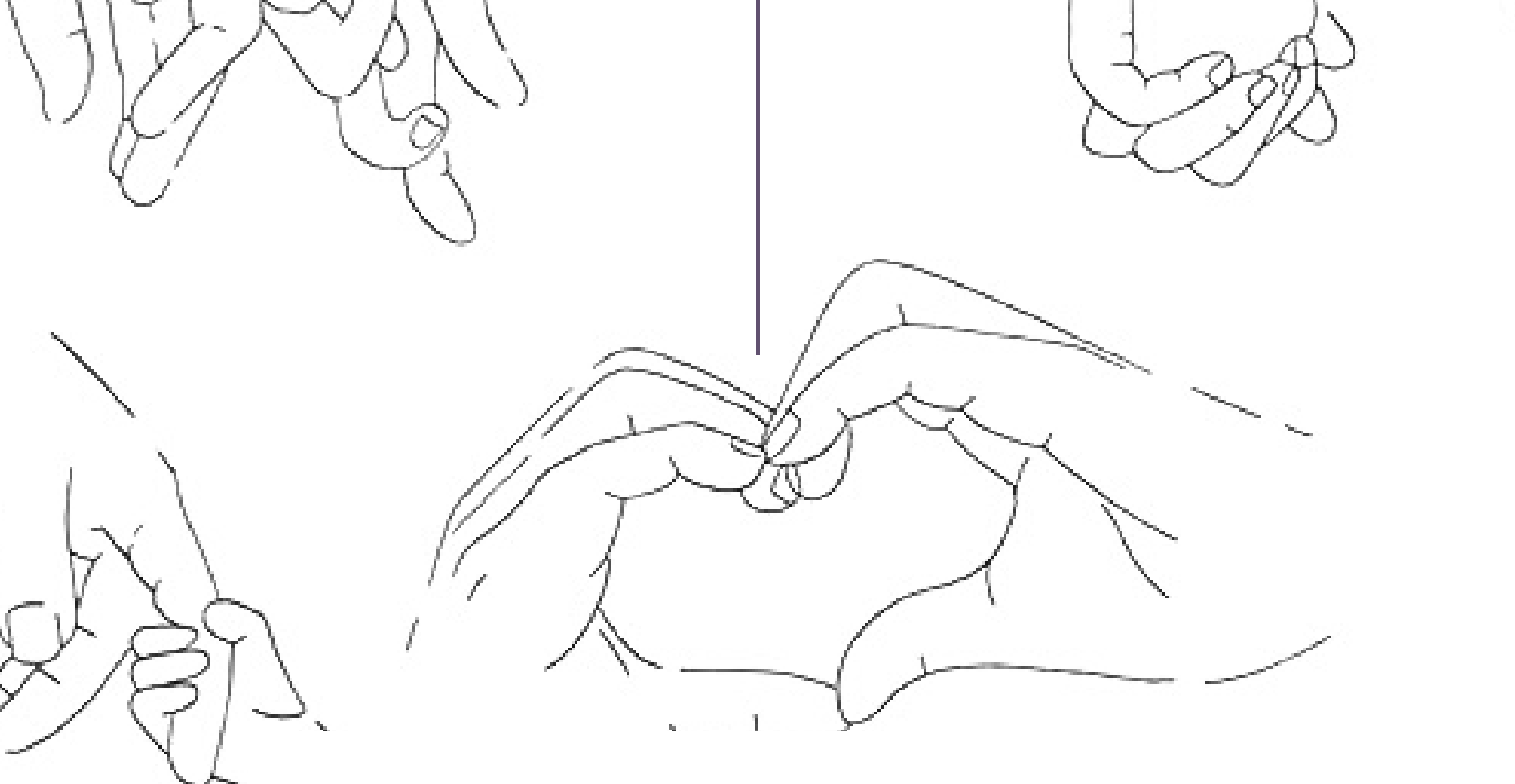




THE AGREEMENTS



How to co-create
Amazing Relationship
Agreements that last

Hello,
I'm Michelle



I'm an Aussie, living in the hip town of Melbourne, dedicated to a world where women are free to be vibrant, joyful and create lives filled with love.

My work focuses on mentoring women just like you, to be grounded, authentically confident and feel energised in the world. This is what I call Feminine Maturity.

I live a life of simplicity with my gorgeous partner Cliff. When I am not speaking, writing or running courses you'll find me cultivating the art of the afternoon nap.

All my love
M xo

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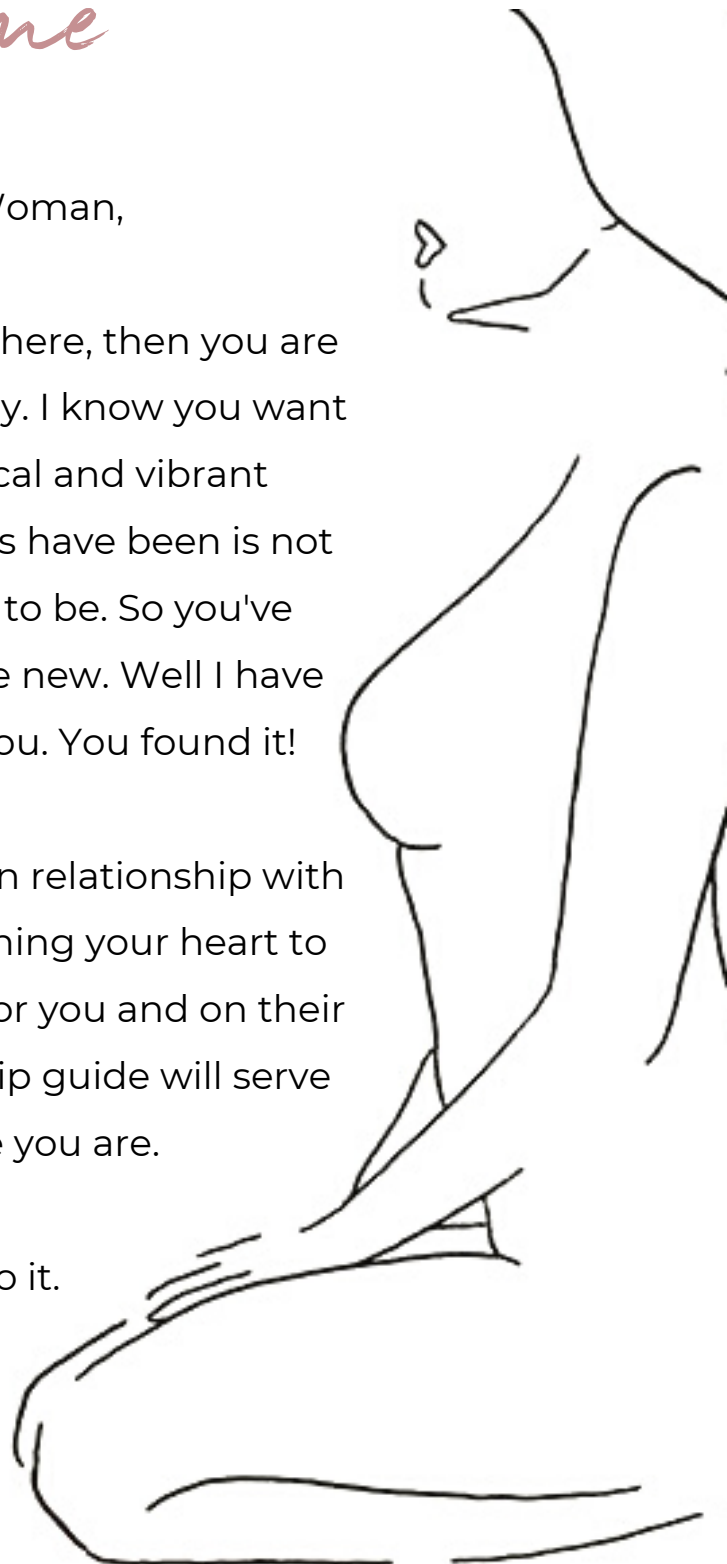
Welcome

Dear Beloved Woman,

If you have found your way here, then you are ready to do things differently. I know you want a deeply loving, reciprocal and vibrant relationship. The way things have been is not the way you want things to be. So you've landed here looking for the new. Well I have some exciting news for you. You found it!

Whether you are currently in relationship with a romantic partner, or opening your heart to the person who is longing for you and on their way to you - this relationship guide will serve you exactly where you are.

So let's get to it.



CHANGING THE RULES

When we fall into relationship with another person, over time a whole lot of edgy conflict arises about what the 'right' and 'wrong' way to do something is (tea towels should not be used to get things out of the oven!).

Basically we have a whole lot of rules about what is polite, what is flirting and what is responsible which we think should be self-evident to our partner.

And so begins an endless cycle of conflict, upset, suppression, compromise and confusion. You think "There must be a better way."

Imagine that you and your beloved (whether your partner now or the one on their way towards you) are both mature adults. Wild idea - right?

But as autonomous, intelligent, emotional, adults, The idea of 'rules' feels, well, to be frank, a very immature way of relating.



WHY AGREEMENTS MATTER

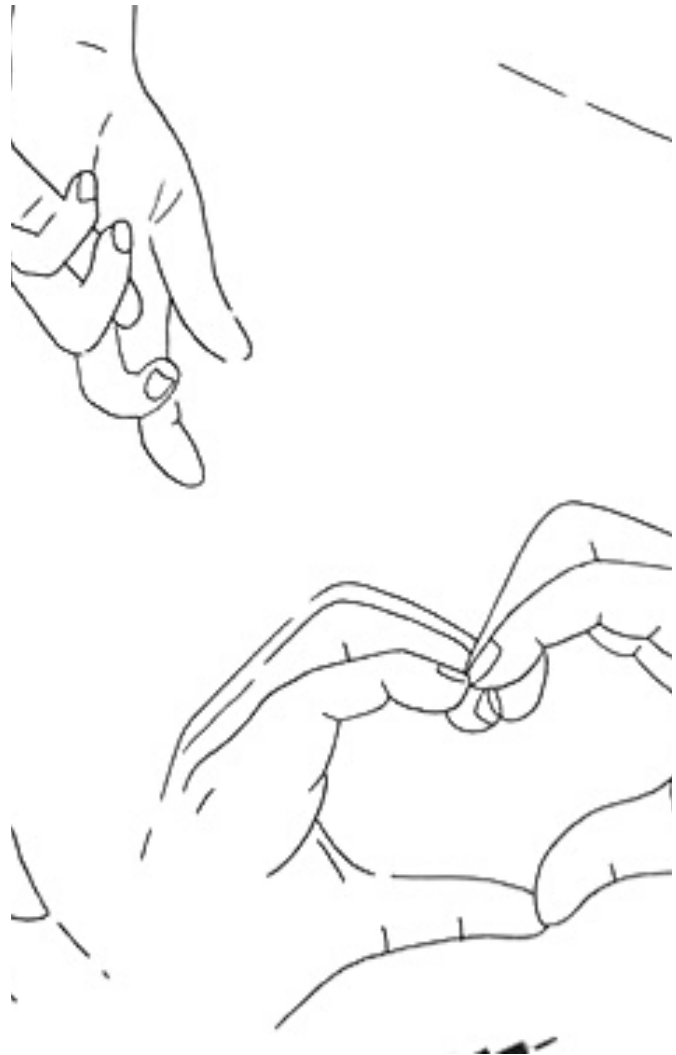
There is a big difference between Rules and Agreements.

To make agreements has a lot more consent and autonomy, and offers flexibility as life changes.

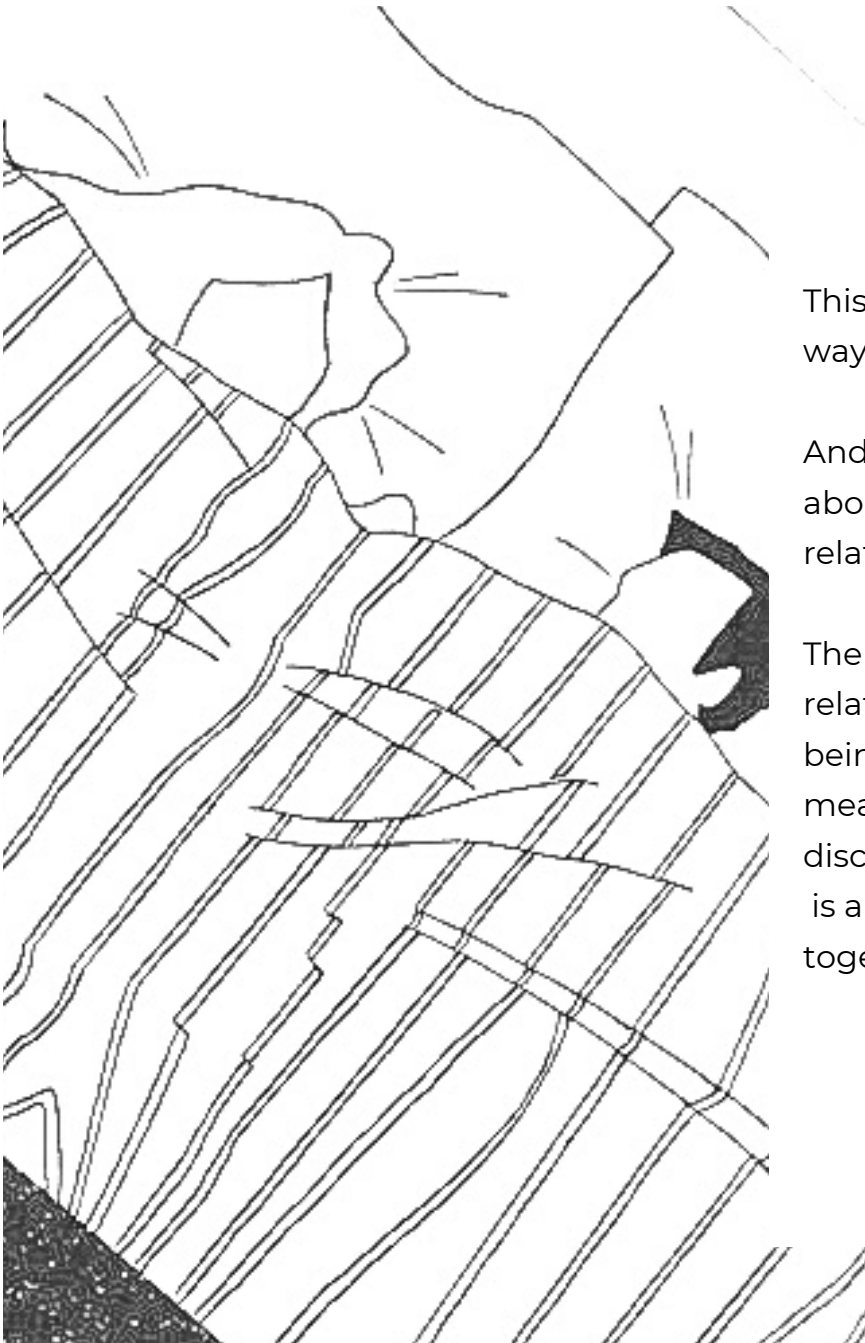
When you make an agreement, it is a sacred act between two autonomous adults. And you can make time to discuss what is working, what isn't and what is a good way forward for both of you.

Agreements are not about sacrificing what you need, rather they are about hearing what is important for each person individually and as a couple together.

So even when you are longing for your new love, being clear about what works for you helps you stay connected to yourself and what you need.



Honouring each other...

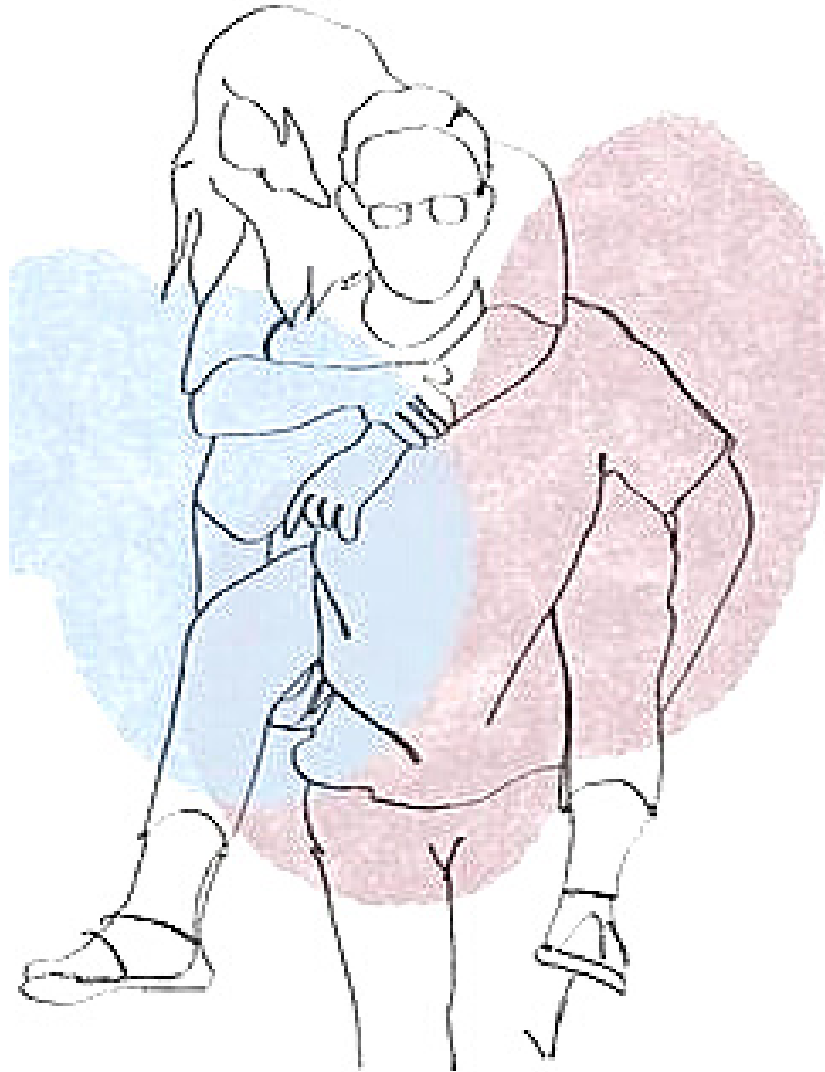


This is the magical, nourishing new way forward.

And it starts with you and your clarity about how you want to be in your relationship.

The thing is, you are creating a relationship with another human being, and that inter-connection means that they are part of the discussion. Co-creating relationship is about making agreements together.

EXPLORING THE AGREEMENT TOPICS



When you are clear about what is important to you this helps you stay connected what you need.



Diving Deeper

Take the time individually to look over the following topics.

Decide which ones you personally want to discuss.

Do your own work, reflecting on what is important to you (deal breakers, open for discussion, happy to go with the flow).

Together, decide which topic you want to discuss first.

1. EMOTIONAL AGREEMENTS

Navigating the ups & downs



How do we each have self-care?

How and when do we ask for emotional support?

Triggers - what do we do when someone is triggered?

'Fixing' or Listening?' How do we signal what we need in the moment?

2. PHYSICAL AGREEMENTS

How much? How often?

How much time do we want to spend together? How much time apart?

How are we going to communicate that we need solo time?

What shared activities do we enjoy (hiking, beach)?

Affection needs - what do we each need in terms of physical affection?

What level of affection are we each comfortable with in public?

Sexual connection - what does this include? How often do we each want sexual connection?

How do we each feel about alcohol and drugs?

How much social time with friends, family - together or separate?



3. FINANICAL AGREEMENTS



What's important?

What's the budget?

How often do we eat out? Takeaway, Cafes, Bars, Restaurants?

What do we enjoy for entertainment?

How do we holiday and travel?
Camping, road trips, 5 star hotels?

What do we agree about birthday presents? Is there a budget for Christmas?

How much debt do we each have?
How much debt are we comfortable with?

Do we share the bills? How do we feel about joint bank accounts?

Do we value investments? What kind and how much risk?

4. CONFLICT

How do we handle it?

How do we respect differences?

Do we call time out, before anything goes over the edge? Or are we full throttle and clean it up afterwards?

Do we avoid conflict? What happens next?

How do we handle disagreements in public? In front of children?

How do we let the other person know we feel very vulnerable?

What do we do when one or both of us are deeply hurt? Do we need a hug? Do we need space?

How do we reconnect after conflict?



5. SPIRITUALITY

Individually? Together?



What do we each believe? How can we respect our different beliefs?

What is important to each of us? Can we agree not to try and change each other's deep beliefs?

How do we each take time to connect to what is important for us? Yoga, Meditation, Prayer?

What holidays and religious days are important? How do we want to celebrate them?

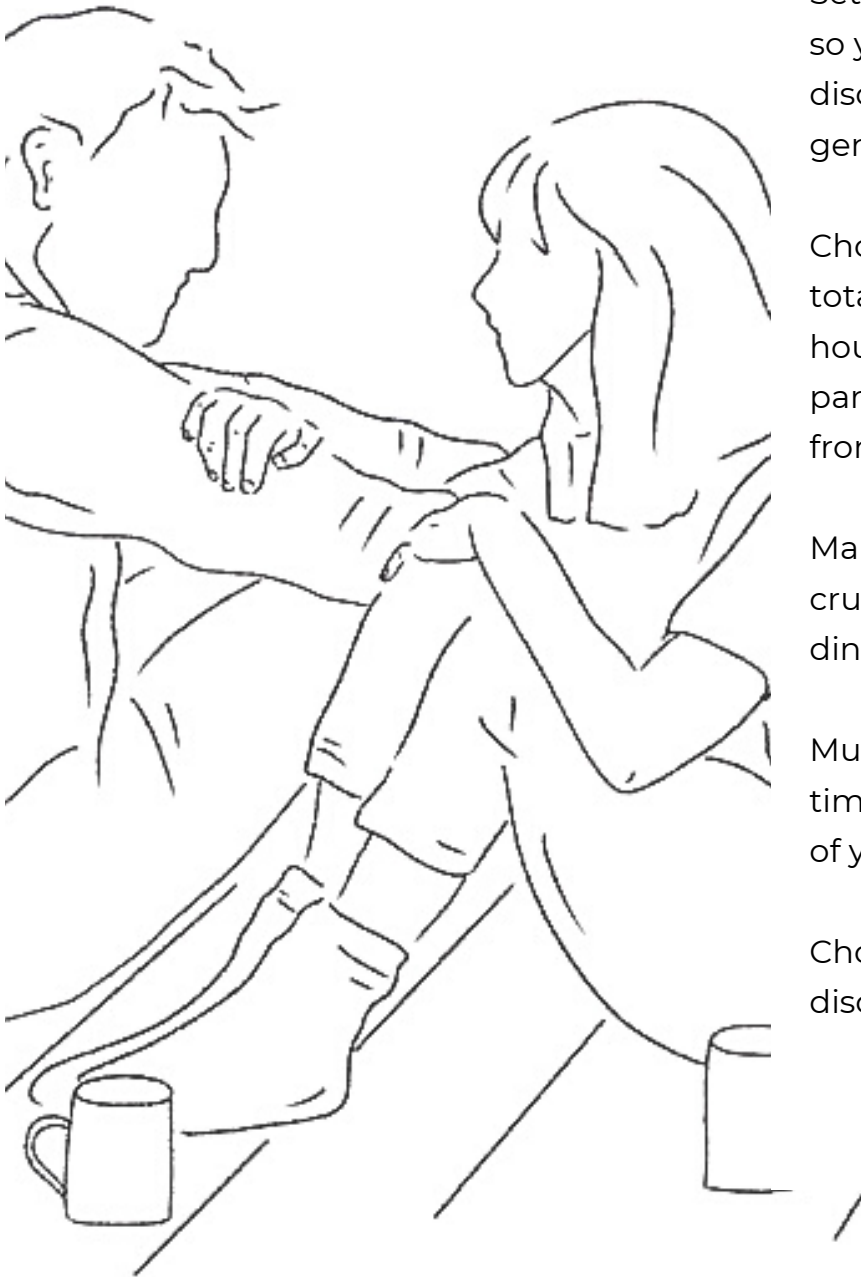
What do we each honestly feel about marriage and/or living together?

CO-CREATING RELATIONSHIPS



How to have the talk...

1. Make this time Sacred



Set up a time and way to be together, so you can have these sensitive discussions with openness and genuine curiosity.

Choose a location where you can be totally uninterrupted for up to one hour together. Perhaps a walk in the park, sofa at home, nest of cushions in front of the fire.

Make this time sacred (i.e. don't crunch it in between the gym and dinner).

Mute all phones and distractions - this time is for co-creating the foundations of your connection.

Choose which topics you are going to discuss ahead of time.

2. Start with one topic

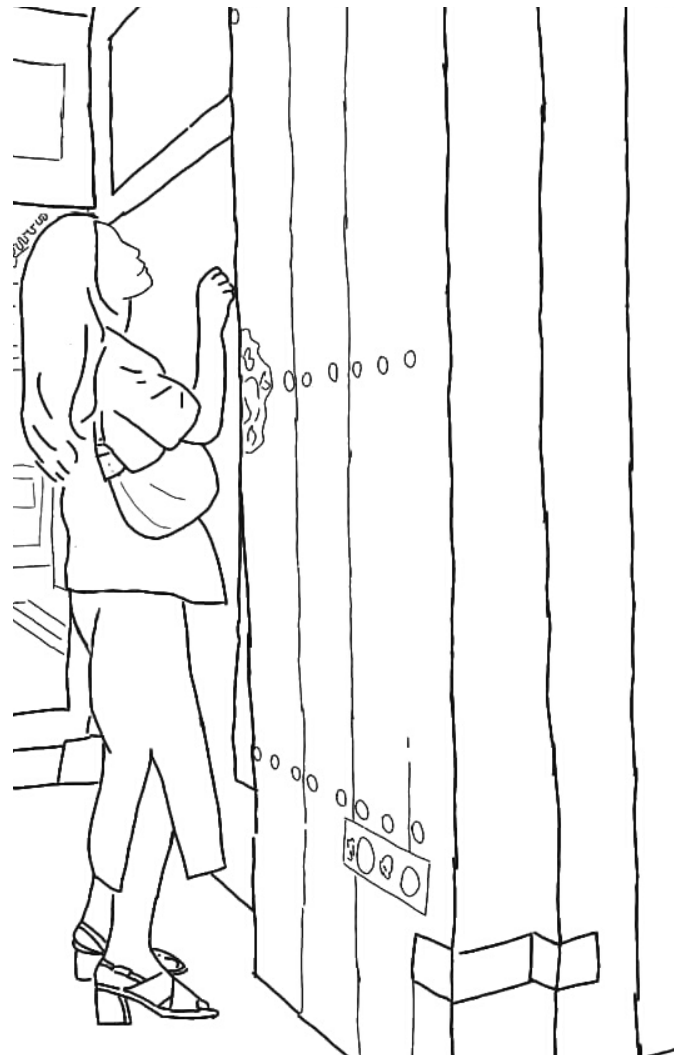
Choose one topic area and gently open the discussion with curiosity.

Don't do them all at once.

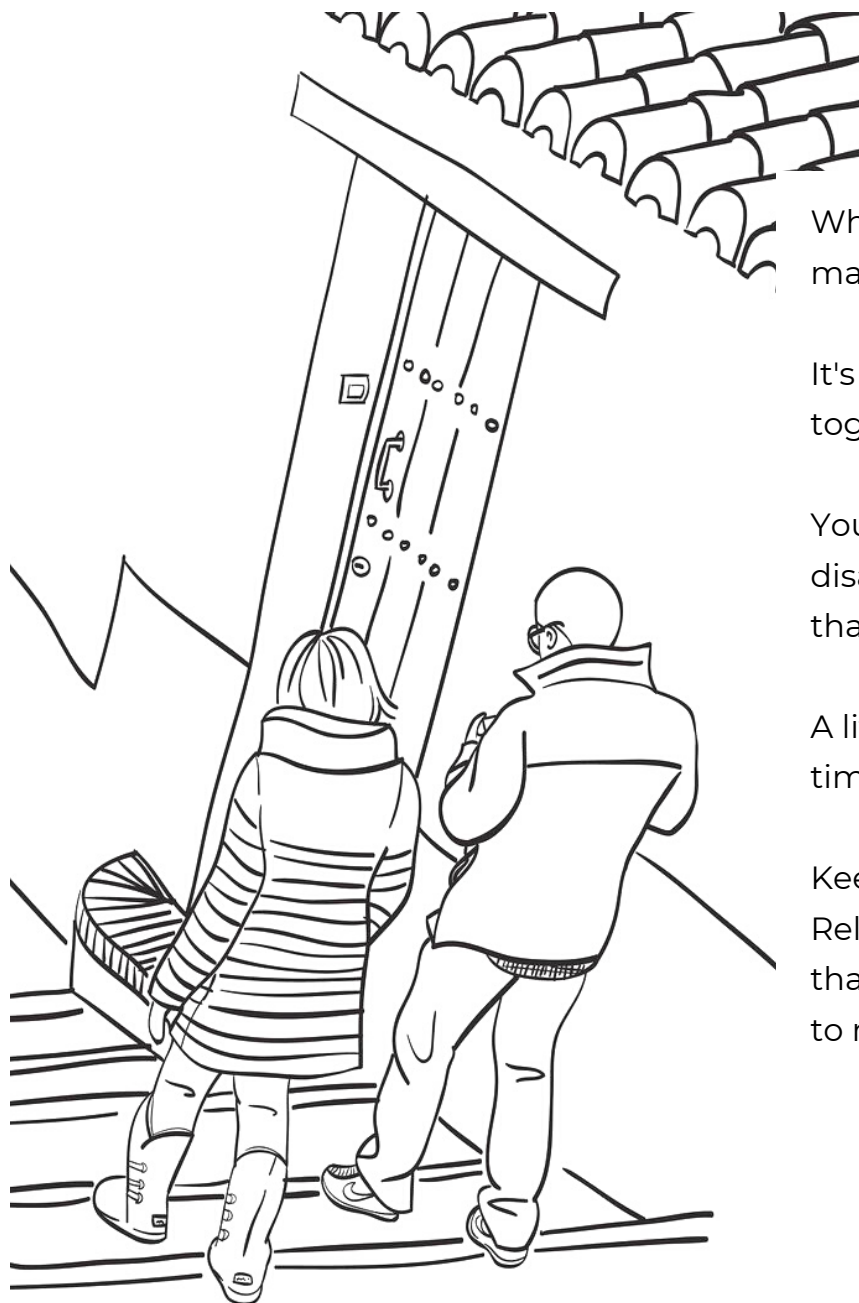
This is a space for listening to each other, as individuals.

This is not about being right, making your case or having to justify your position.

This is about listening and learning.



3. Make an Agreement



Where you have common ground - make an agreement.

It's always good to write them down together.

You can come back to any disagreement spots. It can be a shock that someone thinks so differently.

A little bit of space gives everyone time to process these differences.

Keep the conversation open.
Relationships are dynamic - so agree that anyone can come back and ask to revisit the agreements.

THINGS I TRUST WITH YOU



*When you finish the discussion,
re-connect to trust together...*

SHARE THE LOVE

These discussions can be intense.

A lot can come up when you are authentic and open with each other.

So it's always good to have a way to connect at the end of this process.

Take turns to share with your beloved some of the things you trust about the other:

I trust you to show up and tell me what is true for you.

I trust you to listen to me.

I trust that we will work things out together. We always do.

I trust you to hold me tenderly.



RINSE AND REPEAT



Things change, your change...

Healthy Love

Things change, you change. What is important changes depending on your personal growth and what you want to focus on in your life next.

This is healthy. Vibrant lives are creative and filled with the new. And as the new rolls in, we have to make way. That can often mean revisiting what matters now.

So I'll keep it simple - when things start to get sticky and you feel resentment, take a moment to check back in on your agreements.

I mean specifically your personal values around emotional connection, physical connection, finances, conflict, habits and spirituality.

The more clarity you have about what has changed for you, the easier it will be to open up the Agreements discussion.

Take your time. Be gentle with yourself and your beloved. Remember we are not creating rules - we are wise, mature intelligent adults. And Agreements are how we roll!



THANK YOU

May your heart feel safe and open to the beloved whose soul is destined to create with you.

May your vulnerability shine in the radiance of connection.

May you immerse in reciprocal love filled with respect and magnificent adventures.

May your intuition guide you with some badass boundaries in service of your and others' maturity.

May your wisdom flow freely so that you flourish in every aspect of your life.

Michelle



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