



Holly Hill's Relationship Contract®

These are the relationship ground rules of _____ and _____

We understand people and relationships change over time, so they were agreed to on: ___/___/___ and will be reviewed on: ___/___/___

Breaking the below rules will result in: _____ (or use the 'COMMENTS' column)

The Rules of the Rules

We both value different things (e.g. intimacy Vs sex) so we may each want different rules – that's OK.

Loving someone means not judging their little quirks (no matter how weird we think them).

Only start an argument if there's an issue that may be resolved – otherwise agree to disagree. (If you want to be happy for a lifetime, *compromise*.)

WE ARE THE ONLY PEOPLE WHO CAN MAKE OUR OWN GROUND RULES (Use 'DELETE', TYPE OVER, CROSS OUT and/or INSERT NEW LINES to create your own!)

SAMPLE GROUND RULES	HER			HIM			COMMENTS
	Never	Maybe	Always	Never	Maybe	Always	
Social							
I may openly perve at friends and/or strangers <cross out as required>							
I may flirt with friends and/or strangers							
I may kiss friends and/or strangers							
I must stay together on dates							
I may discuss our problems with others if I need to							
I will be nice to my partner's friends and/or relatives							
I will go to events for my partner's benefit							
I will allow my partner 'me time' without jealousy							
If my partner is sick, they have first priority							
Sexual							
I will be sexually exclusive at all times							
I may negotiate infidelity with friends and/or strangers							
I may view pornography i.e. video, internet and/or magazines							
I will try and match my partner's libido <define weekly sex expectations>							
I may have foreplay with others (but not sex)							
Sex outside the primary relationship may only ever be casual							
Sex outside the primary relationship may only occur once a week							
Sex outside the primary relationship may only be when we are together							
I will support my partner's fantasies and/or fetishes							
I won't have sex with others in the marital bed							
Commitment							
I am only interested in a casual relationship							
I would like to get married some day							
I would like to have children some day							
I would like to live together some day							