

RELATIONSHIP & SITUATIONSHIP CONTRACT

Definition: a romantic or sexual relationship that is not considered to be formal or established. A relationship without commitment!

Party 1 Name: _____

Party 2 Name: _____

**Start Date of
Situationship:** _____

RULES OF ENGAGEMENT BETWEEN THE TWO PARTIES

1. DEFINITION OF THIS RELATIONSHIP

What this is:

- ☐ Casual dating ☐ Friends with benefits ☐ Exploring possibilities
☐ Other: _____

What this is NOT:

- ☐ Exclusive relationship ☐ Marriage track ☐ Long-term commitment

2. EXCLUSIVITY AND OTHER RELATIONSHIPS

Are we sexually exclusive?

- ☐ Yes ☐ No ☐ To be discussed

Can we see other people?

- ☐ Yes ☐ No ☐ Don't ask, don't tell

If non-exclusive, do we need to inform each other?

- ☐ Yes ☐ No

3. COMMUNICATION EXPECTATIONS

Preferred communication methods:

☐ Text ☐ Phone calls ☐ In person ☐ Video chat

Expected response time:

☐ Within hours ☐ Same day ☐ When convenient ☐ No expectations

Daily communication required?

☐ Yes ☐ No ☐ Depends on mood

4. TIME AND AVAILABILITY

How often do we see each other?

☐ Multiple times weekly ☐ Once a week ☐ Casually/spontaneously

☐ Other: _____

Advance notice required for plans?

☐ Yes ☐ No ☐ Preferred but not required

5. SEXUAL INTIMACY AND BOUNDARIES

Sexual health: Both parties agree to practice safe sex and use protection.

STI testing:

☐ Required and shared ☐ Not required ☐ To be discussed

Birth control responsibility:

☐ Shared ☐ Individual ☐ To be discussed

Physical boundaries respected at all times.

6. EMOTIONAL BOUNDARIES

Level of emotional involvement:

☐ Keep it light ☐ Open to deeper connection ☐ Guarded

☐ To be determined

No expectations of:

☐ Meeting family ☐ Future planning ☐ Holiday commitments

☐ Relationship title

7. FINANCIAL ARRANGEMENTS

Who pays for dates?

☐ Split equally ☐ Takes turns ☐ Person who initiates pays

☐ Other: _____

No financial obligations beyond agreed arrangements.

8. SOCIAL MEDIA AND PUBLIC PRESENCE

Can we post about each other?

☐ Yes ☐ No ☐ Ask first ☐ Keep it private

Are we "together" publicly?

☐ Yes ☐ No ☐ It's complicated

Relationship status on social media:

☐ Single ☐ Private ☐ It's complicated ☐ No status

9. RESPECT AND TREATMENT

- Both parties agree to treat each other with dignity and respect.
- No ghosting - communicate honestly if interest changes.
- No games, manipulation, or leading on.
- Respect each other's time, space, and autonomy.

10. THE "CATCH FEELINGS" CLAUSE

If one person develops deeper feelings:

☐ We discuss immediately ☐ We end the relationship
☐ We reassess the arrangement

- If feelings are not mutual, both parties agree to handle with care and honesty.
- No one should be made to feel guilty for catching or not catching feelings.

11. JEALOUSY AND EXPECTATIONS

- We acknowledge jealousy may arise in non-exclusive situations.
- Both parties agree to communicate feelings without making demands.
- No possessive or controlling behavior.
- We are not each other's priority obligation.

12. EXIT STRATEGY

Either party can end this arrangement at any time without explanation (though honesty is appreciated).

Notice preferred:

☐ Immediate ☐ One conversation ☐ No ghosting ☐ Clean break

After ending:

☐ Can be friends ☐ No contact ☐ To be determined

13. CHECK-INS AND REASSESSMENT

Regular check-ins about the arrangement:

☐ Monthly ☐ As needed ☐ Every 3 months

- Both parties can request to renegotiate terms at any time.
- This contract can be modified by mutual agreement.

14. RELATIONSHIP READINESS

Are we open to this becoming more?

☐ Yes, possibly ☐ No ☐ Uncertain ☐ Let's see how it goes

If transitioning to committed relationship, this contract becomes void and a new agreement should be made.

15. HONESTY AND TRANSPARENCY

- Both parties commit to being honest about intentions, feelings, and other relationships.
- No lying or deception about exclusivity, feelings, or other partners.
- If circumstances change, we communicate openly.

ADDITIONAL TERMS & CONDITIONS:

IMPORTANT NOTE:

This situationship contract is designed to prevent confusion, hurt feelings, and misunderstandings in modern dating. Both parties enter this arrangement with clear eyes and realistic expectations. This is NOT a commitment, but rather a mutual understanding. Either party can exit at any time. Communication, respect, and honesty are the foundations of any healthy interaction - even casual ones.

SIGNATURES:

We, the undersigned, acknowledge that we have read, understood, and agree to the terms outlined in this Situationship Contract.

Party 1		Date:	
Signature:	_____		_____
Party 2		Date:	
Signature:	_____		_____

OPTIONAL NOTARY SECTION:

State of: _____

County of: _____

Subscribed and sworn to before me this day of , 20 .

Notary Public Signature: _____

My Commission Expires: _____

(Notary Seal)