

MEETING OF TWO AGREEMENT

For \_\_\_\_\_

Date \_\_\_\_\_

The purpose of this agreement is to create a safe and intimate environment for conversations by establishing respectful guidelines and boundaries that allow the healthy expression of feelings to ensure they are heard.

1. We agree that we are allies and on the same team.
2. We each agree to do our utmost to uphold this agreement and to use these guidelines to resolve conflict.
3. Either party may request we begin the conversation by reviewing our Communications Agreement, and/or RCA Safety Guidelines.
4. We agree to pray before and after our meeting, as well as during the meeting as needed by either partner. We agree that either partner may request the prayer time.
5. We agree to identify the issue that needs discussion and to keep the conversation about the issue at hand.
6. We agree to stay present.
7. If either of us needs a "time out" to cool off we agree in advance that the first timeout will be for 15 minutes. The person requesting the time out agrees to state something like: "I need a time out for 15 minutes; I am not leaving the relationship or abandoning this issue." We agree to avoid dramatic exits or behaviors.
8. We agree to limit discussion to 18 minutes during which each partner will be allowed alternating 3 minute shares. If at the end of 18 minutes the issue is not resolved, and both partners agree, discussion can be extended 6 or 12 minutes. At the end of 30 minutes total we will seek the counsel of our sponsor couple, another RCA couple, or our therapist.
9. We can agree to have our meeting only in the presence of our sponsor couple, another RCA couple, or our therapist.
10. We agree not to attempt to hold a meeting or resolve issues after 9:00 PM.
11. We agree we will not name-call, shame, use offensive language or blame our partner. We agree we will not be physically or emotionally abusive. We also agree not to engage in threatening behavior.
12. We agree to be honest about our feelings and to use "I" statements to express our feelings, needs and boundaries.
13. We agree not to attempt to resolve an issue if either partner feels it not an appropriate time or place. If issues arise and it is not appropriate to resolve the issue at that time, we will acknowledge the upset feelings and agree to schedule a meeting at a later date. We agree not to abandon or walk away from the upset person, rather to treat the upset person with love and tolerance.

We enter into this agreement willingly and lovingly:

\_\_\_\_\_  
Partner "A"

\_\_\_\_\_  
Partner "B"

\_\_\_\_\_  
Date

Lovingly witnessed by our sponsor couple:

\_\_\_\_\_  
Sponsor "A"

\_\_\_\_\_  
Sponsor "B"

\_\_\_\_\_  
Date