



DARREN ELLIOTT

THERAPY FOR HUMANS

Couples Agreements

Client Worksheet

Couples' Agreements Worksheet: Acts of Love and Care

Instructions: As a couple, take some time to discuss and create a list of small acts of love and care that you can do for each other. These agreements are meant to nurture your relationship and show appreciation for each other's kindness and consideration. Below are some examples to inspire you.

Examples:

- Replace the toilet paper roll promptly.
- Take out the garbage without being asked.
- Clean up any mess after shaving.
- Prepare morning coffee or tea for each other.
- Leave surprise love notes around the house.
- Cook each other's favorite meals.
- Offer massages after a long day.
- Run errands together for quality time.
- Plan surprise date nights or activities.
- Practice active listening without interruption.

Make some notes here and write your list together on the next page.



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Create Your Own Agreements: Brainstorm and write down your own agreements below. Be creative and considerate of each other's preferences and needs.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Commitment: We, _____ and _____, hereby commit to honoring these agreements and showing love and care for each other through these small acts of kindness. We understand that nurturing our relationship requires effort and dedication, and we are committed to supporting each other every step of the way.

[Signatures]

Date: _____

[Note: Have fun creating your own list together and enjoy the journey of strengthening your bond as a couple!]