



## RELATIONSHIP RESPECT CONTRACT

We agree to participate in couples' therapy and recognize that this therapy will only have a chance to be successful if none of the following behaviors take place:

1. No incidents of direct physical abuse or violence.
2. No direct or implied threats of physical abuse or violence (to self, other, or property).
3. No direct or implied threats to behave in a way that would be extremely harmful to the other person (such as exposing personal secrets).
4. No physical restrictions on either party's freedom of movement.
5. No property destruction as an expression of aggression.
6. No threats to leave the relationship (except for temporary "timeouts" to defuse tension).
7. No pattern of extreme verbal put-downs, or character assassinations, or other humiliating acts.
8. No acts of infidelity or behaviors which suggest infidelity.
9. No pattern of lying or deception.
10. No pattern of abusing alcohol or drugs.

Other: \_\_\_\_\_

Both parties also agree to make all reasonable efforts to focus the therapy sessions on building the positive aspects of the relationship rather than using the session as an opportunity to simply report the bad behavior of the other party.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date