

# THE COUPLES CURE

## Miraculous Recovery for Couples on the Brink

### Commitment to Hold Internal Boundaries in My Relationship

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**(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.

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Signature and Date