# Relationship Contract

In order to fulfill the desire of both parties to continue thriving in a loving and fulfilling relationship, XXXXXX (insert one partner’s name here) and XXXXXX (insert the other partner’s name here) agree upon the following:

I. To continue exploring and meeting each other’s needs in the 10 critical dimensions.

1. Fulfilling emotional needs  Come up with two or more specific ways that you as a couple will attempt to fulfill one another’s emotional needs. These might include:
   1. Openly showing affection and love for one another.
   2. Discussing difficult emotional issues in your relationship.
   3. Specific ways to handle specific emotional issues that continue to manifest themselves in your relationship.
2. Fulfilling needs for romance  Develop two or more ways that you will express and fulfill your needs for romance.

These areas might include:

1. A specific schedule for when you will engage in romantic activities.
2. A statement expressing guidelines to allow for regular spontaneous romance.
3. A list of specific romantic activities that you would enjoy and that you plan to engage in.

C. Being equally responsible for the relationship

Look at how responsible each of you is in the relationship. Come up with two or more ways that you can operate to balance the responsibility each of you takes for the relationship. These might include:

1. What roles you play in your relationship and how that works for you.
2. Specific responsibilities for chores, financial matters, child-rearing, child maintenance (carpools), and so forth that each of you will take in the relationship.
3. Who arranges baby sitting for dates. (Of course, your answer might be to alternate.)
4. Who offers plans for date night. (Of course, here too, your answer might be to alternate.)
5. Ways to address problems with responsibility when and if they arise.

D. Fulfilling needs for companionship

Come up with at least two ways that you will be companions for one another. These might include:

1. Specific ways to provide support for your partner.
2. Specific ways that you will be a companion to your partner.
3. A statement about having fun together.
4. A list of activities that provide fun for both of you. If you can’t agree on any activities, you might list individual hobbies or pleasures that you each agree to try with the experienced person helping to introduce the newer one to their activity in a non-demeaning and fun way.

E. Fulfilling needs for appreciation

Again, come up with at least two ways that you might show support to one another. These might include:

* An agreement about telling your partner how you appreciate them.
* An agreement to show your partner you appreciate them by reciprocity, flowers, a note of thanks, a kiss, a hug, a public “thank-you,” and so forth.
* Other specific ways that you might affect changes in this area of your relationship.

F. Fulfilling needs for trust

In this section, I suggest that you come up with at least two ways that you intend to address trust in your relationship. These might include:

* A statement of commitment to transparency. (This is strongly recommended. There will be more on transparency below.)
* Specific methods for developing trust in your relationship that you have found effective in this program.
* A statement of commitment to honesty between you and your partner.

G. Fulfilling needs for family time

As you know family needs can play a big role in a relationship and are one of the 10 critical dimensions. In your contract, come up with at least two ways that you intend to balance your family relationship with your intimate relationship. These might include:

* How you intend to balance time with your children and your partner.
* How your extended family relations play into your life, and how you intend to balance this with your partner.
* Specifying how often and when you desire time alone as a couple.

H. Fulfilling needs for intimacy

Remember that intimacy, in the sense that we address it in this book, is separate from sex. Using the definition we established for intimacy throughout the book, come up with at least two ways you agree to be intimate with each other. These might include:

* A statement of commitment to pursue intimate communication even when it is difficult.
* A statement of guidelines for when, where, and how to bring up and handle intimate topics and behaviors.

I. Fulfilling sexual needs

Come up with at least two statements about your sexual life together. These might include:

* How often you would like to have sex.
* How you envision your sex life.
* Specific ways that you might improve your sex life, including but not limited to foreplay, after play, other sexual play and specific techniques, the use of fantasy, and the way you talk to one another in bed.

II. Maintaining communication

A. Talking regularly and often

* + Make a statement about how often you will communicate as a couple.

B. Being open and honest

* + Commit to being open and honest by making a statement to this effect.

1. Converse more when necessary

i. Agree to talk more if necessary. Make a statement about how this would work for you, who would begin, changing topics, i. and so forth.

\*If there are other components in your personal communication program or other meaningful ideas you have taken from this book, add these as elements to this outline.

III. Continue pursuing total transparency

A. The definition of transparency in our  relationship.  In this section, come up with a definition of what transparency means in your relationship. Come up with at least two statements about how transparency works for you. These might include:

* + - How much you share with one another.
    - How you communicate information that is meaningful to your relationship.
    - How the idea of “oneness” manifests itself in your relationship.

1. The model of pursuit

 Come up with a set of statements that address the ways you have agreed to be transparent with one another. These might include:

* + - A list of specific ways you have developed to be transparent in your relationship.
    - How you might recognize when transparency is dropped.
    - How you would handle a situation where one person stops being transparent in the relationship.
    - A statement about adding more actions to this list if necessary.

IV. To continue the program of conflict resolution as we have adopted and adapted it to our needs.

A. When a conflict arises the following action plan is put into play.

Here you should make at least three statements about the conflict resolution skills you have developed. These might include:

* A statement about how and if you will utilize time outs.
* Specific steps describing how you will return to the conflict after a time out, who will be responsible, and what is the maximum time, if any, for the recess.
* A statement describing any structure you want to give your discussion.
* A step-by-step description, if you want structure, of how you plan to develop solutions to your conflict.
* A description of a conflict-resolution notebook, if you want one; where you will keep it; and how you will decide who writes the conclusion.
* A schedule for reviewing your solutions by memory or by utilizing your conflict- resolution notebook.

V. To continue pursuing acceptance

In this article, make at least two statements about what acceptance means for you and your relationship (both in terms of the affair and the larger contexts of your relationship). These might include:

* Your definition of acceptance.
* A statement about the impact you expect acceptance to have in your relationship, including limits and freedoms.
* Some comment about how you will recognize the early warning signs of a breakdown of acceptance in your relationship, and what steps to take if you do.

VI. To continue loving one another forever and to do whatever is necessary to protect your love for each other.

In accord with the articles set down in this document, husband and wife intend to continue their relationship and make it better than ever.

In order to ensure the continued integrity and truth of this document, we agree to review this document, at a minimum, once a year on or about today’s date.

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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