

# WINNING YOUR RELATIONSHIP GAME COMMUNICATION CONTRACT

---

1. I agree everyone is entitled to their opinion, even if I believe it is wrong.
2. I agree to validate my partner's feelings even if I don't understand them.
3. I agree to behave in ways that convey love, even if I'm not feeling lovely.
4. I agree not to interrupt my love when they are speaking.
5. I agree to identify my role in every problem.
6. I agree to stick to one issue at a time.
7. I agree to acknowledge when emotions escalate and take the time or offer the time for calmness to return.
8. I agree to allow my love the space to calm down.

Please sign and date:

---

Winning Your Relationship Game-Create a Relationship You Love  
[www.WinningYourRelationshipGame.com](http://www.WinningYourRelationshipGame.com)