

PHOENIXWAY TO HOLISTIC NATURAL HEALTH

COUPLES AGREEMENT

We hereby agree to do our best to abide by the following guidelines moving forward in our relationship, and especially while engaging in couples therapy.

1. To focus conversations as much as possible on how to improve the relationship rather than how to separate or divorce. To avoid threatening with separation/divorce.
2. To focus on positive, cooperative, productive language during any and all conversations, avoiding curse/swear words, name-calling, put-downs, and yelling/screaming. In addition, we will avoid giving each other orders and commands, instead making requests and attempting to be polite. If we cannot be polite, we will try not to communicate until we can be.
3. To use "I-messages" to communicate what we need rather than "You-messages" to accuse, blame, or criticize. For example, "I feel unappreciated and unloved when I have to do the chores all by myself," rather than, "Why are you so lazy and unhelpful?"
4. To only touch each other with love and encouragement, avoiding any aggressive behavior, including hitting, kicking, shoving, blocking each other's path, or throwing objects.
5. To make our best effort, when communication is breaking down, to reschedule the conversation to a mutually agreeable time/date, before departing the common space. If not possible to reschedule before departing, to attempt to negotiate the reschedule as soon as possible afterwards (recommended via text). Either party may choose to remind the other about the reschedule; it is recommended that that party who asked for the reschedule initiate.
6. To give each other space after a reschedule to calm down and reset without constantly trying to communicate with the other party until they are ready to resume effective communication.
7. To bring all significant issues that we are having trouble communicating about to the therapy session, to learn how to communicate about these issues more productively.
8. To try at all times to focus on a win-win solution that works for both parties, whether that means taking turns or agreeing on a compromise that means concessions on both sides. To recognize that when one party "wins" at the other's expense, both of us lose.

(sign) _____

Name: (print)

Date: _____

(sign) _____

Name: (print)

Date: _____