

## COMMUNICATION AGREEMENT

The purpose of this agreement is to create a safe environment where we can both express our honest feelings in a healthy manner and receive the nurturing our relationship needs to endure.

Whenever conflict occurs in our relationship, we commit to use the following guidelines to work through it and reach a point of mutual understanding. From a place of mutual understanding, we create a space where synergy, mutual compromise, and problem solving is possible.

1. We will choose to think of our differences and disagreements as an opportunity for continued growth and intimacy in our relationship, not as a personal threat or something harmful and destructive to our relationship together.
2. We agree that conflict situations must be owned by both of us and worked through by both of us, not as a personal weakness in either of us, but as something that is occurring between us.
3. We will speak only from our own personal perspective; we will not assume what each other's feelings or thoughts might be unless we ask for them and you express them to me. We will not read minds.
4. We will use "I" statements and avoid accusative "You" language that keep us on the defensive and prevents us from discussing the problem effectively and remaining connected to each other in conflict.
5. We will stick to the topic at hand, not entering the "museum of past" personal hurt or injustice, doing so only when it is the topic at hand.
6. We will not attack or criticize each other when we share personal feelings. We will respect that we are describing our own experience and accept differences of experience.
7. We will be proactive by taking responsibility for our own actions, thoughts, and feelings in this relationship and avoid blaming.
8. We will continue to think of each other as friends, lovers, and loyal companions, even during our conflicts
9. We will respect requests for temporary time out and agree to state a time at which we are willing to return to attempt to resolve our conflict.

10. We will not threaten each other either directly or covertly, including threats to end our relationship.
11. We agree that physical or verbal abuse is not to be tolerated.
12. We agree not to use the children as a weapon, pawn or ally in our marital conflict.
13. We agree to work together on parenting the children presenting a united front.
14. Our conversations will take place in person; we agree not to use email or text to communicate on important matters
15. We will set aside \_\_\_\_\_ a day/week/month to focus on fun and pleasure together, conflict or problem solving will be set aside during this time
16. We will respond to each other honestly and directly and with kindness.
17. We will seek cooperation and synergy in our problem solving.
18. We will seek first to understand, validate, and mirror back understanding of the other, before attempting to get my own message understood.
19. We will try to change only ourselves and when becoming aware of attempts to change the other, I agree to stop.

\_\_\_\_\_  
Partner                      Date

\_\_\_\_\_  
Partner                      Date

\_\_\_\_\_  
Witness                      Date

**Bronwyn Excell** *LPC, NCC, MS*  
*Individual & Relationship Therapist*



[bronwyn@aocpsychotherapy.com](mailto:bronwyn@aocpsychotherapy.com)  
[aocpsychotherapy.com](http://aocpsychotherapy.com)