



Is an Open-Minded Lifestyle Right for You?

Answer the following questions and rate each on a scale from **1 (not applicable at all)** to **10 (completely applicable)**.

The Test

- 1. How comfortable are you with the idea that love and sex can be separate?**
(1 = Not at all, 10 = Completely comfortable)
- 2. Are you open to new experiences and exploring your own boundaries?**
(1 = Not really, 10 = Absolutely!)
- 3. Are you good at communicating your feelings and needs with your partner?**
(1 = No, I struggle with that, 10 = Yes, I'm very open)
- 4. How jealous do you get in a relationship?** *(Note: A higher score means you are less jealous.)*
(1 = Very jealous, 10 = Hardly jealous at all)
- 5. Are you open to the idea of your partner being intimate with someone else without it affecting your love for each other?**
(1 = I could never accept that, 10 = That would be fine with me)
- 6. How important do you find open and honest conversations about desires in a relationship?**
(1 = Not important, 10 = Absolutely essential)
- 7. How comfortable are you in social settings where open-minded people meet?**
(1 = Not comfortable at all, 10 = Completely at ease)
- 8. Do you believe it is possible to separate physical intimacy from emotional exclusivity?**
(1 = No, not at all, 10 = Yes, absolutely)
- 9. How adventurous are you in your sex life?**
(1 = I prefer routine, 10 = I'm always open to new things)
- 10. Would you be open to exploring swinging further and discussing it with your partner?**
(1 = No, I wouldn't consider it, 10 = Yes, that sounds interesting)

Results

- 10 – 50 points:** This lifestyle is probably not for you. You value exclusivity and may not feel comfortable with the idea.
- 51 – 70 points:** You are curious and may be open to further exploration. Do some research and discuss it with your partner.
- 71 – 100 points:** An open-minded lifestyle could be a great addition to your relationship. You seem to have the right mindset to explore this further.