



THE ZERO NEGATIVITY PLEDGE

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We understand that "negativity" is any transaction that ruptures our connection, whether intentional or accidental.

We pledge to make our relationship a Zone of Zero Negativity for a week. To that end, we pledge to avoid any transactions that could be experienced as a "put-down," thus rupturing our connection.

If we have a frustration, we will change it into a request and ask for what we want without criticism.

If we experience a rupture, we will send a gentle signal (bing, ouch, oops, wow!) to communicate that we have experienced a "put-down," and then begin repairing the rupture by re-sending the message or re-doing the action.

We pledge to gift each other with three appreciations each day, no matter what!

Signatures:

Date:

adapted from work by Harville Hendrix