



*Marriage is a special kind of relationship. It is a covenant to be open, honest, faithful, and its permanent.*  
*Place your initials in the space following the responsibilities you agree to in this Communication Covenant.*  
*You have the freedom, of course, to make any changes to fit your own personal relationship.*

# Communication Covenant

I understand that communication is the key to a successful marriage, so I agree to the following responsibilities. By providing my initials below, I agree, and I will uphold this Communication Covenant.

	Mate #1	Mate #2
I understand that communication is the key to understanding and agree to be as clear and open as possible.		
I agree to find a special “sharing time” each day to give my spouse my undivided attention.		
When there is something important to discuss, I agree to turn off the TV, turn off all other distractions, and turn my attention to my spouse.		
I agree to share my thoughts openly and honestly with my spouse and give him/her my approval to share openly and honestly with me.		
I agree to share my feelings openly and honestly within my marriage.		
I agree to be an attentive listener.		
I agree not to interrupt my spouse during conversations, heated fellowship or debates and hold my comments until my mate signals they have completed their statement.		
I agree to never to call names, hit, or say “I don’t love you” to my spouse.		

I agree that it's OK to disagree about some things.		
I agree to take responsibility for what I say and do.		
I agree to never speak for you unless I have consulted you.		
I agree to be truthful with you.		
I agree to hug you every day of your life.		
I agree to spend time with you each year that will enrich our marriage.		
I agree that if, for any reason, our communication seriously breaks down, I will go with you and get professional help.		

I understand that communication is the key to a successful marriage, so I agree to the following responsibilities. By providing my initials below, I agree, and I will uphold this Communication Covenant.

*I agree to this Communication Covenant because I love and respect you and want only the best for us in our marriage relationship.*

X

Signature

X

Signature

