

# Estudio De Caso De La Salud Sexual En Una Relación Abierta

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**Abstract:** *This study analyzes the sexual behavior of a couple in an open relationship. Information was obtained through a semi-structured interview with a heterosexual couple. The interview consisted of two stages: a joint interview, followed by an individual interview with each partner. The interview was conducted under international biotic principles, protecting the identity and confidentiality of each individual. Each partner signed a letter of informed consent and confidentiality of information. Voice recordings were used for processing and analyzing the data. The selected couple is 36 years old (the woman) and 53 years old (the man). They maintained a monogamous relationship for one year and nine months. After this period, they began an open relationship, which has lasted for one year and three months. As a result, the couple reports positive and negative aspects, boundaries, and norms regarding sexual activity, as well as the use of contraceptive methods, and the prevention of sexually transmitted infections and unwanted pregnancies.*

**Keywords:** open relationship, monogamous relationship, sexual freedom

## INTRODUCTION

This research focuses on a case study of a couple in an open relationship, which explains the complexity and motivations behind how they manage their sexual health. A semi-structured interview was conducted in person. Participants were informed about the voice recording in order to obtain the most information

and subsequently analyze it. It is emphasized that, in accordance with ethical principles, the identities of the participants will be kept confidential to protect the integrity of each individual. According to the research study, new knowledge was obtained for the scientific community as well as for the general population, highlighting the importance of maintaining good sexual health, freedom, and responsibility, reducing risks such as sexually transmitted infections (STIs), unplanned pregnancies, or sexual assault through important aspects, among which we can highlight adequate communication and good sexual practices, considering this as a fundamental need for every individual (Hubert, 2022). In this order of ideas, Sanson (2023) refers that the essence of the human being is totally sexualized based on procreation and satisfaction, guaranteeing sexual well-being in its three dimensions: biological, mental, and social. Biologically, sex is identified according to the 21st pair of chromosomes; if this is XY it indicates a male individual, while XX represents being female, which determines the distinction of the reproductive organs of each one. On the other hand, gender relates to the functions or models imposed by society based on sex (Alcalá, 2024). Regarding the social dimension, the union of individuals of each different sex forms a heterosexual couple in which they can identify themselves according to emotional ties, commitment or life projects, sharing their values or expectations, considering the ideologies, education and social structure of each one (Zabala, 2022).

Sociology recognizes that monogamy is a behavior that society has transmitted from generation to generation, based on love and legal union between couples, to guarantee order within the population, the belief has been transmitted that maintaining a monogamous relationship will solve problems or the individual's deficiencies; according to various religious ideologies, this type of relationship is known as lasting, based on love and fidelity, rejecting different forms of love such as open or polyamorous relationships since the morals and values of individuals are questioned, (Luna, 2020). The emergence of new couples can cause disagreements within the population, leading to some type of criticism or discrimination, due to the paradigms that conservative and traditional society has. (Rivera, 2023). Society has created religious-based norms that recognize that monogamous relationships must practice fidelity, whether in a common-law union or a legal marriage, avoiding physical attraction or desire for anyone other than their partner (Peña, 2020).

On the other hand, various authors mention an opposite term: infidelity "is understood as any breach or violation of the norms of exclusivity established in a formally established couple, explicitly or implicitly with a person outside the official relationship, which can manifest itself in different forms, levels, and types, without taking into account the knowledge of the other" Macedo et al. 2014 cited in Segura 2020. Speaking of types of infidelity, Peña indicated in 2022 that two types of infidelity are identified: women tend to experience a higher incidence of sexual and emotional infidelity due to a lack of attention or indifference from their partner. On the other hand, men are more likely to be unfaithful due to routine and desire sexual diversity, thus breaking the pact of fidelity, which leads to disagreements that can even end the monogamous relationship. In this sense, while it is true that individuals are mostly unaware of their sexual and reproductive rights, by consulting various sources of information, it is possible to deduce that people are seeking sexual and reproductive enjoyment and erotic experiences, which are part of the so-called sexual and reproductive rights and include: fully enjoying sexuality, deciding with whom they have

relationships, living free from discrimination, receiving education, and having access to sexual health services (Challco, 2021).

Due to diversity, globalization and technological changes, loving relationships have changed, giving rise to new ways of relating, recognizing that not all couples are monogamous, since some of them decide to maintain an open or non-monogamous relationship which are identified by seeking sexual pleasure without the need to be exclusive or have a formal commitment, those involved agree to have consensual sexual experiences, allowing contact with other people and enjoying casual encounters, avoiding emotional ties (Estrada, 2023). Herreros (2023) refers that; if monogamous couples decide to maintain an open relationship, it is necessary to establish norms or rules which must be executed by each member, demonstrating the trust, freedom, responsibility, respect and sincerity that exists between the couple, human beings have the need to control, so these attitudes can become a problem for loving couples, making it necessary to discard all types of controlling and manipulative behavior in order to maintain a functional relationship. In this regard, Arias (2021) mentions that it is important that within the relationship they understand that they should not judge or reject casual encounters with one or more individuals as long as they are agreed upon, suppressing jealousy or negative emotions. Likewise, Estrada (2023) talks about establishing guidelines, limits, or restrictions according to their ideals, convictions and values, those involved must agree on the limits imposed by both and it is essential to understand what they can and cannot allow, always respecting the freedom of each one. According to Rivera (2023), individuals who are in an open relationship are more mature, which benefits effective communication, preserves its stability and therefore becomes more lasting, thus achieving stability within the relationship.

Even so, it is necessary for individuals to maintain a good knowledge and command of the different types of prevention methods for Sexually Transmitted Infections (STIs), since, according to the National Population Council (CONAPO), individuals who have casual encounters with multiple partners are more vulnerable to contracting STIs and experiencing unwanted pregnancies (Government of Mexico, 2022). According to the World Health Organization (WHO, 2024), more than 30 types of viruses, bacteria, and parasites are contracted through vaginal, anal, or oral sex. Such as chlamydia, gonorrhea, trichomoniasis, genital herpes, the Human Immunodeficiency Virus (HIV), and syphilis (Rueda, 2023).

Likewise, it is important to address the issue of unwanted pregnancies in open relationships. Therefore, contraceptive methods are mentioned, which can be temporary, such as hormonal and barrier methods, or permanent, such as surgical methods. Each individual can choose a method of protection and thus assume responsibility for maintaining their sexual health, recognizing that all individuals have the freedom to reproduce if they so desire (Espitia, 2020).

## **METHODOLOGY**

A case study was conducted in which a heterosexual couple in an open relationship was selected. Their ability to express their feelings, emotions, experiences, and knowledge regarding the enjoyment of their sexuality was taken into account, as well as the actions or measures taken to safeguard their sexual health. Couples who did not meet the primary requirement of maintaining an open relationship were excluded

during the selection process. During the search and selection five couples were found of which three of them refused to participate, due to the disclosure of information, lack of time or denial of one of the members of the couple, so two interviews were conducted at the UAEM Valle de Chalco university center. The first interview was discarded due to the months of relationship, as well as the degree of difficulty in expressing their feelings, emotions and experience, since discomfort, nervousness and insecurity were detected on the part of the woman, during the interview a period of 10 minutes was given for the woman to continue with the interview, the choice was given to continue or suspend it, which she agreed to continue, she remained nervous and had difficulty addressing the issue, as well as the formation of words, on the other hand the man was calm, managing to provide more information and finish the interview in its two sections as a couple and individually, so this interview was not effective, after 7 days it was decided to conduct a second interview in one of the cubicles of the UAEM Valle de Chalco university center, for the selection of the second couple was taken into account the time of relationship, that is, the years of monogamous relationship as well as open relationship, the participants were accessible to the disclosure of their experiences, knowledge and sexual activities, thanks to the collaboration of this couple a semi-structured interview with a qualitative approach was conducted, consisting of 45 open questions, which were carried out in person and without time limit, it was carried out in two sections as a couple and later individually in order to obtain more information, during the course of the interview a voice recording was made for the processing and analysis of the data obtained, they were informed about the maintenance and confidentiality of the identities of each one, in order to protect the integrity of each individual, they confirmed their consent by signing the authorization sheet for the disclosure and handling of the information provided, always protecting the identities of the interviewees.

## RESULTS

A semi-structured interview was conducted with a heterosexual couple consisting of a 36-year-old woman and a 53-year-old man, who have been in an open relationship for 1 year and 3 months.

The couple's statements are presented below:

**Man:** My first sexual encounter was when I was fourteen with a sex worker. I went with some friends to Oaxaca. We ended up drinking, and joking around, we decided to go with the sex workers. I paid to join one of them. She stripped from the waist down. I took my clothes off completely. I was excited. I put on a condom, penetrated her, ejaculated. She asked if I was finished, to which I replied that I was. She said, "Well, thank you." She got dressed. I got dressed, and that was it. It was my first sexual encounter. It wasn't what I expected, and I was disappointed with the situation with this person.

**Woman:** I began my sexual activity at the age of seventeen, it was with a military boyfriend, we didn't see each other very often, but on that occasion he was graduating and invited me to lunch, we went for a walk, he told me I'm going to go, before I leave I want to say goodbye to you, we went to the hotel, it wasn't what I expected, I didn't feel the butterflies in my stomach, he didn't do it well, he hurt me a lot, it was a matter of two minutes and the sexual act was over, personally I would have liked what many women dream of, that the first time would be an unforgettable encounter in our lives, with flowers scattered in the room, it wasn't what I expected, I was sore and I didn't enjoy it. Both: We're going to be in a relationship

for three years, it's been about a year and three months since we decided to open up the monogamous relationship, at the beginning of the relationship it was holding hands, kisses, sexual relations, like a normal couple, caresses, hugs, he takes care of me a lot, but it's been a little over a year since we started wanting to experiment with all this, to open up more in the relationship and include other things and other people, we started to experiment with a vibrator.

**Man:** I started to get stubborn about wanting to see her vagina penetrated by two penises, complementing the pornography that I never lack, or that we never lack. I started to fantasize. I started to tell him about it. He didn't think it was much. We thought it would just be pure toys and fantasy, but then the time came when we looked for a third person to be with us.

**Woman:** He told me: "I've fantasized, I've imagined you, I've even dreamed of you with another person and it turns me on." At first, I said, "Well, no, it's not normal for me, but with the desire he told me, I was the one who told him, I want to be with another person, but for you to see me, and yes, I accept."

**Woman:** We belong to a couple of WhatsApp groups of people who like the same things as us. If right now, for example, I post a photo of myself, the messages and comments start coming in, like, "Hey, your wife is pretty, lend her to me," I'm craving it, but it's more from men than women. It's easier for them to say, "We're looking for a man with such and such a requirement," and the messages start coming in. We've looked for women but nothing works. That's why right now there hasn't been a sexual encounter with a woman because it's harder for women to agree to a sexual encounter.

**Woman:** He knows we're just going to have sex. No feelings are involved. It's to satisfy a desire I have, and he's very clear about that. So far, it hasn't caused us any conflict, any arguments, nothing, because he knows we do it; it's a way to please me and please him.

**Man:** When I like having threesomes, it excites me to know what she is enjoying, how she is being penetrated, sometimes I feel jealous, but also desire, one thing is that you know how to dominate and know where you are going to go, what do you want and desire? At the moment that I listen to her, to see her enjoy, the truth is, it excites me a lot, to see how they are penetrating her, I like to have her doggy style, while I am in front and she gives me oral sex, that she is caressing the other person, to have sex with two men and end up satisfied, that is the reason for me, maybe she says, I like to see her satisfied, but for me, it is that she is satisfied and it makes me enjoy it.

**Woman:** With what I'm experiencing and what I'm doing with my partner, a monogamous relationship is boring to me. I've heard my coworkers say last night my partner was aroused, pulled down my underwear, penetrated me, ejaculated, and we fell asleep. I ask myself, "When do you enjoy having sex with your husband?" I find it boring that you two don't interact, that only the men get satisfaction, and so, when will women get it? We're no longer in the old days when only the man got pleasure. Man: I think monogamous relationships are respectable, but they're always going to be based on disguised fidelity. On the street, there are a lot of people with beautiful bodies and pretty faces. You obviously see their sexual areas, their breasts, hips, you try to see their vagina, you see their sensuality. What you're doing is a little infidelity.



It's hypocritical. To say nothing more than, "I'm there for you and I don't want anyone else," is knowing that on the street, you're watching and wanting to put it into practice. Your wife is waiting at home, cleaning, taking care of the children, and then you're the one who cheats on you, looking for sex, satisfying yourself with a woman on the street, and you have to pay her or give something in return, even though you have your wife, putting the relationship, stability, and the risk of contracting a sexually transmitted disease at risk.

**Woman:** I'm divorced, and I listened to other women's experiences and said to my ex-partner, "Why don't we take positions?" He always answered no. I always said, it's because he loves me and takes care of me, that's why no, he doesn't do all that. And one time, when the separation process began, I found out about a couple of infidelities. I saw some videos where he was doing amazing things with other women and they didn't lay a finger on me. So I said, what happened? Where did I go wrong? He simply told me, no, because my wife, my wife, the mother of my children, is meant to be in the house. Everything you saw was meant to be done to a sex worker. He paid to be able to satisfy my needs, because I would never disrespect my wife. I told him, if you had wanted, I would have been the best woman in your bed, but the basics: he came, turned me over, penetrated me, ejaculated, pulled up his pants, and left. What's the point of treating her like a queen if you're unfaithful?

**Man:** I was married, and boredom and routine really do creep in. So, if you love your partner, why don't you allow them to be happy, to expand their happiness? Not just by giving them clothes, food, and a place to live, but also by giving them sex. We're all human beings and we need sex. We're here on this earth because we came to reproduce, and we have that instinct. We have to enjoy it, show society the beautiful side they want to see, and by closing the doors, it's all chaos.

**Woman:** I think if we were all that open, marriages would last as long as they used to, because nowadays marriages are disposable. For example, if he doesn't satisfy me sexually, I'll go outside and look for what he doesn't give me. What's going to happen? my relationship is not going to work anymore, maybe we get along and everything but it wouldn't be there, if you don't do what you want or desire, the time of routine will come, my ex-husband said, it's that when our relationship began to fail I found a woman outside who gave me everything that you no longer do. From my point of view, infidelity is caused because you don't give your partner what he wants, at work I tell my colleagues, a man is not with you because of how you look, you are going to have a man with you with good sex, he will come to you if you satisfy him, here is the proof, I know how to please him very well, we allow third parties to enter because we like it, when I am with someone else it is to give him pleasure, I please him and we enjoy it, pleasing him with threesomes, having outings to other places, doing what he tells me, for example, what do you think? I feel like groping you while we're driving. If I deny him, he'll find a way to do it. Why would he do it secretly? I've been there before. He left with a woman who gave him everything I couldn't, and that's okay. If he wasn't happy with me anymore, it's better for him to leave. Man: He left because he was an idiot, because in reality with you he had everything, he simply and plainly saw himself as envious, hypocritical, he could have expressed to you what he needed or what he wanted, we as men do not dominate the relationship, we have dominated it that way by the society that governs us, but in reality we both have the same right to have a sexual encounter with someone or to have desires for another person, as long as there is

communication and trust, because if there is no communication, how am I going to tell her that I want her to wear a miniskirt, to do this or that? This type of communication is easier when there is trust, it is about having rules, agreements to do whatever and also to say how far is allowed, the sexual is what will practically have fifty percent of the stable relationship and what will get us out of problems. Infidelity is doing something we hadn't planned for, knowing that you have desire for someone else and not telling your partner. We are human. I think we should be flexible about what we like; we are not exclusive. Infidelity, more than anything, is not communicating with your partner.

**Woman:** Infidelity is when he does things behind my back. For me, it would be when he hides things from me or does something without even considering me. I think that's where we'd have problems.

**Man:** I perceive our relationship like any other. We simply have different tastes, and we include one or more other people in our sexual lives, fantasies, and toys. We're just a regular relationship.

**Woman:** My definition of an open relationship is having the freedom, trust, and communication to say what we want to do, enjoy it, and respect it.

**Man:** We started because of fantasies, to experience, live it, hear it, see it, try it. That's why I felt like starting to incite her, because my imagination was starting to run wild. I liked watching porn, talking to her about it, and from there it happened little by little. We started with toys. I think seeing her penetrated in the anus and the vibrator in the vagina, feeling the friction as it went in and out, I liked that sensation and that's what started to provoke my imagination. And he would say, if it weren't for the vibrator, if it were someone else, would I feel the same? To experiment with people as if they were flesh and blood toys.

**Woman:** The reasons why I decided to open my relationship were to experiment and get out of my comfort zone. I came from a relationship where if I felt pleasure it was like, "Shut up, don't let anyone hear you." I couldn't express that I was feeling pleasure. When my current partner gave me freedom I began to get out everything that I had repressed, I didn't know that this existed for my relationship, but when I started to try other things, I said what I have missed, we began to include other people, we agreed on agreements, the only thing that he does prohibit me and tells me, don't kiss him, because I don't want you to give him the kisses that you give me, really it is simply sexual satisfaction without any feelings, I feel comfortable and at ease.

**Man:** In my experience, the emotions I felt when starting an open relationship were stress, nerves about rejection, rejection from your partner, being told you're crazy, and trying to make them understand that I want to be with someone else. It was hard for me, but thanks to sex toys, we started to open up and everything started to flow. We have very good communication and trust when it comes to sex. Outside of sex, our communication isn't great, but we do try to analyze things before sharing them. Woman: We communicate very well. He's always told me, you have the confidence to tell me if you don't like this, if you don't like what I do to you or what the other person does, it's fine, I'm not going to get mad. For example, I've told him, you're hurting me, it hurts, I don't want to anymore. No problem. He tells me it's okay, forgive me, he hugs me and that's it. When we go out, we're just a normal couple. On the street, I'm

his queen, his princess, his little one, the love of his life, his everything, his favorite. But in bed, he tells me you're my (whore) and you put up with it. Outside, he treats me very carefully, with a lot of love. Still, there are days when we like to have a lot of sex, and other days when we don't, and we enjoy it. He's said intimacy means taking you out, out to eat, going to the movies, spending time together. "The word "puta" exposes women who are sex workers or not, since it is used to degrade or insult women, with the aim of maintaining exclusivity in monogamous relationships, as they maintain control over sexuality and eroticism, prioritizing men's dominance over women. (Meneses, 2021)"

It has taken us these almost three years to understand each other, because at the beginning of the relationship, I had a lot of tantrums, but as time has passed, I have learned to control my emotions. I feel completely confident in talking about everything, and that has led us to a process of understanding each other very well.

**Man:** I have fought with her, over tantrums, trivial situations, but not sexually. For me, it's something about not being too clever, demanding things and taking care of her. I try to make everything consensual. Do you like this, that other person? No demands or doing things aggressively.

**Woman:** We're a couple who, like everyone else, argue over things like a fly flying by and bothering me, or because you were late when you agreed to meet at a specific time. We belong to a few WhatsApp groups, which my partner is included in, and then we look at photos shared in the group. Once, he asked me, "How do you see it?" Someone catches your attention, and I told him, "I like that one." He kept looking for options, so I said, "I'm not going to insist because he'll probably get upset." And no, he didn't get upset even though I insisted. He still told me, "Well, if you like that one, then I'll contact him this weekend so we can go out to eat, and if something comes up, we'll take advantage and go." Both: Returning to a monogamous relationship or ending it would be very difficult to start over with another person, given everything we've been through and experienced. Returning to a normal relationship again would be very difficult. I think we'd be stuck in a rut, and the relationship would be in crisis. It's already taken me out of my comfort zone and made me try other things. Going back to just having sex as a couple, I think we'd fall into a rut, and the relationship wouldn't work.

**Woman:** One of the rules we have as a couple is that he has contact with people. I don't really. He just shares the photos they send him and asks, "How do you see it? Do you like it?" Yes, no. It's not allowed to get emotionally involved. You only have sex once or twice with a person, and they make the agreement. They describe me physically and include the requirements: having a good-sized penis, being clean, showing they don't have any infections or diseases, bringing their condoms. My partner makes sure they comply with the rules we set. Personally, I like rough sex, having my hair pulled, spanking, biting, but if my partner sees something sticking out and doesn't like it, that's when they say, "It's over because we have agreements."

**Man:** Regardless, we trust each other enough to say what we need or don't want during sex. It's not allowed to get romantically involved with another person, and we shouldn't go off alone to find our partner. Why? If you're going to have sex, what's wrong with doing it in front of me? If you're going to fulfill a fantasy,



what's wrong with that? that I am present at that moment, that's why we have that rule, you can do whatever you want, whenever you want, whatever you feel like, as long as I am present, whether I participate or not.

**Woman:** What he's saying is that, after sexual intercourse is over, it's not allowed for them to ask for my number or for me to ask for their number. We don't repeat couples twice. Why? That would be a way of involving feelings. You can't say I love you, I love you, I love you, because you know what you're using it for and they have to understand that too. It hasn't happened to us, but I've seen and heard comments that this guy did fall in love and wants to do it again, but my partner doesn't want to anymore and I'm going to do it secretly. What's the joke? So, if you're going to do something, I want to see, maybe I won't participate, but I want to see, I want to enjoy it with you. If not, then we don't do it and we avoid disagreements between us.

**Man:** What we're looking for is someone who's interested and who meets the requirements I set at that moment. It's essential to see a full body photo, that the person is clean, that they know the role they're going to play in the relationship, and from there they make the decision. Woman: It seems like a catalog, because they send us photos, I have no contact with them, he arranges everything because it's his way of protecting me, I mean, "I'm not going to let them disrespect you, with everything they write in the group it's more than enough, imagine if I give them your number, they're not going to tell you." In that part, he's very careful, the contact is directly with him, he simply shows me the photos, he says, "Look, he just sent me this." I tell him, I don't like it, as far as I can tell. This one did catch my attention. I think the third person is winning more. We also share the satisfaction. Not just anyone goes and says, "Hey, do you want to participate with us? I'll lend you my wife so you can do with her whatever you want?" Not just anyone is going to offer it to you in exchange for them giving us what my partner asks for, right? And it's valid. I like that side of him, where he finds ways to take care of me. Woman: I'm not attracted to physical things. What I'm looking for is a good-sized penis. A guy contacted us and gave us his description. I'm a twenty-five-year-old guy, open to new experiences, young and handsome. I'm not attracted to them, I don't like them, because I think they feel indispensable. I'm more attracted to older men, and I've always told my partner that. It's all about sex, to satisfy what I want, what I crave.

**Man:** We haven't had threesomes with women. It hasn't happened. We look for people to use, like a sex toy, but in the flesh. That's why we don't get emotionally involved. We want to satisfy our needs and our relationship.

**Woman:** For me, sexual violence is when you're forced to do something you don't want to do. It hasn't happened to me, but when the other person wants to have anal sex and I don't want to, when they're doing it against what I'm asking for, for me that's sexual violence. It's the same as when we have an encounter with another partner and you tell them, 'No, because it hurts,' and they continue and in the end they say, 'I got carried away,' but that has a consequence, you hurt me, the pain stays with me. So if you're doing it with consent, with care, and it hurts, imagine how it will hurt if they're doing it without your permission. I consider that so far I have not suffered sexual violence.

**Man:** My priority is satisfaction and taking care of her. I feel that sexual violence has not been allowed within our relationship, due to communication. If she says no, it's no, and you shouldn't ask for an explanation or insist, we should simply and simply govern by no. Before sexual intercourse, I'll tell her something you don't like. You tell me, I've seen her hair pulled or spanked. But as long as she doesn't say anything and I see she's enjoying it, I'll ask, "Is everything okay?" "Is everything calm?" and she answers, "It's fine."

**Woman:** I like hickeys. It turns me on. Having my hair pulled gives me a lot of pleasure. The same goes for spanking. Her biting my back or choking me. That's inside sex.

**Man:** At first, it was like a distraction for me. I mean, we were in the middle of the act, having sex, and the moment comes when she pulls my hair, slaps me, and I'm like, wait a minute, first, it threw me off, knowing how to coordinate and figure out what to do first, practically with third parties, well, I don't see it as a bad thing anymore, because I know she likes it.

**Woman:** I'm 36 years old, we're seventeen years apart. I like older men. I like them between 40 and 53 years old. I don't like them under 40, even if they're well-endowed, I'm not interested. Why? Because of age. I like them older. At that age, men know what they want. They have experience in what they do, and you're no longer struggling with a kid who's already inside. Do you like it? He's asking you everything he does.

**Man:** I just like women. I recruit people for her, so to speak, I choose the people she wants. If I see them young or old, I send them to her. I tell her, you choose. I've never liked women younger than me, but she's younger, seventeen years younger, but usually between 37 and 55 years old. I'm not attracted to younger women because I have a younger sister and a daughter, so I think that's why I don't like girls more. There are women who are very pretty, have a very nice body, and sometimes you say, she's hot, but that's it. Since I started my sexual life, I've been with 15 women.

**Woman:** I've had sexual relations with approximately 35 men since I was involved in prostitution for 3 months. Since the relationship began, there have been 16 men, and there have been 6 sexual encounters in threesomes.

**Both:** We have threesomes every three or four months, so to speak. There's no specific date. We have sex every eight days or whenever we see each other. Our relationship is exclusive, and whoever enters is going to be used as a sexual object.

**Woman:** I feel very comfortable with the open relationship. What we're doing as a couple is very enriching to me. I enjoy it a lot. I like that he's an open man and that he likes experimenting, trying more things, just like I do. And it helps strengthen our relationship.

**Man:** Yes, it gives us a lot of confidence. It helps us think things through more, to avoid arguing over trivial things. I like it. I feel satisfied, very happy to be with her, and more than anything, knowing that we complement each other well sexually.

**Woman:** I feel more sexual pleasure and it's easier with my partner. It gives me pleasure to see that he's watching me. That's what including a person is for, because there are times when he wants to participate, and times when he doesn't. Just seeing him touching himself, the kinky face he makes, that he's enjoying it, gives me pleasure. I'm always focused on him because I like seeing him enjoy it, because I reach orgasm faster. **Man:** It's nice to see her, to hear her having sex, I don't participate, I accompany her and I'm supervising, it's like you're watching a live porn movie and your wife is the protagonist, that she's enjoying it, it's excellent and the reason I stay inside is because we don't want to do things hidden, we want our relationship to be consensual, that there isn't any type of violence, because regardless of the fact that we carry out certain agreements or steps to recruit the person we are going to use, it's true that we don't get to know each other one hundred percent, being present so that there isn't going to be any type of violence and the other is because I like it, I like to watch it because I'm perverted.

**Woman:** I think they should know about open relationships, because when I share my experience with girls, they're like, "I haven't done that, I'll tell my husband." It catches their attention. Those days when only men enjoyed themselves are long gone. Now we're going to enjoy ourselves too. If they can, why can't we? If they accepted what women or men like, I assure you divorces wouldn't exist and so much infidelity would end.

**Man:** If you're asking the love of your life to do the things you want, what an excellent complement it is for your girlfriend, boyfriend, or husband to do it for you. Instead of thinking about whether I've already had a craving for this or that, or coming home, having the confidence to say, "I've had a craving for this or that," and not taking it the wrong way. Communication between couples would be great.

**Both:** The positive things this relationship has given us are trust, communication, stability, satisfaction, keeping plans for sexual encounters. We can actually overcome infidelity by having good communication and trust. The negative things are the lack of communication that couples themselves lack.

**Both:** We don't use any contraception between us. I know he's healthy, he knows I'm healthy, but with other people we do. The requirement is that you use a condom, and we've never contracted any sexually transmitted infections.

**Woman:** Because I'm not going to be susceptible to infections. What we practice most is oral sex, vaginal intercourse, and anal intercourse has been very rare, only when I want something.

**Man:** We try to take safety precautions, but we're really not 100% sure. On one occasion, we asked for a medical certificate, and well, it could be fake, right? Just to get excited, but we take safety measures with the protection of a condom.

**Woman:** I was tested for AIDS, syphilis, gonorrhea, and all other sexually transmitted infections, and none of them came back positive. Everything came back negative. I get tested periodically, currently three times a year, and all three times have come back clear. That's why we take the risk of having sex with other people because we know we're healthy and we expect the same from them.

**Man:** I usually get tested for sexually transmitted infections every six months.

**Woman:** From the beginning, you're told to bring condoms. When we have oral sex, we ask that your mouth be clean and hygienic. I had surgery nine years ago to stop having children.

**Woman:** Some married men are unfaithful. They go out with any type of woman to fulfill their fantasies or sexual needs, but they don't realize if the person is healthy. They have sexual encounters with them, and sometimes they don't use any contraception. They come home, have sex with their wives, and are at greater risk of contracting a sexually transmitted infection. I have a friend, a housewife. Her husband was cheating on her. She started feeling small bumps forming in her vagina. And she told me, "I don't go out with anyone, I'm not with anyone but my husband." I told her, "Go to the doctor when he comes back, and he told us that they told her she had the human papillomavirus (HPV). She was infected by her husband."

**Man:** Unfortunately, infidelity is more prevalent among monogamous people and primarily affects women. This type of behavior is not as conscientious about their partner's health.

**Woman:** My family members don't know about my open relationship, but my coworkers do. We start talking to make our shifts more enjoyable. I know they won't meet my family and they won't talk about what I tell them. No one knows what happens when I go to his house with him or when we're together. It's simply a private matter. I don't think my family would have any problems, but they would lose their respect for me, and there may be a lack of empathy. So, I wouldn't bring this up with my children. Later, I would talk about it with my daughter, to give her some advice, I can probably share some of my experience.

**Man:** I don't really talk to my friends and family because of the kind of society we live in. Regardless of whether it's more open or a little more liberal, the truth is that we're still living in a sexist regime. The customs we've had for a long time are still being adopted. People would need to be in our shoes to be able to experience it, understand, and assimilate the relationship.

**Woman:** When I separated, my mom said, "Don't go out with anyone, they can't see you, hide yourself." What are people going to say? She didn't allow me to have a relationship. Nowadays, it's a little more open and more liberal. It's the way she was raised. She's said so. I don't know how people did that in my day, but times have moved on. Nowadays, even fourteen-year-olds are mothers. We're not going to make her accept the way of life we lead, but she can still respect it.

**Man:** We don't disrespect or hurt anyone. It's something we use to strengthen our relationship, to enjoy ourselves, to give each other pleasure. It's not about having casual encounters with everyone. It's about having a relationship that interests us, satisfying ourselves. But it's not about going out right now, like,

"Oh, no, come on, let's have sex, right?" It's very easy to confuse other people who aren't experiencing it, so we better keep our comments to ourselves and, in front of everyone, we're just a normal couple.

**Both:** We love recording ourselves, taking photos because I share them in groups when we're looking for someone or a third person. It's something we like. I know that if this relationship were to end for any reason, they won't show my photos, much less will I be showing what we recorded. We don't share it with anyone else.

## DISCUSSION

Fonseca (2020) reports that according to INEGI, the first sexual encounter is found in an age range of 15-19 years and older, so it usually occurs when individuals are still young and immature, idealizing circumstances that often do not occur, as is the case with women, since an ideology is presented and it is thought that the first sexual relationship should be a magical experience. However, it is not recognized that these idealizations can be erroneous, unsatisfactory, and disappointing, producing different types of negative emotions, causing low self-esteem or guilt. On the contrary, men usually have sexual experiences through the consumption of substances such as alcohol and even influenced by their closest social circle, since men seek to demonstrate their manhood through their sexual performance. Therefore, it is important not to idealize the first sexual encounter, to break with the paradigms that have been imposed by society and religion, since they influence the behavior of each individual, as well as in monogamous relationships. According to Bernal (2023), every monogamous couple experiences different situations that lead to improving their relationship or ending it. They experience different situations, strengthening communication, trust, and managing their emotions, leading to stability and prolongation of their relationship. However, not every monogamous couple manages to establish a bond presenting infidelity. Remembering that these couples should be practitioners of fidelity where both bodies belong to each other. Couples who possess emotional stability, communication, and trust can open their relationship, that is, maintain an open or non-monogamous relationship. Over time, monogamous relationships change since, with the passage of time, they begin to form a routine in their activities, which is why they begin with a loss of interest as well as changes in mood, emotions, and sexual desires. Rodríguez (2023) suggested that there is little sexual satisfaction in a monogamous relationship, mainly in women, leading to the feigning of pleasure, having encounters out of obligation or to satisfy the man's needs. Some monogamous couples do not use protection methods due to the belief that it is their partner, there is less pleasure in using a condom, reinforcing machismo, the lack of management and knowledge of the different prevention methods (Jiménez, 2023).

De la Rubia (2021) establishes that one of the first causes of divorces is infidelity, with a percentage of 30.6% in men and 12.8% in women, which indicates that men are more unfaithful than women, since they seek new sexual experiences, being a beginning to contract sexually transmitted infections. According to Almenares (2020), having sexual contact presents a high risk of suffering from a sexually transmitted infection such as unwanted pregnancies, hence the importance of using some prevention method that is comfortable and suits the needs of each individual. As Rivera (2023) mentions, monogamous couples who agree to maintain an open relationship must recognize the emergence of positive and negative emotions, which must be eliminated or controlled so that they can experience, know, and satisfy their sexual needs,



turning this into a stable and lasting relationship. Within the analysis of the data, it was possible to infer the importance of maintaining emotional stability, overcoming romantic failures, having self-love, agreeing to have an open relationship, and that this is not to please the partner for fear of ending the relationship or believing that there is no sexual satisfaction on the part of one member of the relationship. Herreros (2023) establishes that open relationships seek to maintain their sexual life by fulfilling their fantasies, maintaining sexual diversity and enjoying their sexuality, we can find as a result that at the beginning different emotions can be found which can be anxiety, stress, shame, jealousy, confidence, pleasure, satisfaction, enthusiasm among others, since they are new ways of relating, likewise it refers that individuals must break the beliefs of society, such as those of their own family, end the norms and machismo that judge women turning them into submissive, in this way they will allow themselves to enjoy their sexuality; According to the results of the investigation, it was detected that open couples often present a lack of communication and trust with their relatives due to fear and insecurity of being rejected and judged because of the beliefs, culture, religion and education of their relatives, there is a fear of being discriminated against, insulted, attacked both physically and psychologically, since for individuals knowing the number of sexual encounters their partner has had throughout their life is important, which is why they lie about the real number of sexual partners they have had, in this case there is a fear of being judged and rejected, this does not indicate that both men and women are experts or have greater sexual experience, but rather indicates the degree of sexual freedom that each individual has.

According to (Rivera, 2022), within an open relationship, relationships are not completely free since they have limits or rules that both must follow. Each couple is different due to their culture, idealization, needs, as well as their rules or limits according to the benefit of each couple. Some limits that we can find within this open couple:

- No kissing on the mouth
- The man maintains contact with the possible casual or sexual encounter when having a threesome
- Good body hygiene
- Carry condoms
- Avoid emotional ties, which is why it is important to break the sexual bond with love
- Be aware that it is only to satisfy their needs
- Age, due to experience and knowledge

Within an open relationship, there is no limit to the number of sexual partners, meaning that both can be with different people without forming an emotional bond. Remembering that the degree of sexual freedom is the same for each partner, although there is greater sexual satisfaction with the partner than with a casual encounter, because there is an emotional bond, which makes it more satisfying and pleasurable when having an encounter Sexual encounters with different people present a variety of emotions due to the experiences (Arias, 2021). According to Rivera (2023), there is little chance of negative experiences such as sexual violence or any other type of violence occurring during a casual encounter because an agreement is reached before the casual or sexual encounter, the limits of what is allowed and what is not are mentioned, and if any act of violence or any type of violence, whether psychological or physical, is involved, the encounter ends. Currently, various social networks are used to communicate with different

individuals and arrange casual dates, making this an easy way to meet and meet new people, eliminating the sexism in which men have the role or control to communicate, search for or contact potential encounters when having threesomes, deciding freely, it is necessary to recognize that by reaching an agreement some economic benefit can be obtained that benefits one or both people, therefore it is important that both are present and choose the individual to arrange the sexual encounter, taking into account the tastes of each one, (Blanco, 2021).

## CONCLUSION

An open or non-monogamous relationship can be considered a cultural and social movement in favor of sexual diversity, to embrace, express, and live out one's sexuality, preferences, or sexual orientations while maintaining one's physical, emotional, and social well-being. According to the data obtained, couples in open relationships are more stable, long-lasting, and functional, as they seek sexual pleasure while avoiding emotional ties. Both partners can date different people and have casual encounters. People who maintain this type of relationship are more mature, which allows for good communication and trust. They should be aware of how to manage their emotions. Hence the importance of boundaries or rules between casual encounters. Both partners must agree to and follow them. This demonstrates the level of responsibility and commitment each partner has.

It could be deduced that there will be a decrease in sexually transmitted infections since people who lead these types of open relationships are aware that they must use contraceptive methods to avoid sexually transmitted infections or unwanted pregnancies, since currently there is a higher incidence of sexually transmitted infections in monogamous women, which indicates greater infidelity and lack of use of contraceptive methods. It is possible that people who lead or led an open relationship may return to a monogamous relationship, even though difficulties would arise within the relationship because having new sexual experiences, fun, satisfaction, sexual freedom would end and it would not be an exclusive relationship again. It is important that monogamous couples who start recognize that a relationship is built, not found, there is no princess or prince to fix their problems, on the contrary, both must work on their communication, trust, and emotional stability. both individually and as a couple, eliminating paradigms that society, culture and religion have imposed over the years, since couples in open relationships can face criticism, opinions or discrimination, due to the education that society has, since it is not accustomed to this type of relationships.

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