

Contract for a Good, Open, Free And Intimate Relationship

Read and understand the following contract terms.

Partner #1

- 1) I choose to acknowledge what you say. I will not get into my “stuff” about it. I will not add or subtract to it.

Partner #2

- 2) I choose to tell you when I feel angry, resentment, trapped, rejected, discounted, or the need to be alone. (Now tell an example of each.)
- 3) I give you the space to be angry, knowing that behind it is fear or hurt.
- 4) I choose to take care of myself and to trust you to do the same. I will not take responsibility for your feelings; but understand that you have them and that they are valid. I choose to accept you where you are at.
- 5) I choose to inform you of where I am at, what I am feeling, and what I want. (Now tell, them where are you at.)
- 6) I want to tell you something about sex. (Go ahead and say it.)
- 7) I choose to experience you anew today. I will do this by assuming nothing about you, by always asking.
- 8) I want to tell you something about money.
- 9) I want to tell you one way in which you had special meaning to me today. (Go ahead. Tell them.)
- 10) Fun is feeling good about yourself.
- 11) Tomorrow I plan to do _____ just for fun.
- 12) I need a good stroke. (Calls for a response)
- 13) Whatever comes up, I will work it through. I will not run away. I will be here for you, tomorrow.

Now reverse the process.

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