

## ROMANCE AND SEXUALITY AGREEMENT

The purpose of this agreement is to identify and plan actions and activities we can take with or form each other that nurture our feelings of love for one another.

We agree to have a “date day” at least once a month. The date day will include the following:

1. A walk somewhere in nature, followed by
2. Romantic foreplay and sex, followed by
3. A meal at a new restaurant, followed by
4. A movie or video together

At least once a week we agree to put on soft music and light candles while we read from a couple affirming book together.

At least once a month we agree to give our partner a surprise gift; be it a card, a plant/flowers, a piece of clothing or jewelry or a tool. Some token to demonstrate that we were thinking of the other and that they are special to us.

We agree to review this agreement together during the first week of each month to set a date for our “date day” and weekly to help us stay focused on our progress toward our commitment.

This agreement is entered into willingly and lovingly by

\_\_\_\_\_ on \_\_\_\_\_  
(Sponsee Couple) (Sponsee Couple) date

And lovingly witnessed by our Sponsor Couple;

\_\_\_\_\_ on \_\_\_\_\_  
(Sponsor Couple) (Sponsor Couple) date