

# ACP - DISAGREEMENT AGREEMENT

*In any relationship, conflict of some kind is inevitable and as a conscious couple, we want to plan ahead so that we can manage our disagreements in a fair and healthy way.*

*We sincerely make this agreement to indicate our desire and commitment to handle conflict in the following manner:*

1

Our main approach to conflict will be as “Collaborators”.  
We may include a healthy amount of Compromising, Empathy and Exploring.  
Without – Avoiding, Bullying, Sulking, Victimiting, Vindictiveness or Trying to Win!

2

We accept that this is a process that requires continuous practice and a commitment to ongoing growth and development. It is expected that we will make mistakes, and when we do, we will recognize our own, take responsibility and commit to doing better.

3

We agree that we will follow the “10 Commandments” as listed below, both in letter and in spirit. After conflict, we will independently review the commandments to identify any of our own possible mistakes, take responsibility and apologize.

## Do No Harm

There is no argument, discussion or disagreement that can justify any form of physical or emotional harm.

## Recognize

Recognize and understand what is going on right now in terms of external factors.

## Be Sincere!

It's vital that we are discussing the REAL problem, and not a symptom?  
It's time to dig deep!

## Preserve Trust

Say what we mean and mean what we say. When we make "idle threats" we lose credibility.

## Stay Focused

Keep the discussion on what the real problem is and solve it.  
One issue at a time.

## Don't Attack!

We can get frustrated, mad and even angry, but we cannot personally attack our partner in any way.

## Listen Actively

We will not be distracted, we will paraphrase and be sure we understand each other completely.

## We Will Not Try to “Win”

If one of us loses, we both lose.  
Our disagreement is not about control or vengeance in any way.

## Disagreement Agreement

We are making this agreement so that we can manage conflict effectively and fairly.

Avoid the  
4 Horsemen



No Criticism  
No Contempt



No Defensiveness  
No Stonewalling

Signatures \_\_\_\_\_