

# YOU WANT A CONTRACT ABOUT WHAT?!?

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## Steps to Creating a Contract

- Identify which contract to work on
- Call Meeting of Two
- Brainstorm
- Consolidate
- Bring it to another couple to witness
- Agree to trial period
- Place where both can see it regularly
- Try it on
- Adjust
- Do any re-writes
- Practice
- Revisit

1. Identify – Begin by agreeing to make a contract. It can be a big one or a minor one.
2. Call a meeting of two to create the contract utilizing the Serenity prayer and Safety Guidelines. Agree upon a time frame to work on it. Rome wasn't built in a day.
3. Brainstorm – paper and pencil
  - a) What are the triggers?
  - b) What makes it unsafe to talk about it?
  - c) What would make it safe?
  - d) What environmental needs, place, time, etc.
4. Consolidate – Put it all together and put on paper for display!
5. Witnesses and commitments - Show to another couple, get feedback and sign it. Make the commitment.
6. Trial Period – How long will you try it out. 2 weeks? A month?
7. Place it where you can see it frequently. Post of the fridge, a mirror. Anything you pass by frequently.
8. Test period - Try it before you need to. What happens if you break it?
9. Refinement period – Adjust what doesn't work or refine what does.
10. Practice
11. Revisit (when doing annual inventory or as scheduled) 1 month? 6 months? 12 months?