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REALITIES AND POLYAMOROUS IDENTITIES IN NON-MONO GAMY

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The realities and identities within polyamorous relationships in the non-monogamy sphere reflect a wide diversity and complexity in relational dynamics. Polyamory, as a form of non-monogamous relationship, is based on the idea that individuals can have multiple romantic or intimate connections at once, with the consent and consent of all involved. These relationships can vary considerably in structure and dynamics, sometimes imposing specific challenges and pressures in communication and managing emotions. Managing multiple relationships as well as the different expectations of partners requires open, honest communication and a deep understanding of each individual's needs. This paper attempts to analyze how those in polyamorous relationships construct and negotiate their polyamorous identities in relation to the dominant discourses of monogamy, sexuality and gender. It also seeks to identify how polyamorous individuals manage their multiple relationships, cope with stigma and discrimination, and seek support and community.

Key words: identity, polyamory, primary, secondary, triad, quad, non-monogamy.