

APPENDIX H

MARITAL PROMISE

For the Four Gifts of Love® Class

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This Agreement is made the _____ day of _____, 20____, between _____, hereinafter called “husband,” and _____, hereinafter called “wife,” whereby it is mutually agreed:

- I. The husband and wife agree to give the **Gift of Protection**—to avoid being a source of your spouse’s unhappiness.
 - A. To avoid making thoughtless decisions, the husband and wife agree to follow the Policy of Joint Agreement—Never do anything without an enthusiastic agreement between you and your spouse. This policy guarantees that one spouse will not gain at the other’s expense.
 - B. To avoid thoughtless behavior, the husband and wife agree to protect each other from the following Love Busters:
 1. Angry Outbursts: Deliberate attempts to hurt the other because of anger, usually in the form of verbal or physical attacks. If angry outbursts occur, the husband and wife will follow a course of action that identifies angry outbursts, investigates their motives and causes, keeps a record of their occurrences and eliminates them.
 2. Disrespectful Judgments: Attempts to change the other’s attitudes, beliefs, and behavior by trying to force his/her way of thinking through lecture, ridicule, threat, or other means. If disrespectful judgments occur, the husband and wife will follow a course of action that identifies disrespectful judgments, investigates their causes, keeps a record of their occurrences and eliminates the behavior.
 3. Annoying Habits: Habits that cause the other to be unhappy. If annoying behavior occurs, the husband and wife will follow the course of action that identifies annoying behavior, investigates the motives and causes of the behavior, keeps a record of their occurrences and eliminates the behavior.
 4. Selfish Demands: Attempts to force the other to do something with implied threat of punishment if he or she refuses. If selfish demands occur, the husband and wife will follow a course of action that identifies selfish demands, investigates their causes, keeps a record of their occurrences and replaces them with thoughtful requests.

5. Independent Behavior: Behavior conceived and executed by your spouse without consideration of your feelings. These behaviors are usually scheduled and require thought to complete, such as attending sporting events or engaging in a personal exercise program.
 6. Dishonesty: Failure to reveal to the other correct information about emotional reactions, personal history, daily activities, and plans for the future. If dishonesty occurs, the husband and wife will follow a course of action that identifies dishonesty, investigates its causes, records its occurrence, and replaces it with emotional, historical, current, future, and complete honesty.
- II. The husband and wife agree to follow the **Gift of Care**—to be a primary source of happiness by meeting your spouse’s most important emotional needs. They will do this by:
- A. The husband and wife will give the Gift of Care by identifying each other’s emotional needs and selecting at least five that are most important to the husband and at least five that are most important to the wife. Those needs may include the following:
 1. Affection: To receive nonsexual expressions of care symbolizing security, protection, and comfort, which may include words, cards, gifts, hugs, kisses, and courtesies from the husband/wife.
 2. Sexual Fulfillment: To engage in an enjoyable sexual experience with the husband/wife.
 3. Intimate Conversation: To share feelings, personal experiences, topics of personal interest, opinions, and plans with the husband/wife.
 4. Recreational Companionship: To engage in recreational activities with the husband/wife.
 5. Honesty and Openness: To receive truthful and frank information from the husband/wife about positive and negative feelings, events of the past, daily events and schedule, and plans for the future.
 6. Physical Attractiveness: To observe the husband’s/wife’s physical appearance that the spouse finds aesthetically and/or sexually pleasing.
 7. Financial Support: To receive help from the husband/wife with financial resources to house, feed, and clothe the family.
 8. Domestic Support: To receive help from the husband/wife with household tasks and care of the children (if any are at home).
 9. Family Commitment: To receive help from the husband/wife with the moral and educational development of the children within the family unit.
 10. Admiration: To be shown respect, value, and appreciation by the husband/wife.

The husband's five most important emotional needs ranked in order are:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

The wife's five most important emotional needs ranked in order are:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- B. The husband and wife will give the Gift of Care by creating plans to help form new habits that will meet their spouse's five needs.
- C. The husband and wife will give the Gift of Care by evaluating the success of their plans, creating new plans if the first are unsuccessful; learning to meet new marital needs if their spouse replaces any of the original five with new needs. They will meet every _____ (week, month, quarter, year) to review this agreement and change it, if needed.
- III. The husband and wife agree to the **Gift of Time**—Take time to give your spouse undivided attention, using the time to provide the most meaningful acts of care for the other. They will do this by:
- A. Insuring privacy, planning time together that does not include children, relatives or friends so that undivided attention is maximized.
 - B. Using the time to meet the needs of affection, sexual fulfillment, conversation, and recreational companionship.
 - C. Choosing a number of hours that reflects the quality of marriage: Fifteen hours each week if the marriage is mutually satisfying, and more time if marital dissatisfaction is reported by either spouse.
 - D. Scheduling time to be together prior to each week and keeping a permanent record of the time actually spent.

IV. The husband and wife agree to the **Gift of Honesty**—Be completely open and honest with your spouse. They will do this by being:

- A. Emotionally Honest: Revealing to each other their emotional reactions--both positive and negative—to the events of their lives, particularly each other's behavior.
- B. Historically Honest: Revealing information about their personal histories, particularly events that demonstrate personal weaknesses or failure.
- C. Currently Honest: Revealing information about the events of their day, providing each other with a calendar of their activities, with special emphasis on those that may affect each other.
- D. Honest about the Future: Revealing their thoughts and plans regarding future activities and objectives.
- E. Completely Honest: Not leaving each other with a false impression regarding their thoughts, feelings, habits, likes, dislikes, personal history, daily activities or plans for the future. They will not keep any personal information from each other.

IN WITNESS WHEREOF, the parties hereto have signed this agreement on the day and year first above written:

_____ Husband	_____ Wife
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Witness (optional)