

Building Relating Contracts

2-Person Contracts

Construction

1. Each person separately writes down their needs. Anything they need from the relating, or in their life, for the duration of the contract, that is relevant to how the participants will relate.
2. After both participants collect their needs, participants share their needs with each other.
 - a. Participant A expresses all of their needs while Participant B actively listens without interjections, questions, or verbalization.
 - b. Participant B then expresses all of their needs while Participant A actively listens.
3. After all needs have been initially voiced, it's time to express commitments.
 - a. The needs of Participant B will be addressed one at a time.
 - i. Participant B shares a need.
 - ii. In response to the need, the participants will discuss what commitments, if any, they will make in order to fulfill the need. The commitments could be made by Participant A, or Participant B, or both participants.
 - iii. The need is written in the contract and the commitments are written in the contract.
 - iv. This process continues until all of the needs of Participant B, and all commitments regarding those needs, have been added to the contract.
 - b. Next, participants switch roles.
 - c. The needs of Participant A will be addressed one at a time.
 - i. Participant A shares a need.
 - ii. In response to the need, the participants will discuss what commitments, if any, they will make in order to fulfill the need. The commitments could be made by Participant B, or Participant A, or both participants.
 - iii. The need is written in the contract and the commitments are written in the contract.
 - iv. This process continues until all of the needs of Participant A, and all commitments regarding those needs, have been added to the contract.
4. At any point during the above discussions, if a clarification is required to achieve agreed understanding of a specific word or phrase, include that clarification in the *Definitions* section of the Contract.
5. Complete the *Needs* and *Commitments* sections of the Contract. If there are additional *Conditions* that have not been covered that need to be expressed, discuss those and add them to the *Conditions* section.

6. Discuss and agree upon a term that is exciting to both Participants. Complete the *Term* section of the Contract. Include the start and end date of the Contract in the *Term* section.
7. Read the Contract out loud from start to finish in the presence of both Participants. Make corrections and clarifications as needed.
8. When both Participants agree to the entirety of the Contract, both Participants complete the *Execution* section by signing and dating.
9. Congratulations, you've made a commitment! You're doin' it!

Tips

1. Keep the needs and commitments simple.
2. Don't commit for too long at first. Choose a shorter-than-necessary term, and renew the Contract.