

## 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. \_\_\_\_\_  
\_\_\_\_\_

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)