

OUR RELATIONSHIP AGREEMENTS

These agreements are created to awaken each of us into a greater capacity to express and receive love.

We agree to be fully 'in' and committed to the expansion of intimacy in this relationship for a specific period of time. These pauses are meant to remind us of how important it is to come from choice in our connection.

○ We agree to check in regularly every _____ months. [maximum 12 months] The greatest gift I can give to you is to be a fully healthy me. Given this, I agree that I am

here in this relationship for me and you are here in this relationship for you.

I agree to be real and communicate what I'm feeling, wanting, and needing and to share what's moving in my present-moment experience as often as I can, rather than withholding myself and collecting evidence to verify my past reality.

I agree to hold space and love 'what is' in you rather than rescue, teach or fix you.

I agree to give you my generous spontaneous responsiveness when you share your heart with me.

We agree to confront and resolve our conflicts as soon as possible to the time the conflict occurs. If we get stuck, we agree to bring in one or more others to witness and support us with regaining our clarity.

I agree to speak of you in uplifting ways to others. If I need to share my upset as it relates to our relationship, I will confide in those people who can listen with an open heart as a fan of

Baroness Angelika
SOPHISTICATED

our relationship.

○ Those people
are _____

I agree to pay attention to not using 'always' and 'never' when giving you my feedback.

I agree to not push you where you don't feel safe to go – to honor who you are and who you are not in any given moment. I also agree to invite you to stretch yourself if I see that a blind spot is potentially holding you back from being your full self.

I agree to update you if I need to break or change the time agreements we make. By doing this, I am helping to keep our container safe and accountable.

We agree to make decisions together and to take action on those decisions when the timing feels good to both of us – unless we agree to designate one of us as 'the lead' in relationship to a specific decision or action.

We agree to create uninterrupted sacred space when we have important things to discuss – and to ask for this kind of space/time to be created even if only one of us needs it.

Baroness Angelika
SOPHISTICATION