

Alternative Relationships Ebook Development Draft

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Personal relationships are ongoing voluntary investments of individuals, with one another, meant to improve their happiness. However, it is not about simply improving the collective happiness of partners, because that is often achieved through win/lose relationships, where one is happier in their life and another is less happy in their life, due to the relationship. Personal relationships are meant to be experiences that consistently increase the individual happiness of all parties, relative to living their lives apart.

But why are personal relationships so important to our lives? Consider this...

Let's say you are given a choice between the following two life sentences, which you had to live out for the rest of your life. Which one would you choose?

Total Relationship Abundance with Material & Mobility Scarcity:

- You get to have as many amazing personal relationships as you'd like, whether it is 1, 100, or 10,000.
- You can handpick whoever you want on the planet for as long or as short of a timeframe you'd like.
- You are guaranteed to have whatever custom types, quality, & depth of connection you'd like with them, including amazing friendship & sexual intimacy.
- You get to have as much of the precise experiences & interactions you'd like with these people based on your own personal desires.
- However, the one condition is that you have to live out your life with these people in a single building outfitted with only the bare essentials of basic

needs & comforts. You don't get to facilitate your social lives with machines, material conveniences, or travel to other places in society. You lose access to stuff like automobiles, computers, phones, televisions, pool tables, swimming pools, video games, alcohol, recorded music, published books, etc.

- You basically have the best people you could ever wish for in your life along with whatever personal relationships & interactions you want to have with them.

Total Material & Mobility Abundance with Relationship Scarcity:

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Most people would clearly choose relationship abundance within their lives. In fact, most human beings would end up living EXTREMELY happy lives having only relationship abundance and extremely sad lives if left forever alone while surrounded by modern day conveniences.

I hope this bottom-line comparison demonstrates how critically valuable & meaningful human connection is in all of our lives. Beyond core physical needs of biological health & survival, human connection is the most powerful asset for the quality of life of our lives, which is also a little something we humans like to experience, known as personal happiness.

So our happiness is everything and, beyond basic physical & mental health, human connection through the experience of our personal relationships is, by far, the number one asset for continuously creating our direct personal happiness.

However, the good news is that we don't have to make fundamental tradeoffs between relationship abundance and material & mobility abundance. We can create personal lives filled to the brim with the best of everything.

But, the bad news is that a good chunk of people will forever lack the personal will to truly commit or follow through with seriously doing what it takes to live a long-term life that is this good & happy, even if given step-by-step solutions.

Many people just continuously accept the status quo and paths of least resistance, which often leads to a life of mediocrity.

So far, I've only mentioned personal relationships in general, however, my primary focus is on sexually intimate relationships. However, my personal philosophy is that there really isn't a solid distinction between platonic friendships & sexual relationships, other than the inclusion or absence of sexual activity. I'll be explaining more about this premise in future sections of this book.

Essentially, there is no difference between the foundation of relationship for deep personal friendship & romantic love. Both are simply comprised of meaningful levels of personal attraction & connection. In sexual relationships, a small or large part of the attraction & connection is sexual in nature and sexual physical intimacy is exchanged. Basically, "lovers" are just friendships with sexual activity, as described by this simple equation...

Romantic Love = Deep Personal Friendship + Sex

If you've ever had a really good best friend that you didn't share a sexual attraction with, then it likely often felt just as close, fulfilling, & emotionally intimate as someone you love romantically & have sex with.

Most people don't have this mindset towards personal relationships and categorize friendships & sexual relationships separately in their minds. That's fine. To each his/her own in life. But, there are often some core cracks in the foundation of life happiness when people aren't able to unify their understanding & pursuit of human connection in their lives. I'm going to explain & advocate for some alternative views & beliefs on personal relationships that embrace individual happiness & human nature, much more than mainstream society teaches us. I believe some or all of these alternative distinctions could really open up your full capability for personal happiness in your life, in the context of your personal relationships, which, as we know, are the number one asset of experience in your life.

Now, I personally have a very libertarian philosophy on life, where pretty much as long as people aren't violating the bodies or property of others, without consent, then I think we should all be free to do whatever we want within our lives.

Ultimately, we are born as free & independent physical beings, and always have the choice to do what we personally desire or submit & conform to the will of others in society who don't even know us.

In many modern day societies, one of the mainstream norms touted with a pointing finger of entitled authority & righteousness is the notion of the traditional, lifelong, monogamous relationship structure. Like I said, to each his/her own in life, but I personally don't have hangups about sex, intimacy issues, or fears of open expression about romantic love between people. I simply believe in human connection & expressions of love that add happiness to the lives of the people sharing them.

Beyond that, I personally believe that non-traditional and non-monogamous relationship structures ultimately have more inherent capacity & potential for experiencing peak happiness & love within, based on human nature, deep personal desires, & logical commonsense. However, they aren't for everyone,

despite likely being better for most, if only people could get beyond their core jealousy issues & fears of rejection.

In fact, the dirty little secret of mainstream traditionalists is that their kind is already engaging in many types of romantic relationships that break the integrity of traditional monogamy. Consider the inherent principles & nature of relationships involving the following...

- Casual Dating & Sex with Multiple People
- Committed Monogamous Relationship Affairs & Cheating
- Serial Monogamy via Dating/Breakup & Marriage/Divorce

...and then lookup or just imagine what the statistics of these behaviors are, over years & decades of time, out in the modern mainstream society you live in.

Clearly, a significant percentage of the relationship traditionalists, of various beliefs, are out there breaking their own rules. Where did these people's rules come from anyway? Their parents? Their parent's parents? Should I conform to another's family legacy of beliefs because they directly or indirectly tell me I should? Should I even blindly follow my own family's historical beliefs? Yet, this is much of what our society's beliefs are consistently built upon...legacy defaults.

I'm not willing to compromise my own logic, beliefs, relationships, & ultimately happiness to perpetuating the status quo. I'm just not. I want to personally craft the identity & lifestyle that is custom to & uniquely right for me, no matter where that takes me in relation to societal norms. Extreme happiness is worth going alternative for and facing mainstream rejection by those that need me to be like them to feel secure or significant.

I'm not the type that forces any way of life down the throat of another person. Like I said, I'm quite libertarian in my life philosophy, and believe that everyone is very entitled to their own independent pursuits of happiness. I'm just an obsessively deep thinker & an ambitious happiness pursuer, who has explored the advanced understanding of psychology & experience for several alternative relationship & life paths, for the purpose of predictably maximizing personal happiness.

Besides, how's the everyday mainstream average of health, happiness, & success working out for society these days? Will overall conformance to mainstream societal norms ever likely produce the optimal personal life you desire & deserve to live before you die? Maybe it is time to be open-minded and reconsider some

fundamental assumptions about one of the most powerful & critically important areas of life which determines your class of personal happiness & quality of life.

Okay, so hopefully you've got a good sense for the value & meaning of personal relationships...

They mean almost everything to your life's happiness and most people blindly accept the status quo of standards & structure for personal relationships throughout their life.

I hope you read the rest of this book with an intense interest & open mind for figuring out the optimal framework of philosophy, strategy, & structure for your own personal relationships that will drive your maximum desired quality of life throughout the remainder of your living years.

I'm going to show you some of the core factors to personally consider for yourself.

So the purpose of having personal relationships in our lives is to increase our personal happiness. But what does that precisely mean and what's the approach for ensuring that it predictably happens?

First of all, what is the overall goal for our personal happiness?

How happy do we want to be? Decently happy? Meaningfully happy? Super happy? Extremely happy?

How often do we want to be this happy? Once a day? Once a week? Once a month? Once a year?

The truth is that we would all take extreme happiness on a daily basis, if it were handed to us on a silver platter. Yet, in reality, we often make short-term & long-term decisions, tradeoffs, & compromises that fundamentally limit our capacity &

potential for consistently heightened levels of happiness. We do this to ourselves for essentially two reasons...

- 1) To be somewhat happy now by indulging in opportunities we currently have available to us.
- 2) To avoid the perceived pain, effort, or resistance it may take going through to establish much higher standards of life.

However, if we want a meaningfully elevated experience of quality & happiness for our lives, including within our all-important personal relationships, then we've got to overcome these two pitfalls that can often kill our potential.

Here are the few basic key tools you'll likely need to develop further, in order to successfully accomplish that with your life...

- Vision: You're likely not going to want to do what it takes to live an amazing life of heightened overall & relationship happiness, unless you

have a highly compelling vision that is precisely customized to you, which you also believe is realistically attainable.

- Commitment: Despite knowing what we actually want, we can often lose our focus, and ultimately commitment, which then kills our pursuit of action. Gaining and holding on to solid long-term commitment to not accept an unfulfilled vision is needed to get through the challenges & temptations that keep the status quo in power.
- Strategy: Despite knowing precisely what you want and being truly committed in doing what it takes to achieve it, you've also got to have a predictable strategy that not only works within the real world of other people, but also works with your own personal psychology. Often times, seemingly straightforward goals become rocket science engineering projects for figuring out. You can always fall back on taking more tenacious action. However, a sophisticated & powerful set of strategies can go a long way for getting & keeping your desired life & relationships, given all of the variables involved.

Take these factors very seriously because they are what will largely determine your capability to effectively follow-through in the upcoming years of living your life. Just look backwards to see how effectively you've operated with developing your life to amazing new heights and then give yourself a true gut check on assessing yourself with these primary factors.

- Vision Check: Did you have a precise personal vision that actually felt real to you in your daily life? Or was it more vaguely defined or too unreal?
- Commitment Check: Were you truly committed to achieving this type of vision to the point of real personal sacrifice? Or were you too comfortable within your established routine?
- Strategy Check: Did you truly understand the mechanics of psychology & tactics that would predictably produce your desired results in your desired timeframes? Or did you just have more of a basic action plan that relied upon your general assumptions?

Make sure you've got these factors in real check going forward or else you might just be putting the odds in favor of the status quo again for your quality of life & relationship happiness.

Now, let's talk a bit about the nature of happiness so that we can better understand the beast we are trying to conquer in our lives...

What is this thing called "happiness" that we all constantly want in our lives?

Happiness is an aggregate emotional state existing within the minds of individual human beings.

That's it. Plain and simple.

Just an overall emotional state achieved from the combination of painful & pleasurable emotions operating within your conscious & subconscious mind at any given point in time.

For example, you could list various types of emotions, from different sources of your identity & life, and then add & subtract their strength levels, similar to this...

Happy/Positive/Pleasurable Emotions	Sad/Negative/Painful Emotions
Love: +20 Excitement: +5 Productivity: +0 Confidence: +11 Passion: +8 Accomplishment: +3 Contribution: +9 Pride: +35 Spontaneity: +6	Hate: -6 Boredom: -5 Stress: -15 Fear: -24 Anger: -3 Disappointment: -0 Jealousy: -3 Rejection: -9 Repression: -7
Overall Balance of Mindset (Happy + or Sad -): +25	

Of course, it might be quite an advanced challenge to pinpoint the truly accurate emotions & strengths going on within your mind, however, that isn't the goal here. This is just a good concept to be aware of and can be generally used as a tool of estimation & quick assessment to see deeper into the mental components of your own overall happiness or sadness.

So you can't just directly increase your happiness or sadness out of thin air, since they are built upon the underlying specific emotions being felt within your conscious & subconscious mind. If you want to experience more happiness, then you've got to feel more positive/pleasurable emotions and/or less negative/painful emotions. And what is negative/painful to one person might be positive/pleasurable to another, which is a factor of personal meaning associated in one's mind to a given thing, experience, or sensation in life.

Now, of course, depending upon what is going on with you in your external life and internal body & mind, your state of mind is going to be constantly fluctuating. However, we all have consistent patterns within our lives, minds, & emotions. It is our job to exert more strategic control & influence over components that we are able to, so that we can shift our patterns to consistently balance out to meaningfully higher levels of happiness.

There are a plethora of opportunities in our minds & lives for pursuing the result of more happiness, however, since our focus is on personal relationships, we will

be primarily talking about increasing happiness within this context and from improving this part of our lives.

When it comes to creating successful personal relationships in your life, I hope you can now make the distinction that the success is all about the happiness a relationship adds. And we've learned here that happiness is entirely contained within individuals, not some collective joint being of the combined relationship, but rather only within the unique psychology of each individual human being. This is a key distinction to keep in mind as we explore how to more purposefully approach creating, managing, & dissolving our personal relationships throughout life, in order to predictably achieve much greater levels of happiness for all parties involved. Happiness is custom and entirely individual.

I believe that human beings are naturally made to be free in life, in virtually every way. However, when I look out into society and into the personal relationships of

others, I almost always see a lot of chains weighing down the lives & minds of people.

It just makes me scream sometimes when I see people willingly castrate much of their vibrancy, desires, & self-expression of who they truly are as unique people, in order to unnaturally fit themselves into personal relationships, especially romantic relationships. Yet, I do understand why people do it. Overall it comes down to the two reasons I mentioned before, which again are...

- 1) To be somewhat happy now by indulging in opportunities we currently have available to us.
- 2) To avoid the perceived pain, effort, or resistance it may take going through to establish much higher standards of life.

Yet, those are very logical statements, so what are the reasons for why people enslave themselves in win/lose or lose/lose personal relationships, stated from a more experiential perspective?

Well, most people have a very strong desire for human connection, which is largely human nature. So, we naturally fear & feel pain from being alone, in most

instances of life. And unless you have lived in special circumstances, most people don't live lives that are flooded with an abundance of outlets for deep human connection. So, it often feels really special & rare when you feel deep friendship or love with another person and have the opportunity to establish a real genuine personal relationship with them.

What happens with many romantic relationships between people is that they feel this natural basis of strong emotional chemistry between each other and become more & more emotionally invested/addicted into the experience of being with each other. Then, like with any very pleasurable experience that we consistently feed on, we will often try to take measures to protect, secure, & lock it down so that we can hopefully not lose it and continue our experience of it. So, with romantic relationships, we get to a point of emotional investment/addiction where we feel "love" for another, which is simply one of those happy/positive/pleasurable emotions operating inside of the individuals. Then, we fear the loss of our experience with this person, which we strongly feel emotions such as love for. So, now, we at least have both emotions of super strong love & super strong fear driving us to be & stay with this person. It is no wonder that we don't often think rationally under these conditions and simply act out of raw basic instinct. From that mindset, we strategically do things to protect,

secure, & lock the relationship down in order to gain certainty over keeping this pleasurable experience of “love” and avoiding a painful experience of loss. We do things such as define long-term laws for making that one relationship the only available outlet for physical and/or emotional human connection, which almost always forces us to make severe compromises for trying to fulfill all of the desires & needs that we complex & ever evolving human beings have...where much of these relationship laws are set in stone upfront without hardly any specific consideration of purposefully fulfilling each other’s custom individual happiness long-term and these protectionary regulations become the foundation for continuously proving to each other that they do feel “love” for the other person. And what was the goal of all this castration of freedom? Oh yeah...to increase individual happiness. Um, are you noticing a problem here, like I am?

You see, personal freedom is one of the most essential components to human happiness. Yet, it is only through the described process of emotional addiction & fear of loss, along with a dose of societal conditioning thrown in, that makes us feel that the cost of our personal freedoms & servitude to the relationship itself will be worth it long-term for the ongoing peak experience of “love”. Yet, we all

know, that it never works out that way long-term. The “new relationship energy” wears off and the reality of life sets in. Yet, now, because of the relationship regulations that have been set in stone, and often used as threatening weapons to gain the result of compliance between partners, you are indefinitely cut off from many forms & avenues of vibrant, fulfilling human connection with any other human beings, other than the one person you established this locked down premise of life & happiness with.

Does your own happiness as well as your partner’s happiness come from serving the relationship itself, instead of each other’s desires & needs?

If human beings are meant to be free and personal relationships are created & maintained to increase each other’s individual happiness, then is it really a natural & good strategy to establish a relationship based on suppression & control?

Do you really believe that you & this other human’s individual identities, desires, & needs will be the same 5, 10, 20, 30, 40+ years after you’ve established this

locked in & locked down premise of a personal relationship? Might you be fundamentally different people leading different lives than you are today? Why try to lock something down like this? Because impulse, fear, & society tells you to at a certain point in the relationship?

Do you view your personal relationships with “friends” this way? Why not? If suppressing each other’s personal freedom is supposed to be effective with “lovers”, then why not with best friends? Didn’t we already learn...

Romantic Love = Deep Personal Friendship + Sex

Are you aware that most all people establish their romantic relationships in this unhealthy way? Do you know that over 50% of new marriages end in unhappy divorce? Do you know that many of those people have been unhappily married & divorced before, so the true divorce rate is even higher? What about all of the unhappy endings of long committed relationships before marriage? What about all of the unhappily married people who haven’t gotten a divorce yet or never will out of fear or pride? Are we really meant to live this way? Isn’t it clear that the

way we structure & manage our romantic relationships in our lives is fundamentally broken? Isn't it obvious that it is largely just an unfulfilling rollercoaster of happiness & unhappiness throughout people's lives?

What if there was a better way, where love, freedom, & happiness all worked together within your personal relationships for heightened long-term individual happiness for you and your lover? Would you go against impulse, fear, & society's expectations in order to gain amazing levels of happiness for the rest of your life? For you, I truly hope so.

So we've explored personal relationships in general and we've explored personal happiness in general. Now, let's start getting more into the specifics of how we integrate happiness & relationships throughout our lives in a truly predictable win/win fashion.

We know that happiness is built upon our mix of our individual emotions and that we primarily want to increase the consistent experience of positive/pleasurable, in order to increase our happiness in life. However, what are these positive/pleasurable emotions tied to that we can have an influence over and impact our emotions through?

The answer & key building block of our relationship happiness is our customized personal desires.

You're only going to feel heightened positive/pleasurable emotion from what you personally desire in life. So, if you want to increase your own & your lover's happiness within the context of your relationship, then it is only going to come from the consistent fulfillment of each of your own custom personal desires that naturally carry strong associations of pleasurable emotion.

That is all relationship happiness will ever come from.

So all of these general notions of love, trust, honesty, communication, support, etc, that you hear traditional “relationship experts” doling out are not going to truly enable the happiness for you or your partner. They are good secondary qualities to have in a relationship, but they are not the foundation which directly creates the happiness & positive emotions that make you feel “love”.

We love what makes us happy. And what makes us happy is the fulfillment of our own personal desires. The only consideration beyond this is whether or not we are living in a healthy way with our partners.

What are these things referred to as personal desires?

Personal desires are simply what we want out of our lives. And in the context of relationships, personal desires are what we want to experience with the people that we feel emotional connection with.

Your specific custom desires are purely your own in life and no two people have the same complete set of personal desires. So nobody can tell you in a book what they are.

That said, let me give you a brief example list of desires a person could have...

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The more specific you can be in understanding & defining all of your various key personal desires, the more you will be equipped to effectively pursue amazing long-term happiness within your personal relationships throughout life, including both within your platonic & romantic relationships.

Your custom list of precise personal desires will literally become your personal relationship vision. This is what you truly want out of your relationships.

Now, due to the nature of how our minds & general life work, our personal desires won't always remain the same over time. They are subject to large & small changes, just like most all other parts of human life.

So what your or your partner's personal happiness is fulfilled by today, might not work in another week, month, year, or decade. This is completely natural human nature at work. Human beings are constantly evolving so it would be ridiculous to expect all of our personal desires to remain static over time.

The relationship reality here is that once a person's personal desires no longer meaningfully match the experience they are receiving from the relationship, then their personal happiness will drop, and the relationship will no longer be fulfilling the goal of increasing the person's personal happiness.

At this point, the only viable courses of action to re-enable the person's happiness are to...

- Maintain the relationship and have the partner's interaction adapt to the person's personal desires.
- Maintain the relationship and activate new personal desires of the person's that match the existing interactions with the partner in a meaningfully fulfilling way.
- End this relationship and go establish relationship(s) with people who naturally align with fulfilling the person's personal desires.

Of course, if personal desires aren't presently being fulfilled, it isn't always a wise decision to automatically bail on the entire relationship, especially if you genuinely like each other as people and/or it was created out of purposeful alignment of fulfilling personal desires. There could just simply be a temporary roadblock in the way of general life stress or misalignment of personal desires. So you'll want to gauge the future outlook with your partner(s) and compare the alternatives inside & outside of the relationship, while maintaining a commitment to your high standards of personal happiness.

However, the challenge is that it takes at least two to tango within personal relationships. So this dynamic of fulfilling personal desires has to be maintained for each individual person within any given personal relationship. Otherwise, the happiness of one or more people drops and the purpose of the relationship is then in a state of failure, at least for the time being, until the necessary changes are made to rebalance and fulfill each person's personal desires in their lives, either with or without one another.

This is just flat out how it works...

- Relationships are all about increasing individual happiness.
- Individual happiness is all about achieving an overall gap of positive/pleasurable emotions versus negative/painful emotions.
- To meaningfully increase positive/pleasurable emotions, one's strong personal desires must be consistently fulfilled.

- The win/win balance of fulfilled desires must be maintained with all parties in the relationship for it to ongoingly be a stable successful relationship.

Truly commit to figuring out your specific array of personal desires. Dig down deep and don't restrict yourself. Your personal desires are your primary relationship building blocks and source of your own personal happiness. Your personal relationships will just be a up & down guessing game of happiness & sadness throughout life if you don't at least have a solid understanding of your personal desires. So go explore yourself and have fun doing it!

So in order for meaningful relationship happiness to occur, all partners need to have enough of their personal desires consistently fulfilled, relative to the opportunities outside of the relationship.

However, how is it that this can predictably happen on a consistent basis between multiple different & dynamically evolving human beings who've decided to "commit" to an ongoing relationship? Well, sometimes it will and sometimes it won't.

However, as free human beings, we should never compromise our personal happiness, just because any single one of our personal relationships isn't fulfilling our desires at the moment. Why would we invest all of our eggs in one basket? Especially when it was never designed to fulfill the majority of our personal desires? It is a flawed premise from the start. We clearly understand this reality with our financial investments for creating profits but often lose sight of this with our emotional investments for creating happiness.

Many of our societies have this default notion of major life integration within romantic relationships. The default thing to do is automatically move towards integrating more & more of your lives, where you do more of the same things together, share more of the same resources, share more of the same friends, trade expectations of responsibility for parts of each other's functional lives, and

generally live more of the same life over time. This drive for integration partly comes from natural urges to connect & protect within the relationship, but there is also a big factor of default societal conditioning that is driving this approach to romantic relationships.

The problem with major life integration is that it very often creates deep cracks in the emotional connection foundation of the relationship and directly limits the freedom & win/win fulfillment of personal desires. These are fundamental happiness killers.

Compare this default integration approach to an approach of purposeful componentization.

People only like & love each other for specific reasons & shared experiences.

Once we get over the blind euphoria of “new relationship energy”, we often find many suboptimal or even bad things about our partner(s). In fact, since it is hard to truly know a person within only a few years’ time, we usually will find many

more negative traits & incompatibilities with our partner(s) over several years & decades, that we were simply not aware of upfront in the first few months to few years. Of course, we may discover more positives as well, however, each person usually turns out to be much more of a mixed bag than we think upfront, when deepening our personal investment in order to pursue greater happiness. In fact, many people would probably pull out of committed relationships upfront, if they had a clear window into the entirety of the truly comprehensive person they are getting deeply involved with.

Yes, it often hurts a bit when you end or lose a personal relationship that meant something meaningful to your life. However, it easily becomes a much more negative, destructive, hateful, painful, & legal battle between each other when you've integrated so many core parts of your lives. And obviously the pain is experienced all along the way, before the breakup, in feelings of oppression from the loss of personal freedoms & individual liberty to live life by one's own personal judgment & will. People don't call it "the old ball & chain" for nothing, you know.

So when the purpose of the relationship is individual happiness and it is only the experience of having one's dynamic personal desires consistently fulfilled which creates that happiness, then why is it necessary or even a good idea to establish total long-term integration of functional lives, just to have a romantic personal relationship while alive on this Earth?

Instead of trying to unnaturally force our total lives together with other people, why don't we simply just put together the parts of ourselves & lives that naturally work, in a way that creates win/win happiness, and allows for dynamic changes to occur in life without big emotional fallouts & breakup battles?

Instead of buying into the default societal norm of relationship integration, why don't we purposefully pursue relationship componentization for maximum win/win happiness, where we only match up compatible personal desires?

We already well componentize most of our friendships based only on our win/win personal desires, so why unnaturally force major life integration once romantic connection develops? Didn't we already learn that...

Romantic Love = Deep Personal Friendship + Sex

The sex itself isn't some magical spell or legal obligation to weld together all major parts of yourselves & your functional lives. Sex is just another component of human activity within our wide array of personal desires, just like playing badminton as a mutual hobby, yet more emotionally fulfilling. Why encumber such a positive & happy exchange with other unrelated matters, obligations, & liabilities? Why not let the win/win personal desires naturally match up, be free on their own, and flow with the dynamic changes over time?

Some people say that having kids together is a good reason to unnaturally integrate their total lives as human beings in this forced way. Where, not having mommy & daddy under one roof, doing everything in life together, will ruin their child's upbringing and they will turn out poorly with psychological damage.

I'll tell you exactly what causes the healthy & happy versus unhealthy & damaged development of a child...

The experience of happy human love from the parents to their child without mixing in all of the fighting & expressed hatred over the years of unnatural life integration & lack of fulfilled personal desires & happiness is what determines the good or bad impact upon a child. I'm sorry, but the failed framework of traditional relationships is one of the biggest factors that is underlying much of the psychological damage of children today.

And some people might fear that if the parents don't both live under the same roof with the child, then the other parent might drift away and not have much of a positive presence in the child's life. To that, I say you shouldn't be having a mutually shared child in the first place with somebody who doesn't independently want to be a major part of its life & upbringing. It will be much better for the child to be surrounded with one very happy parent who actively loves it very much, than force an integrated living situation that often kills the happiness of both parents, and sets a low quality example of life during the impressionable years of a human being's upbringing.

Just imagine the feeling of impact within a typical traditional household where people aren't that happy about life, going through the motions most of the time, and often fighting about the terms of their forced integrated lives as the years go by. Most of us have probably had this experience in our childhood.

Now imagine the feeling of impact of growing up in one or more households that are overflowing with happiness, love, creativity, passion, self-expression, & support. A household is just a building made of metal, wood, bricks, & plastics. What affects a child is the quality of emotion regularly experienced with the people inside. If you want to weed out the cancerous relationship elements of fighting, negativity, & manipulation, which negatively affect children, then you have look at the source of individual happiness within the parent's lives & relationship together. Even quality people will often poison their home environment when they aren't really happy with their lives.

Hopefully, the societally conditioned average norm of how to establish families & raise children will not limit your own purposeful approach to purposefully filling your, your partners', and your children's lives with an unrestricted abundance of happiness.

Now, that we've addressed that issue, let's look into some more specifics of componentizing personal relationships, based on custom personal desires, for maximum happiness.

Let's take a look at a short example list of personal desires and go through a brief thought process of componentization for it...

Our positive/pleasurable emotions of happiness come from personal freedom and the consistent fulfillment of our personal desires.

Therefore, obligations & compromises in life are fundamentally opposed to the nature of personal happiness.

Does this mean that all obligations & compromises will have negative impact in a person's life? No, but the odds usually are that they will.

Why do we accept obligation & compromise into our lives? Often we are young people in our teens or twenties and largely live without much obligation or compromise. However, as we get older, we often agree to encumber our lives with more serious burdens, made up of obligations & compromises in the work & personal relationships and agreements we establish. We often lose the free feeling of living life that we once had, where our future was unwritten & full of potential.

Why do we trade this away? Why do we give up freedoms to obligation? Why do we compromise the ability to fulfill our personal desires in our lives? It comes down to the same two reasons I mentioned before, which again are...

- 1) To be somewhat happy now by indulging in opportunities we currently have available to us.
- 2) To avoid the perceived pain, effort, or resistance it may take going through to establish much higher standards of life.

In romantic relationships, the default societal norm is to follow the path of...

1. Fall in "love" with another human based on experiencing 1% of your life together & surface level knowledge of each other's total comprehensive selves.

2. Integrate your total functional lives together for the long-term of life.
3. Be obligated to sacrifice your life to help maintain this other human's life in virtually any & every way, if need be to get by or just requested out of a sense of entitlement. "Don't you love me?"
4. Just accept the limited number of personal desires that you & this other human being can or are willing to fulfill between each other, and through your jointly integrated lifestyle, for the rest of your lives, even as both of you change over time into different people, with different identities, mindsets, & desires.

The problems are not the love, help, & changing personalities over time, within relationships. The problems are the foundational happiness killers of obligation & compromise.

Unencumbered human beings naturally pursue their own happiness fairly effectively. However, the chains of obligation & compromise can weigh a person down indefinitely, especially when those chains are secured to a person they love.

Compromise is whenever you do something in life you don't want to do, compared to your alternative options, which doesn't take your life to a new upgraded level.

The more you compromise in life, the more you lose your happiness.

What are the compromises people make within their personal relationships?

There are often times several thousands of ongoing life compromises within the typical romantic relationship. But, let's try to list just a few of them...

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However, even if you weed out ongoing compromise from your life & relationships, it works very much like weeds in a garden. You see, the weeds aren't the root of the problem. Weeds come from seeds buried beneath the surface, in the foundation, just like compromise within personal relationships. The mother of compromise is obligation.

Most all people establish a foundation of obligation in their romantic relationships. These assumptions & expectations of obligation we put upon our partners are the deeply planted seeds of future compromises, which often overtake & ruin the garden of happiness, which is supposed to be flourishing with a bountiful array of personal freedoms & personal desires.

Okay, although accurate, enough with the sappy garden analogies. ;)

Remember, the goal of personal relationships is increased individual happiness. That's why we enter into them. And increased individual happiness comes from the fulfillment of personal desires throughout one's life.

So does it help or hurt personal desires & happiness to encumber a free human life with obligations & compromises that they don't actually want?

A lot of these obligations & compromises come out of our pursuit to experience the fulfillment of our personal desires with a partner who is not compatible with fulfilling them. This happens where fulfilling the desire causes one partner's gain of positive/pleasurable emotion and increase of negative/painful emotion in another. Put simply, one partner likes it and the other partner doesn't.

This partly comes from societal conditioning of how personal relationships should be established once sexual attraction is involved. The rest is pure selfish self-interest.

We often forget that the premise & terms of relationship that we subject our partners to is usually what is going to be enforced back upon our own lives.

Where the obligations & compromises we introduce are often being continuously created & strengthened from both sides. So we should really be consciously thinking about what is actually the true goal of our personal relationships (increased individual happiness) and how to best establish a relationship premise

that will best achieve that for you & your partners throughout life (personal freedom, personal desires, win/win componentization).

Think of what the opposite of these mean for you...

- If you don't make the relationship about individual happiness, then you probably won't end up near as happy as you would have, maybe even defending your love with hatred.
- If you don't make the relationship about personal freedom, then you will probably end up losing your own natural identity & live much of your life under another person's controlling thumb.
- If you don't make the relationship about fulfilling personal desires, then you'll probably have a dull & procedural relationship, where you simply end up as roommates.
- If you don't make the relationship about win/win componentization, based on personal desires, then you will probably become integrated in many win/lose & lose/lose ways that kill off individual happiness.

If you genuinely want these positive attributes in your personal relationships, then you must be willing to always give this same experience to & defend this

same premise for your partner's life. Otherwise, the foundation of your relationship will likely easily get penetrated by obligation & compromise, which will then swiftly diminish individual happiness.

Obligation is the mother of compromise. Selfish entitlement is the mother of obligation. Happiness is individual, based on our unique personal desires. We are free human beings and should not feel entitled to encumber & oppress the lives of other people, especially if we like or love them. Isn't happiness good enough? Or is your love meant to be served out as a selfish obligation too?

Do you continuously inject a premise of obligation & compromise into the lives of your platonic friends? Why do this with the human beings you meet throughout your life who are your romantic friends? Didn't we already learn that...

Romantic Love = Deep Personal Friendship + Sex

There really is no good long-term way to "manage" obligation & compromise. These things are born out of fundamental personal beliefs of societal conditioning & selfish entitlement. In situations where a person isn't getting enough of their

needs/desires met, then it is like pouring gasoline on a fire, where the person often subconsciously is driven to socially & emotionally manipulate another into conformance, in order get their needs met.

If you want to seriously pursue heightened relationship happiness, beyond what the average person gets throughout their life, then you've got to rid yourself and your relationships of the cancerous elements of societal conditioning, selfish entitlement, obligation, & compromise.

Componentizing your relationships for only fulfilling personal desires, with those people who they are win/win with, is how this is accomplished. Anything else will likely be a forever uphill losing battle against your own & your partner's human nature.

Personally, I am a person who doesn't have any hangups about removing all restrictions to the sharing & expression of romantic love between consenting

adults. I believe that abolishing sexual connection & romantic love outside of one long-term partner, until death do you part, is ultimately a hard limit to fulfilling our personal desires, personal happiness, and an unnatural strain on our positive human nature.

So, in this section, I'm going to explore alternative romantic relationship structures, beyond long-term traditional monogamy. Most people reading this book are going to naturally be more open-minded & results oriented in their pursuit of happiness. But, if you have strong fixed religious beliefs that conflict with any of these relationship structures, then you can ignore this chapter and do your best to be prudent outside of your own natural human nature & positive/pleasurable emotional desires. I believe that every human being is entitled to their own independent way of life, whether it is something I personally believe in or not.

Imagine if the real you were personally swept away to an alternate reality where nobody ever judged you for anything you do in your life and you also had a personal genie with infinite wishes to make your desires appear into existence, exactly as you please.

Would you only ever want to share sexual connection with one other human for the rest of your life? Or would you want to wish your customized array of desires with multiple people into existence?

Your wish is my command. Welcome to your new reality. ;)

You really can fulfill all of your personal desires, and be happy about it, in modern day human society, here on Planet Earth. You're very much like billions of other human beings in this context of your inner personal desires. So open up your life and experience what you truly want deep down.

In fact, having multiple sexual partners at various times throughout life isn't a unique personal desire, like a minority desired sexual fetish. This is a fundamental, widespread, global trait of built-in human nature, since the dawn of time. Don't feel guilty about it or suppress the increased love & happiness that comes from it, just because the mainstream of your present day local society says so. General sexuality is a core part of being human.

I can't say it enough... I believe that people should be free. I believe that people were meant to independently pursue their own personal desires. We were meant for happiness and our personal desires are where happiness comes from. One of the most core sources of human happiness comes from human connection.

It is not the "relationships" themselves which create the happiness within us.

Rather, it is the emotional connection and sharing of feelings & expressions of love that actually create happiness in us. Most of the terms, limits, & obligations of our formal relationships are just things we do to try to desperately hold on to

the experience of connection & love. So you could define “relationships” in two ways...

- Human Connection: When you are sharing meaningful emotional connection with another person, you could say that you have a personal relationship.
- Formal Obligations: When you agree to structured future time, resource, & activity commitments for the pursuit of meaningful emotional connection with another person, you could say that you have a personal relationship.

Now, which basis of defining your personal relationships sounds & feels more genuine, real, & happy to you?

So often, we establish formally obligated relationships out of our active human connection with others, only to then later have the experience of connection fade away, leaving just an empty shell of formal structure & obligations between you.

Human beings are happiness seeking machines. When relationships aren't working out, we are often efficiently moving to seek out other ways to meet our needs & desires of human connection. This results oriented drive for love & connection with people in general is human nature and you can't shut it off. You would be better off to embrace it and align your pursuit of happiness with it.

So if it is all about the experience of human connection, via our personal desires, and we live with dynamically changing people, lives, identities, desires, etc, then why even setup these formally structured relationship agreements? We really just want to share our love with people and in ways that make us happy right now.

However, the complete people & lifestyles that made us happy 5, 10, 15+ years ago probably wouldn't be what we would choose for ourselves today or at points in our future. We might enjoy elements of our past lives & relationships, but you & your past partners are always evolving and relationships are a two way street.

However, the one thing that never changes in us as human beings is our intense desire for human connection.

So why not just simply pursue the always evolving experience of the human connection that you desire throughout your life, instead of the formal agreements for attempts of ongoing connection?

Ultimately, it is about our personal desire to physically & emotionally connect with the other people we feel it for. Why put chains on love between free & ever-changing human beings? Why not accept that you yourself change, your platonic friends change, your romantic partners change, and everyone has unique personal desires to connect with others in all sorts of physical & emotional ways,

including sexual, which happen to be the source of their own capability to have personal happiness?

Why don't, instead of regulating the terms of connection for other people's lives, you just go directly connect in whatever win/win ways you'd like to with the other human beings you feel it for?

Let your personal relationships simply be defined by the active emotional connection you are currently experiencing with people. Drop the need to have formal terms & obligations, and just simply have the love that is present right now with this other human being. Whatever happens in the future, we all will live and go on seeking out & finding the personal happiness we desire through human connection. Trying to put chains around love that you currently share will not make it grow. In fact, it will likely smother & kill it off.

If we just simply pursued our own dynamically changing personal desires, while letting personal relationships take on more of a freeform source of fulfillment for our present day personal desires, there wouldn't be a real need for feeling unhappiness, pain, & rejection with the overall status of our relationships, because your perception of relationships will be based solely on the experience of present human connection. When there is no actively obligated relationship,

there is no bad relationship. When there is an active relationship, it is simply a pleasurable experience of meaningful human connection that you are engaging in. However, when you establish formal terms, limits, & obligations over your own & other people's lives, and the appearance of human connection is intermittent throughout life, you will view it as a bad, negative, or failed relationship experience when the connection isn't present. But, human connection, especially between only two individuals, is not a constant experience. It just doesn't work that way. We are dynamic individuals who operate on independent sets of identity, desires, meaning, & psychologies. So, the default is a neutral state of independent being with each other. It is a pure positive when mutual human connection appears between people in life, however intermittent or brief. And it is not a negative or a problem when the human connection fades out. We just make it into a problem, based on our unnatural expectations & demands in personal relationships.

So, the natural way to approach it, based on how it actually works & what actually ongoingly makes us happy, is to let love be free in our lives, across time and across people. Love is a feeling which should be its own free entity and not tainted by our own fears or the demands of others, even if well-meaning on their surface.

So what precise type of people would you love to meaningfully connect with in your own lifetime? What personal desires do you have related to human connection? Who or what type of people would you like to share romantic intimacy with?

Free yourself, free your love, and allow all others in your life to do the same. Then simply live a dynamic life of ongoing win/win fulfillment of your personal desires, wherever that takes you.

We've already learned that...

Romantic Love = Deep Personal Friendship + Sex

So if you don't have any religious hangups about human sexuality, then it really is just another componentized activity of desire on top of a personal friendship. Sex isn't a brand new type of relationship structure onto itself, even though many people learn to treat it like one in their lives. It is simply a human activity of

personal desire that you can share with others in a win/win way while you are alive throughout your life.

Outside of religious morals, virtually all of the problems that people perceive with having sex with multiple partners throughout life, come from the foundations of obligation they've been taught from an early age to create for their romantic relationships. Where cutting off one's connection & expression of intimate love with others supposedly means that you love your partner more? Please, give me a break. Really?

If you could only ever live within the scarcity of having...

- 1 pair of clothes to wear.
- 1 type of food to eat.
- 1 video game to play.
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...would you really love the experience of that thing much more over months, years, & decades of life? Or would you like it at times but feel as though it often gets dull?

Wouldn't you prefer to have the option of a dynamic assortment of experiences, where you have an life of abundance to indulge in your various personal desires of human connection actually end up being a life of more happiness for you? We all have the custom personal desire, so what good does it do our own personal happiness to suppress it?

All it takes establishing human connection with other people based solely on your own personal desires that match up well with their own personal desires, and making it clear that this is the only current & expected basis for your relationship. If you & your partner(s) actually like each other as people and all of you continue to have a strong need for the interaction, based on the mutually shared personal desire, then there is no reason why it can't be sustained indefinitely. Not every relationship will, and you'll have to learn to let go with love, once it isn't working out anymore, but that is better than forcing something with win/lose & lose/lose obligations & compromises. For everyone's happiness, it is better to go find a new & greater abundance of win/win human connection, based on your own custom personal desires.

So instead of traditional romantic relationships based on formally obligated terms of agreement. It can ultimately be much more liberating & fulfilling to pursue

deep personal friendships and simply match up your win/win personal desires, including your sexual desires. Then, the only compromise in your life, becomes what you are able to personally achieve in seeking out unobligated win/win connection with others. Compare this to cutting yourself down to only one person upfront that you obligate & compromise your life for, long-term. Being free to pursue romantic connection organically & naturally, without unnatural societal barriers, throughout your entire life, based on your dynamically evolving desires, is where your greatest potential for optimal relationship happiness exists.

Billions of people already consistently do this to some extent by breaking their own monogamous codes & rules. So why unnaturally fight your own human nature & personal desires, which are ultimately the sources of your personal happiness? Why not just be free within yourself & your life and just do what you want in life, where it is a win/win with those you want to do it with?

I know you can handle taking the road less traveled and making your own life into a masterpiece & adventure. Other people's judgments be damned. Your happiness is too important.

We desire human connection (fun & deep friendship) and when we feel sexual attraction for others, we often desire to socially & physically express our sexuality with them. That's it. But we already know this...

Romantic Love = Deep Personal Friendship + Sex

If you'd like to fulfill more of your sexual & romantic relationship throughout your life and would like to consider the prospect of not limiting your sexuality to one single partner for the rest of your life, then here is an overview of some popular non-monogamy relationship structures.

Ultimately, you don't need to define your relationships. Relationships and experiencing happiness within them simply comes down human connection & fulfilling specific win/win personal desires. Beyond having connection & fulfilling those desires, why do you feel a need to define your relationships? Is it out of habit, conditioning, or expectation? How does the formal labeling & defining of

your personal relationships create subtle obligations & compromises that affect the potential for other personal relationships throughout your life?

However, I'm still going to give a quick overview of some popular non-monogamy relationship structures...