



COUPLES' AGREEMENT

For the next 30 days, I agree to do the following, without any prompting or reminding from my partner and taking full accountability for myself:

1. Watch a daily, less-than-12 minute **insight-and-skill-building video**;
2. Complete the day's **tracking/journaling sheet**, on your phone, in a journal, or using the private questionnaire below the day's video;
3. Complete all **homework** assignments;
4. Have a daily **20-minute stress-relieving conversation** with my partner.
5. Every night, express **three appreciations** for and to my partner;
6. Plan, without any assistance, **two dates** with my partner;
7. Attend a **weekly partners' meeting**, and show up at the stated date and time regardless of what they choose to do or not do.

In addition, we agree to include the following bonus activities (circle as many as you'd like):

1. At least five minutes of **daily mindfulness meditation**;
2. Practice **sobriety**;
3. **Sleep naked** together every night, if it feels safe to do so;
4. Practice **non-goal-directed sex**;
5. Instead of teasing, razzing, ribbing, joking, being sarcastic or ironic, I will use only **kind and loving words**.

We agree to hold ourselves accountable for the changes we want to see in our relationship. We further agree to allow each other the freedom to do as we choose for the next 30 days, without criticism or resentment.

Partner: _____

Partner: _____

Date: _____