

# AVOID THE 5 BIGGEST PITFALLS NON-MONOGAMY & SWINGING

*HOW TO NAVIGATE JEALOUSY,  
COMMUNICATION, AND BOUNDARIES  
WITH EASE*





# MEET KILEY

***I'M SO EXCITED YOU'RE HERE!  
EXPLORING NON-MONOGRAMY IS A  
JOURNEY—ONE THAT REQUIRES  
CURIOSITY, SELF-AWARENESS, AND  
THE RIGHT TOOLS TO NAVIGATE  
WITH CONFIDENCE.***

***OVER THE YEARS, I'VE HELPED  
INDIVIDUALS AND COUPLES CREATE  
FULFILLING, TRUST-FILLED  
RELATIONSHIPS BY AVOIDING THE  
MOST COMMON MISTAKES PEOPLE  
MAKE WHEN STEPPING INTO NON-  
MONOGAMY.***

***THIS GUIDE IS DESIGNED TO GIVE  
YOU PRACTICAL INSIGHTS AND  
ACTIONABLE STEPS TO HELP YOU  
SIDESTEP THE BIGGEST CHALLENGES  
AND BUILD A THRIVING, OPEN  
RELATIONSHIP. WHETHER YOU'RE  
JUST STARTING OR REFINING YOUR  
APPROACH, THIS WILL SET YOU UP  
FOR SUCCESS!***



**IF YOU'RE LOOKING FOR DEEPER GUIDANCE, REAL-  
TIME COACHING, AND A SUPPORTIVE COMMUNITY,  
CHECK OUT MY 1:1 COACHING PROGRAM,  
I CAN'T WAIT TO SUPPORT YOU ON THIS JOURNEY! ❤️**



# WHAT THIS GUIDE COVERS

**How to set boundaries & communicate clearly  
without confusion or conflict**

**What to do when jealousy arises—and how to use  
it for deeper connection**

**The exact steps to avoid emotional fallout and  
build lasting trust**

**How to find compatible partners while staying  
true to your values**

**Strategies for managing time & balancing  
multiple relationships**

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WHETHER YOU'RE JUST STARTING OR REFINING YOUR APPROACH,  
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# PITFALL #1

## STRUGGLING WITH JEALOUSY & INSECURITY

***JEALOUSY IS ONE OF THE BIGGEST EMOTIONAL CHALLENGES PEOPLE FACE IN NON-MONOGAMY. IT CAN MANIFEST AS FEAR OF BEING REPLACED, ANXIETY ABOUT YOUR PARTNER'S NEW CONNECTIONS, OR FEELINGS OF INADEQUACY. MANY PEOPLE EITHER SUPPRESS THEIR JEALOUSY, WHICH CAN LEAD TO RESENTMENT, OR ACT ON IT IN WAYS THAT DAMAGE THEIR RELATIONSHIPS. WITHOUT THE RIGHT TOOLS, JEALOUSY CAN SPIRAL INTO INSECURITY, MISTRUST, AND EMOTIONAL DISTRESS.***

## THE SOLUTION

***JEALOUSY ISN'T A SIGN THAT NON-MONOGAMY ISN'T FOR YOU. JEALOUSY IS AN OPPORTUNITY FOR GROWTH. INSTEAD OF SUPPRESSING IT, USE IT AS A SIGNAL TO UNDERSTAND WHAT DEEPER NEEDS OR FEARS ARE BEING TRIGGERED. PRACTICE SELF-AWARENESS BY JOURNALING OR TALKING TO A TRUSTED PARTNER. OPEN COMMUNICATION IS KEY—EXPRESS YOUR FEELINGS WITHOUT BLAME AND WORK TOGETHER TO CREATE REASSURANCE AND SECURITY. DEVELOPING SELF-SOOTHING TECHNIQUES, SUCH AS AFFIRMATIONS AND GROUNDING EXERCISES, CAN ALSO HELP YOU NAVIGATE JEALOUSY WITH CONFIDENCE.***

**E02: ANGELA SANY SPEAKS ABOUT WOMEN IN TECH**



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**PRO-TIP FROM KILEY**  
**"JEALOUSY ISN'T THE ENEMY—IT'S AN INVITATION. INSTEAD OF FEARING IT, ASK YOURSELF: 'WHAT DO I NEED RIGHT NOW TO FEEL MORE SECURE IN MYSELF?' YOUR EMOTIONS ARE VALID, BUT THEY DON'T HAVE TO CONTROL YOU."**





# PITFALL #2

## UNCLEAR BOUNDARIES AND AGREEMENTS

**MANY PEOPLE ASSUME THEY'RE ON THE SAME PAGE WITH THEIR PARTNER WITHOUT ACTUALLY DISCUSSING EXPECTATIONS IN DETAIL. THIS LEADS TO MISUNDERSTANDINGS, HURT FEELINGS, AND CONFLICTS. RIGID RULES CAN FEEL RESTRICTIVE, WHILE VAGUE BOUNDARIES CAN CAUSE CONFUSION. WHEN BOUNDARIES ARE UNCLEAR OR NOT RESPECTED, TRUST ERODES, AND RESENTMENT CAN BUILD, MAKING IT DIFFICULT TO SUSTAIN HEALTHY NON-MONOGAMOUS RELATIONSHIPS.**

## THE SOLUTION

**CLEAR, EVOLVING AGREEMENTS ARE THE FOUNDATION OF ETHICAL NON-MONOGAMY. INSTEAD OF RIGID RULES, FOCUS ON CREATING FLEXIBLE BOUNDARIES THAT PRIORITIZE MUTUAL RESPECT AND EMOTIONAL SAFETY. REGULAR CHECK-INS WITH YOUR PARTNER(S) ENSURE THAT AGREEMENTS REMAIN RELEVANT AS YOUR RELATIONSHIPS GROW. USE CLEAR AND COMPASSIONATE LANGUAGE WHEN SETTING EXPECTATIONS, FRAMING BOUNDARIES AS PERSONAL NEEDS RATHER THAN ULTIMATUMS. TRANSPARENCY AND FLEXIBILITY ALLOW NON-MONOGAMY TO FEEL MORE FREEING RATHER THAN RESTRICTIVE.**

**PRO TIP FROM KILEY**  
**"THINK OF BOUNDARIES AS RELATIONSHIP AS AN ACT OF LOVE, NOT A DEMAND. THEY'RE THERE TO HELP YOU FEEL SAFE, NOT TO KEEP PEOPLE OUT. KEEP THEM CLEAR, FLEXIBLE, AND REFLECTIVE OF YOUR NEEDS."**





# PITFALL #3

## COMMUNICATION BREAKDOWNS

**TALKING ABOUT NON-MONOGAMY CAN FEEL OVERWHELMING, ESPECIALLY IF EMOTIONS RUN HIGH. SOME PEOPLE AVOID DIFFICULT CONVERSATIONS ALTOGETHER, LEADING TO ASSUMPTIONS AND MISUNDERSTANDINGS. OTHERS STRUGGLE TO EXPRESS THEMSELVES WITHOUT BLAMING OR REACTING DEFENSIVELY. WHEN COMMUNICATION ISN'T INTENTIONAL, IT CAN RESULT IN UNRESOLVED CONFLICTS, EMOTIONAL DISTANCE, AND RESENTMENT IN RELATIONSHIPS.**

## THE SOLUTION

**HEALTHY COMMUNICATION REQUIRES INTENTIONALITY, VULNERABILITY, AND PRACTICE. USE "I" STATEMENTS TO EXPRESS EMOTIONS WITHOUT PLACING BLAME (E.G., "I FEEL ANXIOUS WHEN PLANS CHANGE SUDDENLY"). SCHEDULE REGULAR CHECK-INS TO DISCUSS FEELINGS BEFORE THEY TURN INTO CONFLICTS. ACTIVE LISTENING—REPEATING BACK WHAT YOUR PARTNER SAID BEFORE RESPONDING—HELPS ENSURE YOU UNDERSTAND EACH OTHER. WHEN DISCUSSING TOUGH TOPICS, APPROACH CONVERSATIONS WITH CURIOSITY RATHER THAN DEFENSIVENESS, FOCUSING ON FINDING SOLUTIONS TOGETHER.**

**PRO TIP FROM KILEY**  
**"BEFORE YOU REACT, PAUSE AND ASK YOURSELF: 'AM I LISTENING TO RESPOND, OR AM I LISTENING TO UNDERSTAND?' MASTERING THIS SHIFT CAN CHANGE EVERYTHING IN YOUR RELATIONSHIPS."**





# PITFALL #4

## POOR TIME MANAGEMENT

**BALANCING MULTIPLE RELATIONSHIPS WHILE MAINTAINING SELF-CARE CAN FEEL OVERWHELMING. PEOPLE OFTEN PRIORITIZE PARTNERS OVER THEMSELVES, LEADING TO EXHAUSTION AND EMOTIONAL BURNOUT. TIME MANAGEMENT STRUGGLES CAN CREATE FEELINGS OF NEGLECT, RESENTMENT, AND GUILT WHEN EXPECTATIONS AREN'T MET. WITHOUT A STRATEGY TO BALANCE COMMITMENTS, NON-MONOGAMY CAN BECOME MORE STRESSFUL THAN FULFILLING.**

## THE SOLUTION

**INTENTIONAL SCHEDULING AND SELF-CARE ARE SO IMPORTANT WHEN NAVIGATING NON MONOGAMY. PRIORITIZING QUALITY TIME OVER QUANTITY ALLOWS FOR DEEPER CONNECTIONS WITHOUT OVEREXTENDING YOURSELF. USING SHARED CALENDARS, SCHEDULED CHECK-INS, AND STRUCTURED PLANS CAN HELP MANAGE EXPECTATIONS AND PREVENT BURNOUT. IT'S JUST AS IMPORTANT TO SCHEDULE TIME FOR YOURSELF AS IT IS TO PLAN TIME WITH PARTNERS—SELF-CARE ISN'T SELFISH, IT'S NECESSARY. BY FINDING A BALANCE THAT WORKS FOR YOU, NON-MONOGAMY BECOMES A JOYFUL EXPERIENCE RATHER THAN A SOURCE OF STRESS.**

**PRO-TIP FROM KILEY**  
**"YOU CAN'T POUR FROM AN EMPTY CUP. SCHEDULE 'ME TIME'**  
**JUST LIKE YOU SCHEDULE DATES—GOOGLE CALENDAR WILL**  
**BE YOUR BEST FRIEND!"**





# PITFALL #5

## FINDING PARTNERS

**MANY PEOPLE STRUGGLE TO FIND LIKE-MINDED PARTNERS WHO RESPECT THEIR BOUNDARIES AND VALUES. IT'S ESPECIALLY DIFFICULT FOR THOSE WHO ARE CIS MEN. SOME MAY EXPERIENCE REJECTION OR DIFFICULTY NAVIGATING ONLINE DATING SPACES, WHILE OTHERS MAY ENCOUNTER INDIVIDUALS WHO DON'T TAKE NON-MONOGAMY SERIOUSLY. WITHOUT CLEAR COMMUNICATION FROM THE START, MISMATCHED EXPECTATIONS CAN LEAD TO FRUSTRATION, HURT FEELINGS, AND UNHEALTHY RELATIONSHIPS.**

## THE SOLUTION

**FINDING COMPATIBLE PARTNERS STARTS WITH BEING UPFRONT ABOUT YOUR NON-MONOGAMOUS IDENTITY AND BOUNDARIES. LOOK FOR COMMUNITIES, EVENTS, AND DATING PLATFORMS SPECIFICALLY DESIGNED FOR ETHICAL NON-MONOGAMY. WHEN MEETING NEW PARTNERS, ASK INTENTIONAL QUESTIONS EARLY ON TO GAUGE COMPATIBILITY. WATCH FOR RED FLAGS—SUCH AS PEOPLE WHO DISMISS YOUR BOUNDARIES OR PUSH SECRECY. BY APPROACHING DATING WITH CLARITY AND CONFIDENCE, YOU'LL ATTRACT PARTNERS WHO ALIGN WITH YOUR VALUES AND RELATIONSHIP GOALS. AS FOR THE WHERE TO FIND THEM; CHECK OUT LOCAL NON MONOGAMY EVENTS, SWINGER CLUBS, WEBSITES LIKE SLS AND KASIDIE AND APPS LIKE 3FUN, FEELD AND #OPEN.**

**PRO TIP FROM KILEY:  
"THE RIGHT PEOPLE WILL RESPECT YOUR BOUNDARIES—THE  
WRONG ONES WILL TEST THEM. PAY ATTENTION TO HOW  
SOMEONE REACTS WHEN YOU SAY 'NO' OR EXPRESS A NEED."**





**READY TO AVOID THESE PITFALLS &  
THRIVE IN NON-MONOGAMY?**  
YOU NOW HAVE THE TOOLS TO  
NAVIGATE JEALOUSY, SET CLEAR  
BOUNDARIES, COMMUNICATE  
EFFECTIVELY, MANAGE TIME, AND FIND  
ALIGNED PARTNERS—BUT TRUE  
TRANSFORMATION HAPPENS WHEN YOU  
PUT THESE LESSONS INTO PRACTICE.

**WORK WITH KILEY – GET PERSONALIZED COACHING FOR YOUR NON-MONOGAMY  
JOURNEY**

**YOU DON'T HAVE TO NAVIGATE NON-MONOGAMY ALONE! WHETHER YOU'RE JUST  
STARTING OUT, FEELING STUCK, OR LOOKING FOR DEEPER GUIDANCE, PERSONALIZED  
COACHING CAN HELP YOU BUILD CONFIDENCE, IMPROVE COMMUNICATION, AND  
CREATE RELATIONSHIPS THAT TRULY WORK FOR YOU.**



# How Coaching with Kiley Can Help You:

*BY HELPING YOU UNDERSTAND YOUR  
DESIRES, BOUNDARIES, AND  
RELATIONSHIP DYNAMICS*

*I CAN HELP YOU TRANSFORM  
CHALLENGES INTO GROWTH  
OPPORTUNITIES*

*I'LL GIVE YOU PRACTICAL TOOLS FOR  
HONEST, EFFECTIVE CONVERSATIONS*

*I'LL HELP YOU CREATE SUSTAINABLE  
AGREEMENTS AND BUILD  
RELATIONSHIPS THAT FEEL SAFE,  
FULFILLING, AND ALIGNED WITH YOUR  
NEEDS*

*I HAVE A NON-JUDGMENTAL APPROACH  
AND I TRULY UNDERSTAND NON  
MONOGAMY AND THE LIFESTYLE  
BECAUSE I'VE LIVED IT*



**TAKE THE NEXT STEP:  
💡 BOOK A 1:1 COACHING SESSION!**