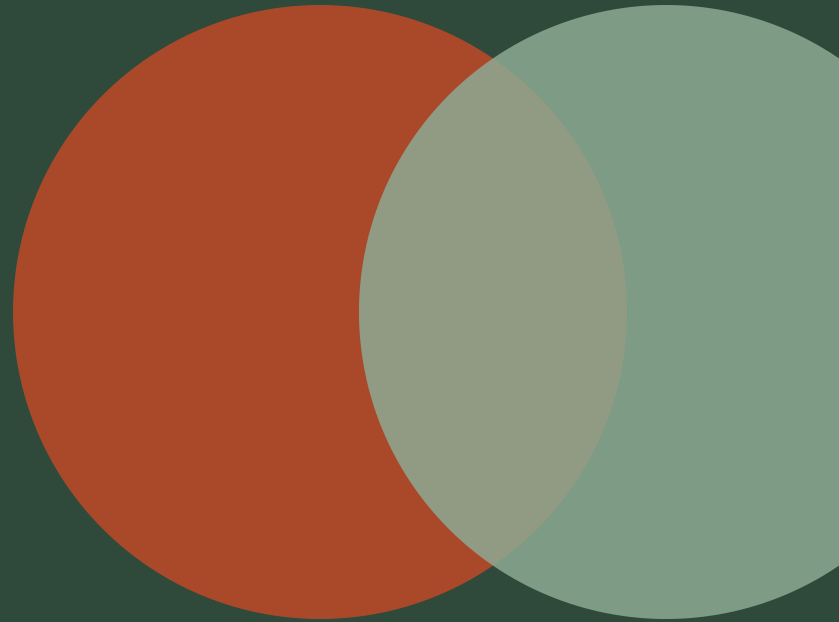




Our Couple's *Agreement*

Your own rules for hard talks, written together and signed.
The final step of your 7-Day Reset, and a promise to come
back to.

Rules made calm *work when it's not.*

In the heat of a fight, whoever is loudest decides how it goes. An agreement you wrote on a calm night decides instead. Fill this in together on Day 7, in pencil if you like. It's yours to change.

1 Go section by section.

Both of you agree to every line before you write it. If you can't agree on one, leave it blank and come back next week.

2 Be specific.

"Come back within 24 hours" works. "Be nicer" doesn't.

3 Sign it and keep it visible.

Inside a cabinet door, on the fridge, or as a photo on both phones.

4 Point to the agreement, not the person.

When one of you slips, say "Can we go back to our agreement?" instead of "You broke the rules."

5 Revisit it every three months.

Add what's working, drop what isn't.



TALK WITHOUT FIGHTING

Our Agreement for *Hard Talks*

Between _____ and _____ Date _____

1 Our pause

Our pause word is _____. When either of us says it, we stop, take at least _____ minutes apart, and come back within _____ hours. The one who called it brings it back up.

2 When we don't start serious talks

- ☐ After _____ pm ☐ When one of us is hungry or rushed ☐ In front of kids or family
☐ By text ☐ After drinking ☐ _____
-

3 How we start

We open with how we feel, what we need, and one small ask. We don't use

- ☐ "Always" or "never" ☐ Name-calling ☐ Old fights ☐ Threats to leave
☐ _____
-

4 How we listen

We reflect back what we heard before we respond. We can understand each other without agreeing. When one of us asks "Is there more?", the other gets to finish.

5 How we repair

Within _____ hours of a fight, _____ starts the repair. We own our part, name the impact, say what we'll do differently, and ask what the other needs. We accept a sincere repair.

6 Our weekly check-in

Every _____ at _____, for 15 minutes: appreciations, what's working, one thing to adjust, one connection prompt.

7 Our repeat fight and our experiment

Our repeat fight is about _____. Our current experiment is:

8 Off-limits for us

Things we agree never to say or do in a fight:

9 When we need more help

If we're stuck on the same thing for _____, or a fight ever feels unsafe, we will _____.

10 Our own rule

Something that's just ours:

Signed

Signed



We'll revisit this agreement on _____. It isn't a way to catch each other. It's a promise to come back to.