

RELATIONSHIPS HAVE TWO DIMENSIONS CONDITIONS & CONTRACTS

Conditions are "You have to's" set by a person for themselves - never negotiable.
Contracts are "We agree to's" set by both people for "us" - always negotiable.

INDIVIDUALS OWN THE CONDITIONS -- COUPLES OWN THE CONTRACTS

**A minimum set of conditions are about stability for the 3 bottom lines
HEALTH & SAFETY -- DIGNITY -- AGREEMENTS**

CONSEQUENCE

"Something that logically or naturally follows from an action or condition."

Consequences are not punishment, not retribution, not threats, not promises. They are behavior change (not feeling/thinking) that will occur when something happens.

There should be consequences for the performance or meeting of a condition.
There also should be consequences for the breach or breaking of a condition.

CONDITIONS & CONSEQUENCES ABOUT

HEALTH & SAFETY

No violence, no threats of violence. No life-threatening activity or dangerous "Wanna-be".

Other: _____

Consequences for observance _____

Consequences for breach _____

CONDITIONS & CONSEQUENCES ABOUT

DIGNITY

NO Blaming - NO Shaming - NO Naming - NO Humiliation - NO "Hitting below the belt"

Other: _____

Consequences for observance _____

Consequences for breach _____

CONDITIONS & CONSEQUENCES ABOUT

AGREEMENTS

Agreements that are made will be kept unless sufficient notice is given to re-negotiate.

Agreements that are made will be kept with a full sense of gracious, warm, good will.

Agreements that are made will be kept by honoring the spirit of the agreement as well.

Other: _____

Consequences for observance _____

Consequences for breach _____



I agree to the above conditions
and will do the consequences
with good will - grace - charm.

Signed date

Signed date

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.