

Our Marriage Contract

I commit myself to:

*M*ake this relationship my primary relationship and neither in nor out of awareness give up on this relationship nor look for another primary relationship.

*T*rust that you care for me and our relationship enough to confront and be open to confrontation to behaviors that are destructive to our relationship.

*B*e responsive to you by asking for what I want, sharing feelings about what is going on with me; checking out assumptions I make about your behaviors and share with you appreciations about you and our relationship as soon as I am aware of them.

*A*ccount for my mistakes by apologizing, explaining what my thinking process was and letting you know how I plan to avoid the same mistake in the future.

*R*elate to you as an equal rather than taking a one-up or one-down position or over adapting to your wants by complying or rebelling. I will negotiate with you about my want rather than try to control you with power.

*E*nergize loving fantasies about you and our relationship.

*B*e responsible for my own mental and physical health, strokes, rest, space and financial support unless specific contracts are made concerning the issues.

*R*eview and revise this contract as needed to enhance our loving, committed relationship.

Date_____