

Commitment to a Conscious Relationship

To: _____

- I agree to heal your childhood wounds.
- I agree to use the Couples Dialogue, especially in conflicted situations.
- I agree to nurture you whenever you feel emotionally hurt.
- I agree to give you at least one caring behavior each day.
- I agree to give you a surprise at least once a month.
- I agree to initiate high energy fun with you at least once a week.
- I agree to replace all criticisms with Behavior Change Requests.
- I agree to close all my exits.
- I agree to express all anger by appointment only.
- I agree to keep you physically and emotionally safe in our relationship.

Signed _____