**Liars Aren’t Sexy- Maintaining Honest Relationships**

We well know that polyamorous relationships are based around openness and honesty, however some polys have become quite crafty in an effort to maintain control in what can be some complicated dynamics. Today’s discussion will focus on examining these methods and how to combat the desire to use these forms of emotional abuse to control our relationships.

* Control Through Gas Lighting
* Gas Lighting in Polyamory Definition

<http://www.polyamorousmisanthrope.com/2011/11/02/on-gasslighting/>

* A Message to Women From A Man (Blog on Gaslighting Women)

<http://thecurrentconscience.com/blog/2011/09/12/a-message-to-women-from-a-man-you-are-not-%E2%80%9Ccrazy%E2%80%9D/>

* One Abuse Script With Many Faces (Case By Case Examples of Gaslighting)

<http://www.feministe.us/blog/archives/2011/11/21/one-abuse-script-with-many-faces/>

**Questions for discussion:**

1. What is the difference between gaslighting and lying?
2. Once Gaslighting in a relationship is identified, do you feel it is possible to put a stop to this behavior? If so, how?

* Emotional Blackmail

* Definition

<http://en.wikipedia.org/wiki/Emotional_blackmail>

* I Thought We Were Poly (Using Poly as a Blackmail Excuse)

<http://www.polyamorousmisanthrope.com/2009/08/25/i-thought-we-were-poly/>

* Identifying Signs & How To Deal with Such Abuse

<http://outofthefog.net/CommonBehaviors/EmotionalBlackmail.html>

**Questions for discussion:**

1. How do you differentiate between legitimate relationship concerns and emotional blackmail?
2. Do you feel that poly relationships are particularly susceptible to this form of abuse? If so, how?
3. Is this form of abuse something that can be worked through? If so, how?

* Control Through Veto Power/Hierarchy/Couple Privilege
* Articles Discussing Veto- More Than Two, Pearls and Pentagrams, & The Polyamorous Misanthrope

<https://www.morethantwo.com/polymistakes.html>

<https://pearlsandpentagrams.wordpress.com/2013/11/10/the-realities-of-veto-power/>

<http://www.polyamorousmisanthrope.com/2007/03/18/vetos/>

* Loving More Article Discussing Hierarchy

<http://www.lovemore.com/poly/hierarchy-in-polyamorous/>

* A Healthy Way to Approach Secondaries in a Hierarchy

<https://www.morethantwo.com/primarysecondary.html>

* Hierarchy From One Solopoly’s Prospective

<http://solopoly.net/2014/10/31/why-im-not-a-secondary-partner-the-short-version/>

* Couple Privilege

<http://tacit.livejournal.com/578925.html>

**Questions for discussion:**

1. Is it possible to create an hierarchical environment in which all parties are happy?
2. Is veto power ever a good thing?
3. Is there a difference between couple privilege and hierarchy?