THE CATALOG

The Sociosexuality Library

34 audio titles on the science of sociosexuality. Each one starts from the published studies: what the researchers measured, what they found, and where they disagree. Each part runs about 45 minutes, and every title comes with a printable PDF workbook. The Everything Pass opens every title.

Mating Strategies: The Science of Sociosexual Orientation

Why do some people want variety and others want one partner for life? This title is for curious listeners and students who want the evolutionary and cross-cultural science without the pop-psychology. It treats both strategies as normal human variation.

1. **Short-term and long-term strategies:** the main theories of why both exist in humans.
2. **Across 48 nations:** what large cross-cultural surveys show about sex, culture and sociosexuality.
3. **Where personality comes in:** how sociosexuality links to traits such as the Big Five.

Built on: Buss and Schmitt's 1993 sexual strategies theory; Schmitt's 2005 study across 48 nations.

Is Monogamy Natural?

Are humans built for one partner, several, or neither? This title is for anyone who has heard both "monogamy is unnatural" and "monogamy is human nature" and wants to know what the evidence says.

1. **What other species and our bodies suggest:** pair-bonding in mammals and primates, and the clues in human biology.
2. **What history and culture show:** why most societies allowed more than one wife, yet most marriages were monogamous.

Built on: Schacht and Kramer's 2019 review of human pair-bonding; Henrich, Boyd and Richerson's 2012 paper on monogamous marriage.

Serial Monogamy: One at a Time, Many Over a Life

What does it mean to be faithful to one partner at a time but have many partners over a lifetime? This title is for people who see this pattern in themselves or a partner and want to understand it without judgement.

1. **The most common pattern today:** how dating, cohabiting, divorce and remarriage made serial monogamy the norm.
2. **What drives the pattern:** research on attachment, novelty and why some people move on faster than others.

Built on: demographic research on cohabitation, divorce and remarriage; attachment research.

Monogamy or Non-Monogamy: Working Out What You Want

How do you work out what kind of relationship you want when you are sure about what you don't want? This title is for people who are unsure which way they lean and want a fair, research-based look at both paths.

1. **The real differences:** what studies find about satisfaction, trust and jealousy in monogamous and consensually non-monogamous couples.
2. **Reading your own signals:** how your attitude, behaviour and desire scores relate to this choice.
3. **Talking it through:** how to raise the question with a partner or a date honestly.

Built on: Conley, Moors and colleagues on consensual non-monogamy (2013 onward); Haupert and colleagues (2017) on how many adults have tried it.

Anxious Attachment: Understanding the Fear of Being Left

Why do some people need constant reassurance, and what does research say helps? This title is for people who recognise anxious attachment in themselves or a partner.

1. **Where anxious attachment comes from:** what decades of research say about its roots.
2. **What it does in a relationship:** protest behaviour, checking, and the link to jealousy and sex.
3. **What the evidence says about change:** which approaches have research behind them and which are only popular.

Built on: Hazan and Shaver (1987); Mikulincer and Shaver's work on attachment in adulthood.

Dismissive Avoidant Attachment: Why Closeness Feels Like Pressure

Why do some people pull away just as a relationship gets close? This title is for avoidant people and their partners. It also covers the research link between avoidance and a preference for sex without commitment.

1. **How avoidance works:** deactivating strategies, independence and why they made sense once.
2. **Avoidance, sex and commitment:** what studies find about avoidant attachment and unrestricted sociosexuality.

Built on: Bartholomew and Horowitz (1991) four-style model; Gentzler and Kerns (2004) on attachment and sexual experience.

Fearful Avoidant Attachment: Wanting Closeness and Fearing It

What is it like to want love and fear it at the same time? This title is for people who swing between clinging and running and want to understand the pattern.

1. **Two pulls at once:** how researchers define fearful (also called disorganized) attachment and where it comes from.
2. **The push-pull cycle:** how it shows up in dating, sex and conflict, and what research says about steadier ground.

Built on: Bartholomew and Horowitz (1991); later adult attachment research on fearful avoidance.

The Anxious-Avoidant Trap: Why Opposite Styles Attract

Why do anxious and avoidant people so often end up together, and why does it hurt? This title is for couples and singles caught in this loop.

1. **Why the pairing happens:** what studies say about attraction between the two styles.
2. **The chase-and-retreat loop:** how each partner's coping sets off the other's.
3. **What research says helps:** what couple studies show about breaking the loop, with no promise that it will.

Built on: Kirkpatrick and Davis (1994) on attachment pairings and relationship stability; couple attachment research.

Earned Secure Attachment: What the Research Says About Change

Can an insecure attachment style become secure in adult life? This title is for people who want to know what "earned security" means and what the studies actually show.

1. **What secure looks like:** how researchers measure security, and what it does and does not mean.
2. **How people earn it:** what long-term studies show about adults whose attachment became more secure.

Built on: Roisman and colleagues (2002) on earned-secure status; adult attachment stability studies.

Attachment Meets Sociosexuality: Your Two Profiles Together

How does your attachment style combine with your sociosexuality? This title is for quiz takers who want both profiles explained side by side. It is the closest audio match to what survey answers asked for.

1. **Two separate systems:** why attachment and sociosexuality are different traits that still interact.
2. **Common combinations:** what research says about, for example, anxious and unrestricted, or avoidant and restricted.
3. **Using both in a relationship:** how two partners' profiles fit together.

Built on: Schmitt (2005) on whether short-term mating comes from insecure attachment, across cultures; Gentzler and Kerns (2004).

Libido Mismatch: When One of You Wants More

What happens when partners want sex at different rates, and what does research say about living with it? This title is for both partners: the one who wants more and the one who wants less.

1. **How common it is:** why desire gaps are close to universal in long relationships.
2. **Both sides of the gap:** how the higher-desire and lower-desire partners each experience it.
3. **What couples studies test:** the approaches researchers have tested, and what they found.

Built on: Mark and Lasslo's 2018 systematic review of desire in long-term relationships; Muise, Impett and colleagues on sexual communal strength.

Sexless Marriage: How It Happens and What the Research Shows

How does a marriage go from active to sexless, and what do people in that situation face? This title is for people inside a sexless marriage who want to understand it before deciding anything. It does not tell anyone to stay or leave.

1. **How it starts:** the common paths in, such as rejection cycles, children, health and stress.
2. **What it does to each partner:** what studies find about wellbeing, resentment and loneliness.
3. **The choices people face:** what research says about rebuilding, accepting, opening up or ending.

Built on: Donnelly's 1993 study of sexually inactive marriages; later research on marital sexual frequency and satisfaction.

Responsive Desire: Why Wanting Can Come After Starting

Why do some people only feel desire once things begin, not before? This title is for couples where one partner thinks the other "never wants it", and for anyone who has felt broken for not having spontaneous desire.

1. **Two kinds of desire:** the research model that separates spontaneous from responsive desire.
2. **What it changes for a couple:** how this idea reframes initiating, scheduling and rejection.

Built on: Basson's 2000 circular model of sexual response; later tests of that model.

Intimacy: Closeness Beyond Sex

What makes people feel close, and why does closeness fade? This title is for couples who feel more like roommates than partners. It also speaks to the loneliness and lack of touch that sexless forums describe.

1. **How closeness is built:** the research model of sharing and feeling understood.
2. **When it fades:** what studies show about touch, loneliness and drift in long relationships.

Built on: Reis and Shaver's 1988 model of intimacy as a process; research on touch and loneliness.

Sexual Compatibility: What Couples Should Know

What does sexual compatibility really mean, and how much does it matter? This title is for couples and people who are dating seriously and want to compare desire, values and sociosexuality without guessing.

1. **What compatibility is made of:** desire level, preferences, values and sociosexuality.
2. **Similar or flexible:** what research says matters more, being alike or being willing to adjust.
3. **Comparing two profiles:** how to read two quiz results side by side.

Built on: research on partner similarity and sexual satisfaction; Muise and colleagues on sexual communal strength.

Desire During Pregnancy and After a Baby

How do pregnancy and a new baby change desire for both partners? This title is for expecting and new parents who want to know what is normal and what research says about the months after birth.

1. **Pregnancy:** how desire changes from one trimester to the next, and why.
2. **The first year after birth:** tiredness, body changes, feeding, and what studies find about when desire returns.

Built on: von Sydow's 1999 review of sexuality in pregnancy and after birth; later couple studies after birth.

Menopause and Desire

What happens to desire before, during and after menopause, and how does it affect a couple? This title is for women going through it and for their partners.

1. **What changes in the body:** hormones, comfort and desire, from perimenopause on, including why desire rises for some.
2. **What changes in the couple:** how partners talk about it and what studies find about sex life in midlife couples.

Built on: the Study of Women's Health Across the Nation (a long-running US study of midlife women); research on midlife couples.

Sex, Love and Dating After 60

What does research say about sex and relationships in your sixties and later? This title is for long-married couples, the divorced and the widowed. It covers staying close, starting again, and dating late in life.

1. **What older adults actually do:** what large surveys show about sex and desire after 60.
2. **Long marriages:** health, habits and closeness after decades together.
3. **Starting again:** dating after divorce or the death of a partner.

Built on: Lindau and colleagues' 2007 national survey of sexuality in older US adults.

Erections, Desire and Ageing Bodies

How do erection problems affect desire, confidence and a couple's sex life? This title is for men with erection changes and for their partners. It explains the research and when people see a doctor or a sex therapist. It does not replace either.

1. **What is going on:** how common erection problems are with age, and the body and mind causes research finds.
2. **Desire, the couple and help:** why desire often stays, how couples adjust, and what kinds of help exist.

Built on: the Massachusetts Male Aging Study (Feldman and colleagues, 1994); research on couples and erectile difficulty.

Why People Cheat

What does research say about why people cheat, and what happens after? This title is for people who have been cheated on, people who have cheated, and people who fear either. It links infidelity risk to sociosexuality without blaming any group.

1. **Who cheats and why:** what studies find about reasons, chances and the role of sociosexuality.
2. **What an affair does:** the effects on the partner, the cheater and the relationship.
3. **After discovery:** what research says about couples who stay and couples who part.

Built on: Fincham and May's 2017 review of infidelity research; studies linking sociosexuality and infidelity.

Emotional Affairs and Micro-Cheating: Where Is the Line?

When does a close friendship or a private message cross a line? This title is for couples who disagree about what counts as cheating.

1. **Defining the line:** what studies find about how people define cheating, and why partners disagree.
2. **Emotional affairs:** how they start, how they differ from friendships, and why they can hurt as much as sex.

Built on: research on how people define infidelity; Buss and colleagues' 1992 work on sexual and emotional jealousy.

Jealousy: What It Is and How People Handle It

Why do people feel jealous, and what does research say about handling it? This title is for monogamous people, people in open relationships, and anyone in between. Jealousy is one of the few topics that appears in every group's forums.

1. **What jealousy is:** the evolutionary and attachment explanations, and the different kinds.
2. **Jealousy in monogamy:** what sets it off and how it affects trust.
3. **Jealousy in open relationships:** what studies of non-monogamous people find about living with it.

Built on: Buss and colleagues (1992); attachment research on jealousy; studies of jealousy in consensual non-monogamy.

Retroactive Jealousy: When a Partner's Past Hurts

Why do some people feel tormented by a partner's past relationships? This title is for people who cannot stop thinking about a partner's past, and for their partners.

1. **What it is:** how retroactive jealousy differs from ordinary jealousy, and how it relates to obsessive thinking.
2. **What research suggests:** what the related research on rumination and obsessive thoughts says about easing it.

Built on: thin. There is little research on retroactive jealousy itself. The title must lean on research about relationship-focused obsessive thoughts and rumination, and say so openly.

Ethical Non-Monogamy: The Research-Based Basics

What is ethical non-monogamy, what forms does it take, and what does research find about the people who practise it? This title is for newcomers who want facts instead of opinion.

1. **The forms:** open relationships, swinging, polyamory and relationship anarchy, and how they differ.
2. **What studies find:** satisfaction, jealousy, trust and stigma in consensually non-monogamous relationships compared with monogamous ones.
3. **Who it suits:** what research says about sociosexuality, attachment and readiness.

Built on: Conley, Moors, Matsick and Ziegler (2013) on how consensual non-monogamy is seen and how it works; Haupert and colleagues (2017).

When One Partner Wants an Open Marriage

What happens when one partner wants to open the marriage and the other does not? This title is for both partners. It covers the restricted partner's side as fully as the one who wants to open up.

1. **Why the wish comes up:** what research finds about desire, novelty and sociosexuality differences within couples.
2. **The partner who did not ask:** fear, loss and consent, and what studies show about couples with mixed wishes.
3. **What couples who tried it report:** outcomes for couples who opened up, stayed closed or separated.

Built on: research on couples with one monogamous and one non-monogamous partner; consensual non-monogamy outcome studies.

Rules, Agreements and Veto in Open Relationships

What kinds of rules do open couples make, and what does research say about which ones help? This title is for couples setting up or rethinking their agreements.

1. **Rules and agreements:** the common types, such as safer sex, disclosure, time and veto, and why couples choose them.
2. **When rules break:** what studies show about broken agreements, and the difference between a rule and a boundary.

Built on: Hoff and Beougher (2010) on sexual agreements in gay male couples; later research on agreements in consensual non-monogamy.

Polyamory: How Multi-Partner Relationships Work

How do people keep more than one loving relationship going at once? This title is for the curious, the new, and anyone whose partner is polyamorous.

1. **What polyamory is and is not:** how it differs from polygamy, swinging and cheating, and the common shapes.
2. **How it works day to day:** time, honesty and meeting needs across partners, as studies describe it.

Built on: Mitchell, Bartholomew and Cobb (2014) on need fulfilment across polyamorous partners.

Hierarchy, Metamours and New Relationship Energy

Should there be a primary partner, how do you get along with a partner's other partners (your "metamours"), and what happens when a new love burns bright? This title is for people already in polyamory who hit these problems.

1. **Hierarchy or not:** primary and secondary partners, non-hierarchy and relationship anarchy, and what studies find about each.
2. **Metamours and new relationship energy:** the excitement of a new partner and its effect on existing ones.

Built on: Balzarini and colleagues (2017) on primary and secondary relationships in polyamory.

Compersion: Joy in a Partner's Joy

What is compersion, and is it the opposite of jealousy? This title is for people in open relationships and anyone curious about feeling happy that a partner is happy with someone else.

1. **What compersion is:** how researchers define and measure it, and how it can exist alongside jealousy.
2. **What goes with it:** what early studies link to compersion, such as security, trust and sociosexuality.

Built on: young. Research measuring compersion has mostly appeared in the last few years. The title must say the field is new.

Swinging: The Lifestyle, Explained by Research

Who swings, why, and what do studies find about swinging couples? This title is for couples curious about the lifestyle and for people who want facts, not stereotypes.

1. **Who swings and why:** what surveys of swingers find about age, marriage and motives.
2. **How couples manage it:** rules, jealousy and what studies report about satisfaction.

Built on: a small survey literature on swingers going back to the 1970s. It is thinner and older than the polyamory research, and the title must say so.

Situationships: What They Are and Why They Happen

Why do so many people end up in relationships with no label, and what do they want from them? This title is for people in a situationship who want to understand it and decide what they want next.

1. **What a situationship is:** what research on casual and undefined relationships finds about who ends up in them and why.
2. **Wanting more, or less:** how differences in sociosexuality and attachment shape these relationships, and how people raise the question.

Built on: Wentland and Reissing (2011) on types of casual sexual relationships; research on hookup culture among young adults.

Casual Sex and Wellbeing: Who Benefits and Who Doesn't

Is casual sex good or bad for you? Research says it depends on the person. This title is for people who have casual sex, or are thinking about it, and want the evidence on how it affects wellbeing.

1. **Why people have casual sex:** the motives studies find, and how they differ by sociosexuality.
2. **Who feels good afterwards:** what research shows about when casual sex lifts or lowers wellbeing.

Built on: Vrangalova and Ong (2014) on how sociosexuality shapes the effect of casual sex on wellbeing; Vrangalova (2015).

Saying What You Want: Sex-Positive Talk for Couples

How do you tell a partner what you want, or don't want, in sex and in the relationship? This title is for people who know what they feel but freeze when it is time to say it.

1. **Why it is hard to say:** what research finds about fear of rejection and shame in sexual talk.
2. **What good talk looks like:** what studies link to better sexual communication, and example ways to open the topic.

Built on: Mallory, Stanton and Handy's 2019 meta-analysis of couples' sexual communication.

Sexual Health With More Than One Partner

What do adults with more than one partner need to know about sexual health? This title is for unrestricted and non-monogamous listeners, and for anyone who missed good sex education. It is not medical advice.

1. **The basics adults missed:** infections, testing, protection and consent as adults actually need them.
2. **Health in open and casual sex:** what studies find about safer sex among openly non-monogamous people compared with people who cheat.
3. **Talking about it:** how to bring up testing and protection with new and existing partners.

Built on: public-health guidance on sexually transmitted infections; Conley and colleagues (2012) on safer sex among people who cheat compared with openly non-monogamous people.