Our

**Agreement**

Every relationship has conflict of some nature. Arguments are a vehicle by which we can improve our relationship if we handle them fairly and honestly. If we’re unhappy with something our partner does or doesn’t do, only by creating awareness can we give ourselves a chance to allow needs to be understood. After a collaborative communication, and armed with new information, we can then both make the appropriate adjustments in our relationship, so that these needs can be fulfilled. The goal is to come together as a couple by creating awareness about any issues that we have, and if we do this sincerely, we can actually improve the bond that we have. We make this agreement to indicate our desire and commitment to handle conflict in the following manner;

**1 – We agree that our style we will be;**

Mostly as - Collaborators.

With a little – Compromising, Empathy and Exploring.

Without –Avoiding, Bullying, Sulking, Victimizing, Vindictiveness or Winning.

**2 – We accept that this is a process that requires continuous practice and a commitment to ongoing growth and development.**

**3 – We agree to follow the 10 Commandments of Fair Fighting, both in letter and spirit.**

**4 – We agree that we will think like a team.**

**5 – We agree that we will allow our partner to save face.**

**6 – We agree that we will come to a resolution.**

**7 – We agree that we will reset our relationship.**

**Signatures \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**