

Five levels of relationships

Individuals -(single, divorced, widowed)-deserve for sexuality to have a 15-20% positive role in their lives, not a problematic or destabilizing role. The choice to marry or create a life partnership is a decision, not a mandate.

In terms of helping individuals make wise decisions about an emotional/sexual relationship there are two core concepts-"circles of intimacy" and "guidelines for choosing a partner".

Circles of intimacy involve the concept of five levels of relationship:

1. anonymous sex
2. acquaintance sex-"hooking up" or "friends with benefits"
3. sexual friend
4. lover
5. marriage or life partner

All five levels require effective contraception and practicing safe sex. The more intimate the relationship the more likely there will be stability and satisfaction, but also a higher risk of disappointment and hurt.

