

The Seven Love Agreements

1. **Faithfulness.** I will be faithful to my spouse at all times and in all circumstances.
2. **Patience.** I will not try to change things about my spouse that I do not like but modify my behaviors that annoy my partner.
3. **Forgiveness.** When I have offended my spouse, I will quickly ask for forgiveness. And I will forgive my spouse's offenses in my heart even before being asked.
4. **Service.** I will anticipate my spouse's spiritual, emotional, physical, and material needs and will do everything I can to meet them.
5. **Respect.** I will not act or speak in a way that demeans, ridicules, or embarrasses my spouse.
6. **Kindness.** I will be kind to my spouse, eliminating any trace of meanness from my behavior and speech.
7. **Celebration.** I will appreciate my spouse's gifts and attributes and celebrate them personally and publicly.