

The FOUR GIFTS of LOVE[®]



Certificate of Attendance

This certifies that _____ attended the **Four Gifts of Love[®] Class** (a pre-marriage/marriage education that involves 8-1 hour class sessions and over 16 hours of homework) at _____, from ____/____/____ to ____/____/____. Date: _____

Class Facilitators' Names and Signatures

My marital promises are about
EXTRAORDINARY care for you.

I Promise to give you the **gift of care**: to be a source of happiness.

- Developing skills and habits to meet your most important emotional needs
- Being honest with you about mutuality
- Reviewing my plan of care with you at least every year

I Promise to give you the **gift of protection**: to avoid being a source of unhappiness.

- Developing skills to avoid my Love Busters and create alternative habits
- Valuing your honesty
- Making decisions with mutual enthusiastic agreement
- Reviewing my plan of protection with you at least every year

I Promise to give you the **gift of honesty**: to be completely open and honest.

- Using specific, positive alternative suggestions about my desires
- Giving my complete, transparent honesty
- Avoiding Love Busters when being honest

I Promise to give you the **gift of time**: to give undivided attention, using the time to meet your most important emotional needs.

- Scheduling 15 hours each week for private, undivided attention
- Using the time to meet our intimate emotional needs

IN WITNESS WHEREOF, I PROMISE to review my Four Gifts of Love[®] plan on the first of every month so I will sustain a lifestyle that gives You my gifts of love. I sign this agreement, not only on paper but, most importantly, within my heart.

Husband's Signature

Wife's Signature

Witness to My Pledge