

Current Covert Agreement

- ↔ I am responsible for how you feel, and you are responsible for how I feel.
- ↔ If I feel bad, it's your fault. If you feel bad, it's my fault.
- ↔ If you feel good, I believe I am loved.
- ↔ If I feel good, you can believe I love you.
- ↔ If I feel bad, you wonder if I still love you.
- ↔ If you feel bad, I wonder if you still love me.

When you feel bad, I feel blamed - you don't even have to blame me. I just assume you are blaming me, and I feel angry and defensive and blame you for how your feeling bad made me feel bad.

When I feel bad, I want you to make me feel better. That's your job. When you don't, and worse, when you react badly, I feel angry and punish you for making me feel bad.

The result of this agreement is that we are enemies who occasionally remember why we used to like each other.

New Overt Agreement

- ♥ I am responsible for how I feel, and you are responsible for how you feel.
- ♥ If I feel bad, there is something going on inside me that I am responsible to work out.
- ♥ If you feel bad, there is something going on inside you that you are responsible to work out.
- ♥ Feeling good or feeling bad doesn't change our love.

- ♥ When you feel bad, I know there is something going on inside you that you can work out.
- ♥ I am not triggered because I know I am not responsible for how you feel.
- ♥ Since I'm not triggered, I can support you by listening, reflecting, asking questions from curiosity, and creating a safe space for you to work it out for yourself.

- ♥ When I feel bad, you know there is something going on inside me that I can work out.
- ♥ You are not triggered because you know you are not responsible for how I feel.
- ♥ Since you're not triggered, you can support me by listening, reflecting, asking questions from curiosity, and creating a safe space for me to work it out for myself.

- ♥ The result of this agreement is that we are partners in healing who have the capacity to demonstrate our love for ourselves and for each other by doing the work it takes to keep the space between us clean and safe.