



Loving Without Boundaries Podcast Interview Flow *(host: Kitty Chambliss)*

We will meet via a ZOOM MEETING LINK that is automatically created in your interview confirmation email. Please click the Zoom link at the time you scheduled for our interview! If you have a quality mic and headphones, please have them hooked up and ready for our call.

I'm so excited to have you on the LWB show shortly! These points and questions are a guide for the direction of the conversation. The actual questions will likely be worded differently to keep a more conversational tone. Also some questions may be asked intuitively and naturally based on our actual time together.

INTRO

I'll start off by introducing you using the bio that you provide, and mention briefly how we first met as well. Then you'll have the opportunity to greet myself and our listeners.

YOUR STORY

- > Share with us briefly a little about you – who you are, where you're from and why you do what you do and/or what you're passionate about.

YOUR LIGHTBULB MOMENT

- > What led you to ethical non-monogamy as it relates to you? Was there a "lightbulb" moment, a moment where you knew you had to make a change / shift in how you handled your relationships and lifestyle choices?
- > How has that had an impact on your relationships?

CHALLENGES

- > What's the most challenging thing in your relationship(s) and how did you overcome them?
- > What's the one thing that you wish you'd known before you got into it all this?
- > How do you handle when jealousy or insecurity issues come up (either with yourself or your partners)? Or is that not an issue?

CURRENT REALITY

- > Where are you now on your journey?
- > What new skills have you acquired and what practical tools can you share which have worked well for you?
- > What do you find is the most rewarding aspect of living an ethical non-monogamous lifestyle?
- > Were you surprised by anything along the way?

AREA OF EXPERTISE

- > You are known for xyz. Please give us an overview and share with us in 3-5 minutes any tips / strategies / advice around your particular area of expertise as it relates to ethical non-monogamy and healthy relationships.

"LIGHTNING ROUND"

- > What is the best advice you've ever received or in retrospect, what was the best thing you did along your journey?
- > What tip would you share with someone today who is thinking about opening their relationship up or dipping their toe into alternative relationships such as ethical non-monogamy?
- > Is there a book, movie or resource that you recommend that helped you on your journey?
- > For fun, is there a particular song or music that really moves you or inspires you?

WRAP UP

- > Where can people find out more about you and your work? (eg. website, Twitter, Facebook, etc)
- > Final Thank You's for your generosity with your time and knowledge. Sharing is caring!

Recording will stop and we can spend a few minutes or more for post-interview review and fun conversation. Thank you!!!