

J.D.'s LIST ABOUT CONDITIONS AND CONTRACTS IN A RELATIONSHIP

An agreement between (1) and (2) that supports our health, safety, dignity and development of intimacy.

Date / /

Signatures (1) _____ (2) _____

Duration - For the next (number) of days, weeks, months, years, lifetime

- 1. Separate work from personal.**
Discuss personal issues and see each other private and socially only during non-work hours.
Discuss business issues and see each other for business only during work hours, M -F 8a-6p.
- 2. Give comfort and support regularly.**
Talk 3-4 times a week. A few minutes of just checking in, and then...
Physically hug, hold and caress (non-sexual) for minimum of 15 minutes, 3 times a week.
Ask for help, support, comfort.
- 3. Keep money separate. Assume we're paying for ourselves. Agree up front who is paying.**
Be willing to decline to participate and accept a decline.
Suggest alternatives, look for no-\$ activities.
- 4. Allow sensual and sexual energy to return and learn how to manage it. No intercourse for 3 months.**
Set aside time regularly, 3 times a week, for sensually pleasuring each other, kissing, caressing, giggling.
Set aside time to talk about sex, fears, desires, possibilities, limits, etc. Maintain monogamy.
- 5. Become aware of and honor our spacial boundaries.**
Limit processing time to one hour max at any one time. Then go do something fun. "Life is easy the inch; life is hard by the yard."
Notice when an expectation or desire to be together surfaces.
Notice when an expectation or desire to be alone surfaces.
Accept that (1) has recurring anxiety around separating. Reassure (1). Allow time to say goodbye.
Accept that (1) and (2) both need alone and separate time.
Accept that (1) and (2) have recurring anxiety around intimacy. Reassure both. Set and honor clear alone/separate times.
Limit sleep overs to 3 nights per week.
Make plans and stick to them. Plan for sharing specific activities, as well as just being together. Be clear about it.
Accept a decline to participate. Be willing to say why. Reassure.
- 6. Say words about what's happening in the moment.**
Notice feelings, reactions as they arise. Speak your estimate of what's going on or take space for feeling and reflecting on them.
E.g. * "I don't feel like you're hearing me. I'm feeling frustrated and want to withdraw from you."
* "I got a sinking feeling in my stomach, like someone punched me, when you said XYZ."
* "I'm not sure how I feel. I need time away to become clear. I'll talk to you about that tomorrow at 7pm over dinner."
* "I'm feeling pressured. Tell me specifically what you'd like from me so I can say yes or no?"
* "I feeling uncomfortable and I'd like to change the subject for a while. Can we come back to this?"
When unable to notice or to say something in the moment, bring it up later. Be open to this process.
Ask self and each other "Am I/Are you complete with this now?"
- 7. Listen and take in what's being communicated.**
Hear each other out. Don't interrupt verbally or in your head.
Notice when you're not listening and instead you're thinking about what to say next, worried about something, distracted, etc.
Ask questions for clarification of terms, implications, expectations.
Repeat back what you heard.
Listen for what is yours and what is theirs.
Notice when you're lecturing and stop. Ask a question or be quiet instead.
Notice when you have a hidden agenda or fear and speak it.
Notice when the words you hear don't match what your gut is getting. Ask for distinction.
- 8. Do homework to learn about yourself.**
Read and do exercises in Born to Win weekly.
Keep a journal.
Do round of Mad, Sad, Glad and Scared once a week.
Go to therapy together by 01/01/01.
- 9. Give each other information about patterned responses that we observe in each other. E.g. Lecturing.**
Respond with "Thank you. I appreciate hearing this information."
- 10. Develop capacity to have fun together. Take each other out on dates for fun activities. Trade off, 1/week. Give each other surprises.**
- 11. Do not leave without talking to each other. Return to the conversation in person within 5 days of the desire to give up.**
- 12. Respond to all communication within 5 days.**
- 13. Keep all agreements, even da wittle tiny ones, like being on time. Come up with a consequence after breaking a wittle tiny one, twice.**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**