Your Relationship Contract

In order to fulfill the desire of both parties to continue thriving in a loving and fulfilling relationship, __________________________ (insert one partner’s name here) and _________________________ (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.

   A. Fulfilling emotional needs (Note any specific emotional needs that you have.)

      i. ___________________________________________________
         ___________________________________________________
         ___________________________________________________

      ii. ___________________________________________________
         ___________________________________________________
         ___________________________________________________

      iii. ___________________________________________________
         ___________________________________________________
         ___________________________________________________

   B. Fulfilling needs for romance (Note any specific romantic needs that you have.)

      i. ___________________________________________________
         ___________________________________________________
         ___________________________________________________

      ii. ___________________________________________________
         ___________________________________________________
         ___________________________________________________

      iii. ___________________________________________________
         ___________________________________________________
C. Being equally responsible for the relationship (Note any conclusions you have reached about the way responsibilities are divided.)

i. ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

ii. __________________________________________________________
    __________________________________________________________
    __________________________________________________________

iii. __________________________________________________________
     __________________________________________________________
     __________________________________________________________

D. Fulfilling needs for companionship (Note any specific ways you are going to have fun together and what that will entail.)

i. __________________________________________________________
   __________________________________________________________

ii. __________________________________________________________
    __________________________________________________________

iii. __________________________________________________________
     __________________________________________________________

iv. __________________________________________________________
    __________________________________________________________

E. Fulfilling needs for appreciation (Note your needs on how appreciation is expressed.)

i. __________________________________________________________
   __________________________________________________________

ii. __________________________________________________________
    __________________________________________________________

iii. __________________________________________________________
     __________________________________________________________

F. Fulfilling needs for trust (Note your needs with regards to trust. You might think about the five forms of trust when you are doing this.)

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________

G. Fulfilling needs for family time (Note how you would like to integrate family into your relationship.)

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________

H. Fulfilling needs for intimacy (Note your non-sexual intimacy needs.)

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________
Section 10: How Do We Develop Our Relationship Contract?

I. Fulfilling sexual needs (Note any conclusions you have reached about your sex life.)

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________

II. Maintaining the following program for communication

   A. Talking regularly and often (Be specific about when and how often.)
      ___________________________________________________
      ___________________________________________________

   B. Being open and honest (Note how you will accomplish honesty and what it entails for you.
      ___________________________________________________
      ___________________________________________________

*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 (Come up with a definition of transparency by which you would like to live.)
      i. ___________________________________________________
         ___________________________________________________
         ___________________________________________________

      ii. ___________________________________________________
          ___________________________________________________
          ___________________________________________________

      iii. ___________________________________________________
           ___________________________________________________
           ___________________________________________________
B. The model of pursuit for transparency (Note how you will pursue making your definition of transparency a reality.)

i. ___________________________________________________
    ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
    ___________________________________________________

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. (Note exactly what you will do when conflict arises. Make it a step-by-step plan.)

i. ___________________________________________________
    ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
    ___________________________________________________

iv. ___________________________________________________
    ___________________________________________________

v. ___________________________________________________
    ___________________________________________________

vi. ___________________________________________________
    ___________________________________________________

*You might want to add additional components to this article if you wish to explain or discuss the various pieces of your method.
V. To continue pursuing acceptance

A. A definition of acceptance (You can use your definition from Section 9 or you can come up with a new one.)

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________

B. A statement about how acceptance works in your relationship. (Specify how acceptance will function in your relationship.)

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________

C. Some comment about what to do if your ability to accept one another breaks down at some point.

i. ___________________________________________________
   ___________________________________________________
   ___________________________________________________

ii. ___________________________________________________
    ___________________________________________________
    ___________________________________________________

iii. ___________________________________________________
     ___________________________________________________
     ___________________________________________________

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 and to modify it when and where it is needed or desired, in three months on _______________, in six months on _________________, on the first year anniversary date, and, at a minimum, once a year on or about today’s date.

DATE: ___________________________

_________________________________
(Partner’s Signature)

_________________________________
(Partner’s Signature)