

The Infidelity Recovery Institute

Agreement to Overcome Love Busters and Meet the Most Important Emotional Needs

.....
THIS AGREEMENT is made this ____ day of _____, 20____, between
_____, hereinafter called "husband," and _____,
hereinafter called "wife," whereby it is mutually agreed:
.....

- I. The husband and wife agree to avoid being the cause of each other's pain or discomfort by protecting each other from:
 - A. **Selfish Demands:** Commanding the other to do something with implied threat of punishment if he/she refuses. If selfish demands occur, the husband and wife will follow a course of action that identifies selfish demands, investigates their causes, keeps a record of their occurrences, and replaces them with thoughtful requests.
 - B. **Disrespectful Judgments:** Attempts to change the other's attitudes, beliefs, and behavior by trying to force his/her way of thinking through lectures, ridicule, threat, or other forceful means. If disrespectful judgments occur, the husband and wife will follow a course of action that identifies disrespectful judgments, investigates their causes, keeps a record of their occurrences, and replaces them with respectful persuasion.
 - C. **Angry Outbursts:** Deliberate attempts to hurt the other because of anger, usually in the form of verbal or physical attacks. If angry outbursts occur, the husband and wife will follow a course of action that identifies angry outbursts, investigates their motives and causes, keeps a record of their occurrences, and eliminates them.
 - D. **Dishonesty:** Failure to reveal to the other correct information about emotional reactions, personal history, daily activities, and plans for the future. If dishonesty occurs, the husband and wife will follow a course of action that identifies dishonesty, investigates its causes, records its occurrences, and replaces it with emotional, historical, current, and future honesty.
 - E. **Annoying Habits:** Behavior repeated without much thought that bothers the other spouse. If an annoying habit occurs, the husband and wife will follow a course of action that identifies the annoying habit, investigates the motives and causes of the habit, keeps a record of its occurrences, and eliminates the habit.
 - F. **Independent Behavior:** Conduct of one spouse that ignores the interests and feelings of the other. If an independent behavior occurs, a husband and wife will follow a course of action that identifies the independent behavior, investigates its cause, keeps a record of its occurrence, and replaces it with interdependent behavior, conduct that nurtures and protects the interests and feelings of both spouses.

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II. The husband and wife agree to meet each other's most important emotional needs by:

A. Identifying each other's emotional needs and selecting at least five that are most important to the husband and at least five that are most important to the wife. These may include any of the following:

1. **Affection:** Expressing love in words, cards, gifts, hugs, kisses, and courtesies, creating an environment that clearly and repeatedly expresses love.
2. **Sexual Fulfillment:** Understanding one's own sexual response and that of the spouse; learning to bring out the best of that response in both oneself and the other so that the sexual relationship is mutually satisfying and enjoyable.
3. **Conversation:** Setting aside time each day to talk to each other about events of the day, feelings, and plans; avoiding angry or judgmental statements or dwelling on past mistakes; showing interest in the spouse's favorite topics of conversation; balancing conversation, using it to inform, investigate, and understand each other; and giving each other undivided attention.
4. **Recreational Companionship:** Developing an interest in the favorite recreational activities of the spouse, learning to be proficient in them, and joining in those activities. If they prove to be unpleasant after an effort has been made, negotiating new recreational activities that are mutually enjoyable.
5. **Honesty and Openness:** Describing one's own positive and negative feelings, events of one's past, daily events and schedule, plans for the future; never leaving the spouse with a false impression; answering the spouse's questions truthfully and completely.
6. **Physical Attractiveness:** Keeping physically fit with diet and exercise; wearing hair and clothing in a way that the spouse finds attractive and tasteful.
7. **Financial Support:** Assuming responsibility to house, feed, and clothe the family at a standard of living acceptable to the spouse, but avoiding working hours and travel that are unacceptable to the spouse.
8. **Domestic Support:** Creating a home environment that offers a refuge from the stresses of life; managing the home and care of the children in a way that encourages the spouse to be in the home enjoying the family.
9. **Family Commitment:** Scheduling sufficient time and energy for the moral and educational development of the children; reading to them and taking them on frequent outings; learning about appropriate child-training methods and discussing those methods with the spouse; avoiding any child-training method or disciplinary action that does not have the enthusiastic support of the spouse.

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10. **Admiration:** Understanding and appreciating the spouse more than anyone else; never criticizing but showing profound respect and pride.
 - B. Creating a plan to help form the new habits that will meet these five needs.
 - C. Evaluating the success of the plan; creating a new plan if the first is unsuccessful; learning to meet new emotional needs if the spouse replaces any of the original five with new needs.
- III. The husband and wife agree to give undivided attention to each other a minimum fifteen hours each week, meeting some of each other's most important marital needs by:
- A. Ensuring privacy, planning time together that does not include children, relatives, or friends so that undivided attention is maximized.
 - B. Using the time to meet the needs of affection, sexual fulfillment, conversation, and recreational companionship.
 - C. Choosing a number of hours that reflects the quality of marriage: fifteen hours each week if the marriage is mutually satisfying and more time if marital dissatisfaction is reported by either spouse.
 - D. Scheduling the time together in advance of each week and keeping a permanent record of the time actually spent.
- IV. THIS AGREEMENT is being made under, and will be governed by, the laws of the state of _____.

IN WITNESS WHEREOF, the parties hereto have signed this agreement on the day and year first above written:

Husband

Wife

Witness