing to master. It takes practise, it takes time, it takes a total reframe of something that is so innate in humans that it makes it possibly THE biggest challenge for most. So I was very unsure how I could write a chapter that could help you with all these things, but I've tried my best (excuse the length of it).

Remember: All I can do is give you the tools to break out of the chains of jealousy – it is up to you to actually succeed in doing so. And I promise you one thing, for a lot of you it won't be easy.

I've decided to break this chapter into two sections that to me were the two steps I needed to go through to rid myself of jealousy. I learnt of these two steps through working with Johnny Soporno, who helped me personally get to the point where I was qualified to teach this to others. Speaking of which, let me give you a little background on my own, current, relationship with jealousy.

I've gotten rid of about 90% of my own jealousy through following the structure I am about to present to you. The remaining 10% I have kept on purpose, and it is not jealousy in the form which you think of it, but rather a sort of motivational tool.

Let me explain.

Whenever a girl I'm seeing has been with another guy and tells me about it, I get a little tingly feeling inside of me. It's not jealousy, it's more a feeling of

excitement. Why? Because it gives me the opportunity to learn more about the girl which I can then use to improve my own relationship with her! It keeps me on my toes (after all, I want to make sure she has as good a time with me as with others) and prevents me from being lazy in my dealings with her. But honestly, it does not bother me AT ALL when any of “my” girls are with other guys, simply because I only want what’s best for her – and if the best for her is to get her needs satisfied by someone other than me – then I’m happy for her! I’ll get back to this in a little bit.

So.. How to get rid of jealousy?

As I said, there are two main steps to this process: The intellectual step, and the emotional one. And I’ll discuss both here as effectively as I can.

### ***The intellectual step.***

#### **Ownership.**

The first thing you need to do is to realize that *you can not own anyone!* And by this I mean that you can’t view anyone you see as YOUR girl. You cannot decide that she belongs to you in any way because she is not your property. SHE can say that she belongs to you, but you can never ever think that you in any way own her or her sexuality – she can give it to you and say it is yours, but you cannot claim it.

If you feel like something belongs to you, it doesn’t belong to you – you belong to it. Anything that you view as your ‘property’ has power over you, because you will be afraid to lose it, you will be afraid of it being taken from you, and that will make you weak in the relationship. The stronger you feel that something is yours, the more power it will have over you.

Think about it: If I came to your house and took a random glass from your kitchen cabinet home with me, you probably wouldn’t be too upset since you

probably have a set of them – and besides, it's just a glass. Now, if I came to your house and helped myself to a glass which you won at a competition where you worked your ass off, that would be very upsetting because it has sentimental value to you, you are emotionally connected to it. Agreed?

Now don't get me wrong, I'm not saying that you should not connect emotionally to the girls you see, I'm simply saying that viewing these girls as 'yours' will give the relationship more power over you than you have over it. And if you don't own her, you shouldn't be trying to control her either. And here's where the second part of the intellectual step comes in:

### **Wanting whats best for her.**

You must realize one thing right now: It is totally unreasonable to expect ANYONE to be 100% satisfied by any one person. We all have a certain craving for variety, and I don't care how good you are with girls, there is no way you can cover ALL the bases. Personal example: I don't do rough sex (playrape, bdsm and such), which is something many girls love from time to time – so when they want to be dominated in that way I encourage them to go to someone who can provide such an experience for them. Make sense? As Johnny always says; "You can't fake a fetish!" So if you want the best thing possible for the girls you see, you should not deny them the experiences that you can't give them yourself. That is simply incredibly selfish of you.

(I think, by the way, that this is one of the main reasons why so many monogamous relationships don't work. People go into them expecting to have all their needs fulfilled by one person, and when they realize they can't, they need to look around for someone else. But that's a different story, let's not discuss it now).

What you'll come to realize is that the more freedom you give the girls in your life, the more they will love you for it. Even if they decide to end their

sexual relationship with you because they've met someone they want to be exclusive to – they will never, ever forget about you and the freedom you gave them. And more often than not, as soon as their relationship ends, they'll come back to you (sometimes even before the relationship ends). Make sure you explain to them that the reason you give them this freedom to see others is not only because you will also be seeing other girls (and that it would be wrong of you to expect something from them that you were not willing to give yourself), but also because you only want what's best for them. Let them know that you realize that you can't be there to fulfill all of their needs all the time, since, as we've already discussed, such a notion is unrealistic.

And when you meet the "right" kind of girl, the kind who honestly does not want a monogamous relationship with anyone, your relationship will reach amazing levels through this attitude! Some of the girls I see these days often tell other girls, "you should try out TJ! He's amazing!" Or even tell me, "I should introduce you to a girlfriend of mine, you guys would get along great!" How good is my life?

Ok. Moving on.

### ***The emotional step.***

This will be the hardest part for most of you. It was for me. Honestly, it really, really sucked at times, but I do not regret doing it for even a second.

Intellectually knowing that jealousy is a ridiculous thing because you do not own anyone, because they'll love you more for the freedom you give them, and because not being jealous will make girls want to be with you more instead of less (and so there is no reason for your ego to feel threatened – which, let's be honest, is the only reason we get jealous these days anyway), is a good start. But we still have these emotions inside of us that is very hard to control by simply willing them away.

The solution is *immersion*.

If you are the jealous type (like I used to be), this is going to suck for a while and really mess with your head. If it does, email me at [hjterknekt@gmail.com](mailto:hjterknekt@gmail.com) with any thoughts that pop up or questions you might have, or simply return to this chapter and re-read it to get your head back on straight.

If you are not the jealous type, it still might feel a bit uncomfortable. But stick with it, you have a shorter way to your goal of a jealous-free life than anyone else out there.

Back to immersion.

You need to expose yourself to jealousy. And while you are feeling jealous you need to deal with it. Here's how you do that:

Start out by asking simple, non-judgemental questions to the girl in question. Ask her if she had a good time with whomever, ask her what they did and so on. You'll soon find that you can handle more and more details before jealousy kicks in. In the beginning you might only barely be able to handle the fact that she was with some guy, but pretty soon you'll be doing what I did just yesterday: Giving a girlfriend of mine advice on how to handle the relationship she just started with a guy she just met, after she'd been telling me all about the weekend they spent together. And I did it with a big, sincere, smile on my face.

Now, when you feel the feeling of jealousy start to grow inside of you, think about what you've learned about jealousy intellectually. Accept the feeling, but do not let it convince you that your mind (or I, or Johnny Soporno, or whomver) is wrong (because we are not). Then, the next time you see the girl, act normal, and realize that if you behave normally – she will too,

because if you've already told her that jealousy isn't an issue for you (and she believes you) then why would she act differently?

Here's the cold, hard truth: The person who negatively affects a relationship in a situation where jealousy is involved is the person who's feeling jealous.

Think about it. If you are not jealous of a girl for being with another guy and she knows it, she will not feel bad about it, and if she doesn't feel bad about it, her feelings towards you or your relationship have no reason to change.

If you ARE jealous and she knows it, she WILL feel bad about it, she'll try to make it up to you, you'll be upset and mad, and the whole relationship shifts off balance. And 'off balance' is not a place you want to be in any relationship.

Now, if you go through this process enough (for some of you it'll only take one try, for others it might take months) you'll start to see that your casual relationships with these girls will not change at all in a negative direction. In fact, in most of my relationships it's only made them stronger and more solid! There's more variety, there's more excitement, we're constantly learning new things about each other and ourselves, and the whole thing makes us feel even more secure in our relationship.

In addition to all of this, an abundance mentality will help greatly reduce the threath against your ego when the girls you see are with other men. Having an abundance mentality will help you detach from the fear of "losing" her to someone else, or the fear that she'll meet someone "better" than you. Ego plays a huge role in all of this, and it is your ego you're working on during your immersion-period.

Alright, I'm going to start wrapping this up because this chapter is getting longer than planned. But before I stop I want to give you a few guidelines that might be good to follow:

- Be in agreement with the girls you see about how much each of you want/don't want to know about the other persons relationships with others.
- Have an understanding of when it's okay for you to see others (for example, picking someone up while you are on a date with her is just rude and inconsiderate (unless you are both planning on going to bed with the new girl together of course)).
- Agree to ALWAYS wear protection in the form of condoms when you are with others to prevent the spread of STDs.
- Make sure you shower in between partners ;)

## In Closure

Don't over-analyze your relationships. I know that's a strange thing to say after writing an elaborate guide like this, but the truth is that it's fairly simple as soon as you start seeing the structure in your open relationships. When you get to the point where you consistently have drama-free relationships with the women you see, where all parties are happy and satisfied, then you no longer need to think, just act.

I've already said that once you get to a certain level, you can forget almost everything you've read in this e-book, but I want to encourage you to keep two things:

1. Always be honest, open and respectful of the people in your life, wether they are family, friends or lovers.
2. Use expectation management in all your relationships. Wether or not you decide to stick with the conversation I suggested earlier or not, make sure the people in your life knows what they can, and what they can't, expect from you.

This e-book is completely free, and I encourage you to share it with whomever you think would have the need for it or who'd simply get a kick out of reading it. My motivation for doing the work it took to create this document is nothing more than the simple fact that this is something that I wish to share

with everyone and anyone who might find it useful. I feel that it is something that many men and women needs to learn, and I believe that if everyone master the art of developing open, honest and equal relationships with their partners – the world will be a better place.

Now, I might not have covered ALL of the bases of multiple relationships, jealousy, but I am confident that what you can learn from this book is more than enough to get you to the point where you yourself will figure out any missing pieces.

Sincerely yours,

*TJ Guttormsen*

~Polyamorous sybarite & Worthy Playboy~

## **Dedications.**

I want to thank the following people, not only for the inspiration, knowledge and experience that went into this e-book, but also for helping to bring my life to the point it is at today.

**All the wonderful women in my life, past, present and future.** For helping me understand how our relationships work, who's taught me about life, love and friendship, and who's been invaluable discussion partners (and in some cases test-objects) when it comes to exploring the depths of my relationship management.

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**You.** For taking the time to read through this e-book. Please feel free to get in touch with me at [hjerterknekt@gmail.com](mailto:hjerterknekt@gmail.com), my TJ Guttormsen facebook-profile or through [www.Genuine-Connections.com](http://www.Genuine-Connections.com).