

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Commitment to Hold Internal Boundaries in My Relationship

(Feel free to add or modify this document as relevant to your marriage)

1. I pledge to hold healthy containing boundaries to protect my loved ones from hurtful impulses.
2. I pledge not to make any statements that threaten the security of the relationship (e.g., avoiding saying, "We're done!" in arguments).
3. I am responsible for keeping my agreements or make reasonable attempts to repair the situation.
4. I am responsible to protect my relationship against outside threats or influences (e.g., addiction, infidelity, over-involvement from family).
5. I am responsible to protect my relationship and children from abuse (including hitting, damaging property, blocking the person's entry or exit, yelling).
6. I pledge to not speak disrespectfully about my partner in front of others, and I will say something if someone else speaks ill of them.
7. I pledge to avoid critical or hurtful remarks and to try to repair any damage as soon as possible.
8. I promise to avoid lying, withholding information, embellishing, or denying my partner's reality.
9. I am responsible to communicate my thoughts, feelings, and preferences to my spouse in healthy ways.
10. I pledge to be reasonable about self-focused activities and interests (including work) and will make sure I am giving adequate support to my personal life.
11. I vow to not share intimate information about my personal life or to communicate regularly with someone I find romantically attractive. I will protect the boundaries of my marriage by keeping my spouse on the "inside" and not let anyone else in.
12. I take responsibility to share power in relationships versus putting myself in a one-up or one-down position.
13. I take responsibility to respect the boundaries and feelings of others.
14. I agree to honor my commitments, and on the occasions when I am unable, I will communicate this ahead of time.
15. I am ultimately responsible for my own behavior, including my deciding to stay in or to leave a relationship.

Signature and Date