

## **AGREEMENTS IN SUPPORT OF A HAPPY MARRIAGE**

1. I agree to make time at the beginning of each day to connect with you by asking how you are, and letting you know that your well-being is my number one priority for today.
2. I agree to make time at the end of each day to connect with you by listening to how your day went, and letting you know I care about things that matter to you.
3. I agree to never go to sleep angry or upset with you. I will either find a way to resolve the issue with you, or set it aside so I can honestly tell you I love you and wish you a good night's sleep.
4. I agree to be respectful of your communication style, and to adapt how I communicate with you so that your needs are met.
5. I agree to take responsibility for my own experience, and to not blame you or make you wrong for how I'm feeling or reacting.
6. I agree to call a ceasefire as early into an argument as possible so that it doesn't escalate to a place that causes serious damage to our relationship.
7. I agree to not take you or your love for me for granted. I will be generous in my acknowledgment of all that you do to contribute to me and to us.