

# Communication Agreement

We are honest, appropriate, and respectful with each other. Our laughter and healthy humour bring lightness and healing to our relationship. We know, understand, and accept ourselves as a couple. We gently invite each other to grow. The purpose of our relationship is to create a loyal, loving and trustworthy relationship where we can operate as a team and be of service to others.

The purpose of this agreement is to create a safe environment where we can both express our honest feelings in a healthy manner and receive the nurturing our relationship needs to grow and endure.

To facilitate this, we agree to the following:

1. We agree to attempt active non-defensive listening when communicating with each other. We agree not to interrupt each other.
2. We take personal responsibility to consider our partner at all times and we prioritise each other.
3. We make a decision to see our partner as a friend and we look for the positives in them.
4. We make plans that work for us as a couple around events and our lives. We consult on plans together.
5. We express gratitude for each other and commitment to our couple.
6. We use respectful language and tone in our communications.
7. We share what harm we have done our couple and what our partner has done to help our couple on a weekly basis.
8. We agree to take personal responsibility for our individual health and to seek professional help for any issues we may need. We share important moments with each other.
9. We agree not to be verbally or physically abusive to each other; instead we agree to be empathic and compassionate to our partner.
10. We agree not to punish our partner with the silent treatment or screaming or yelling, instead we agree to be open and vulnerable.
11. We agree not to avoid intimate touch with our partner and will make time for it on a weekly basis.

12. We agree to have special time together each week; this could be a date or focused attention to each other. Could be a walk to the park or time together.

13. We work out chores together each week.

14. We agree to sit down and talk through and agree our practical issues.

15. We agree to talk face to face, not across rooms or floors.

16. We agree not to renege on agreements we have made to each other.

17. We agree not to chuck our partner or threaten to leave the relationship; instead we agree to share our difficult feelings. We agree not to blame our partner; instead we agree to take responsibility for our part. We agree not to persecute our partner by playing the victim; instead we agree to be level and adult.

18. We agree our couple must come first. We make assessment of decisions that puts our couple at the centre.

19. We agree not to manipulate or control our partner; instead we agree to be honest about our intentions and authentic with our partner. We agree not to do too much for our partner and to give them autonomy & responsibility for their personal decisions. We agree to help our partner if they ask for support. We agree not to put a wall up to our partner and to stop them from making agreements with us; instead we will be open to dialogue.

20. We agree to make ourselves available for daily communication.

21. We agree to review this agreement each week.

When we feel we are not communicating properly, we each agree to use the following:

1 'I don't feel like we are following our communication agreement. Please can we call a timeout?' We agree the length of the timeout (5 or 10 minutes for example) and both review the communication agreement before re-engaging peacefully.

2 If one of us feels disrespected, then we say "when you say that I feel". Use 'I' statements.

3 When either one of us is feeling defensive or angry, we request a moratorium. Eg take 5 minutes or more to calm down and see our part. We then identify our feelings and share them.

4. If either partner feels they are being controlled or manipulated, they agree to name it in a calm and considered way, and to ask for what they need (be it

a time out or space to be heard). If either partner is feeling rejected or blamed, they agree to name it in a calm and considered way also, and share what their feelings and needs are.

5. If our partner asks us what is going on, we agree to be honest about our feelings, identify our part in how we're acting and ask for what we need from our partner. We agree to keep these agreements and to honour each other's request to renegotiate if an agreement doesn't seem to serve our couple. We agree to review our agreements on a weekly basis.

Signed .....Dated.....

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