

MAKING C.L.E.A.R. SUCCESSFUL AGREEMENTS

MAKE AGREEMENT WHERE EVERYONE GETS WHAT THEY WANT

Making successful agreements is a skill. Trust is built or broken around agreements that are clear or unclear, kept or not kept. Surprisingly, we humans enjoy following rules and agreements! As long as they are CLEAR and CHOSEN. However, when 'agreements' are demanded, unclear or not communicated to begin with (expecting others to 'mindread' expectations) they lead to conflict, resentment, anger, anxiety, insecurities and distrust.



Making agreements where each person gets everything they want creates the foundation of trust, which is the foundation of relationship. Relationships end over poor or unclear agreements and expectations.



**Successful
agreements are not
about justifying,
defending or
explaining why you
want what you
want. They are
about being clear
about WHAT you
want and HOW you
see it happening.**

-

Julia Colwell, PhD

MAKING SUCCESSFUL AGREEMENTS

Starts With You

Practices to do on your own, before involving your partner.

1 **Be Capable of Wise Mind and 100% Personal Responsibility**

Take 100% Responsibility (POWER) for processing your own emotions (emotions tell you your wants and needs) to understand and communicate your wants, needs and expectations.

2 **Contrasting and Responsibility**

Inventory Helpful tools to understand your wants, needs and expectations.

3 **Move from Blame and JADE to Power**

Communicate what you want instead of complaining about what you don't want.

4 **Get to the Bottom Line Feeling Quality**

Go from what you think you want to the bottom line feeling you really want.

5 **Realize Your Desired Agreement**

List creative solutions, actions you can do on your own and what actions and agreements you need from your partner.



MAKING SUCCESSFUL AGREEMENTS

Then... Working Together

Sitting down with your partner to communicate and make agreements.

6 Both Agree to be in Wise Mind and 100% Personal Responsibility

Take 100% Responsibility (POWER) for processing your own emotions (emotions tell you your wants and needs) to understand and communicate your wants, needs and expectations.

7 Remember Agreement is a Third Entity

Both of you are working together, Person 1, Person 2 to create an Agreement.

8 Person 1 States Desired Agreements

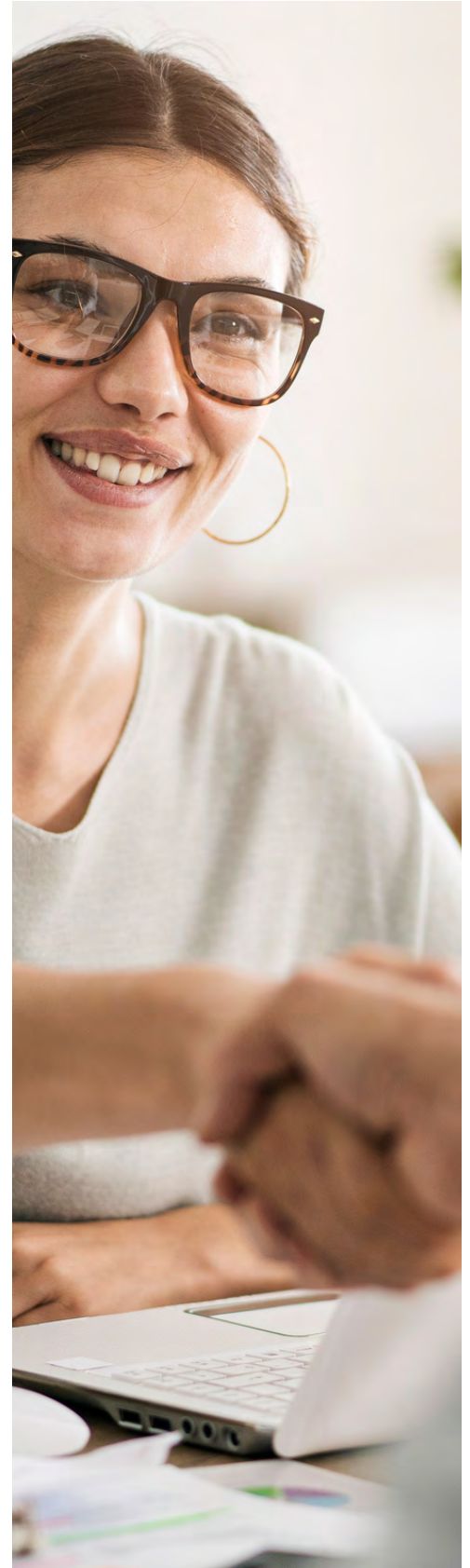
Communicate what you want instead of complaining about what you don't want.

9 Person 2 States Desired Agreements

Communicate what you want instead of complaining about what you don't want.

10 Create a C.L.E.A.R. Agreement

List creative solutions together, along with required actions for both parties. Make it C.L.E.A.R. (Clear, List Expectations, Agree in Writing and Revise later as needed together.





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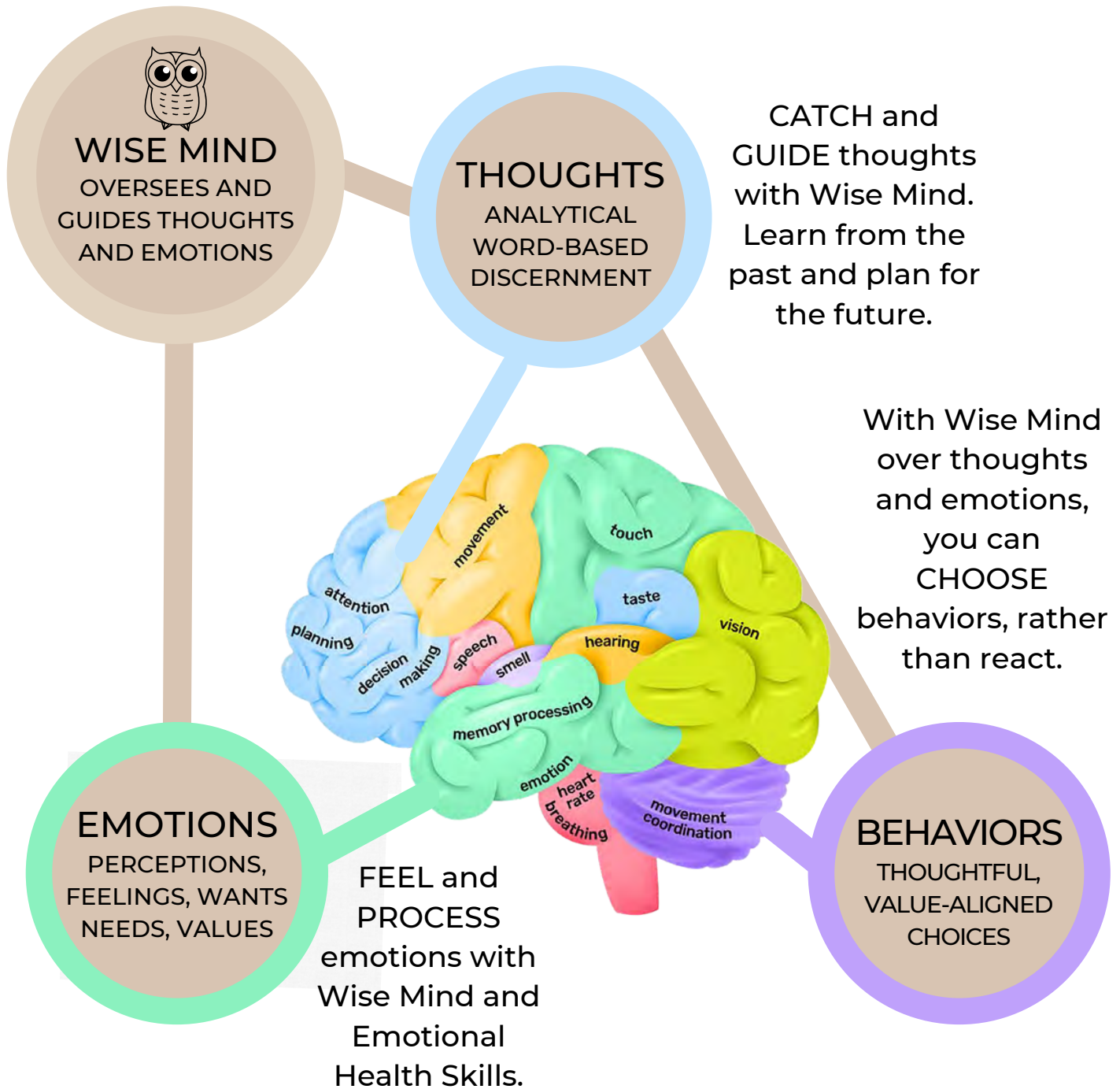
**At the root
of every
conflict and
power
struggle are
unmet
needs.**

-

Marshall Rosenberg

MAKING SUCCESSFUL AGREEMENTS

Be Capable of Wise Mind and 100% Personal Responsibility



MAKING SUCCESSFUL AGREEMENTS

Be Capable of Wise Mind and 100% Personal Responsibility



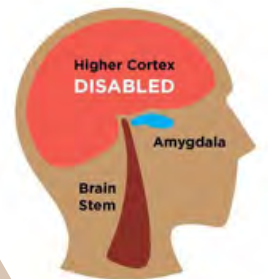
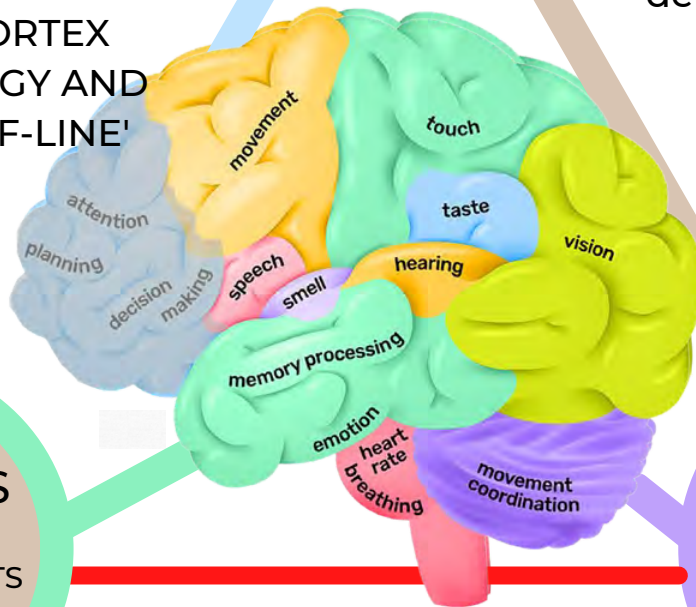
WITHOUT WISE MIND

OVERPOWERING THOUGHTS
CRITICAL
WORD-BASED
OBSESSIVE
RIGID

HIGHER CORTEX
DISABLED
Foggy, irrational,
obsessive
thinking,
hyperreactive,
and reactive,
outbursts,
defensive

EMOTIONS LEFT
TO FEND FOR
THEMSELVES
Activate more
fight-or-flight,
'hijack' Higher
Cortex

HIGHER
CORTEX
FOGGY AND
'OFF-LINE'



NEGLECTING EMOTIONS
PERCEPTIONS,
FEELINGS, WANTS
NEEDS, VALUES

BEHAVIORS
MALADAPTIVE
COPING METHODS
REACTIVITY

**100 MILLISECONDS
MINDLESS REACTIONS**
IMPULSIVE OR DEPRESSIVE
FIGHT/FLIGHT/FREEZE/FAWN



||

**Deciding you
want 100%
responsibility for
your feelings is
one of the biggest
changes you can
make in your life.
It means letting
go of the fantasy
that someone will
do it for us.**

-

Margaret Paul, PhD

WHAT NOT TO DO

If you are noticing any of these things happening, simply end the Agreement Process and come back later when both parties feel they are capable of Wise Mind.

Complain, criticize, blame, 'should' or bring up past to try to prove a point.

Use the Contrasting or other Emotional Health Practices to connect with your authentic needs, wants and expectations. Your partner cannot decipher what you really want by your complaints or blame... this disempowers both of you and makes getting what we truly want to feel loved, valued and respected impossible which is heartbreakingly sad.

J.A.D.E. (Justify, Argue, Defend or Explain Why instead of How)

Remember you are clearly communicating your wants, needs, expectations and ideas on how to come to desired agreements, not defending or explaining why you want them (this just leads to conflict and smoke-and-mirrors confusion).

Over-or-Under 100% Responsibility for Your Emotions, Wants and Needs

See Codependency Triangle, next page.

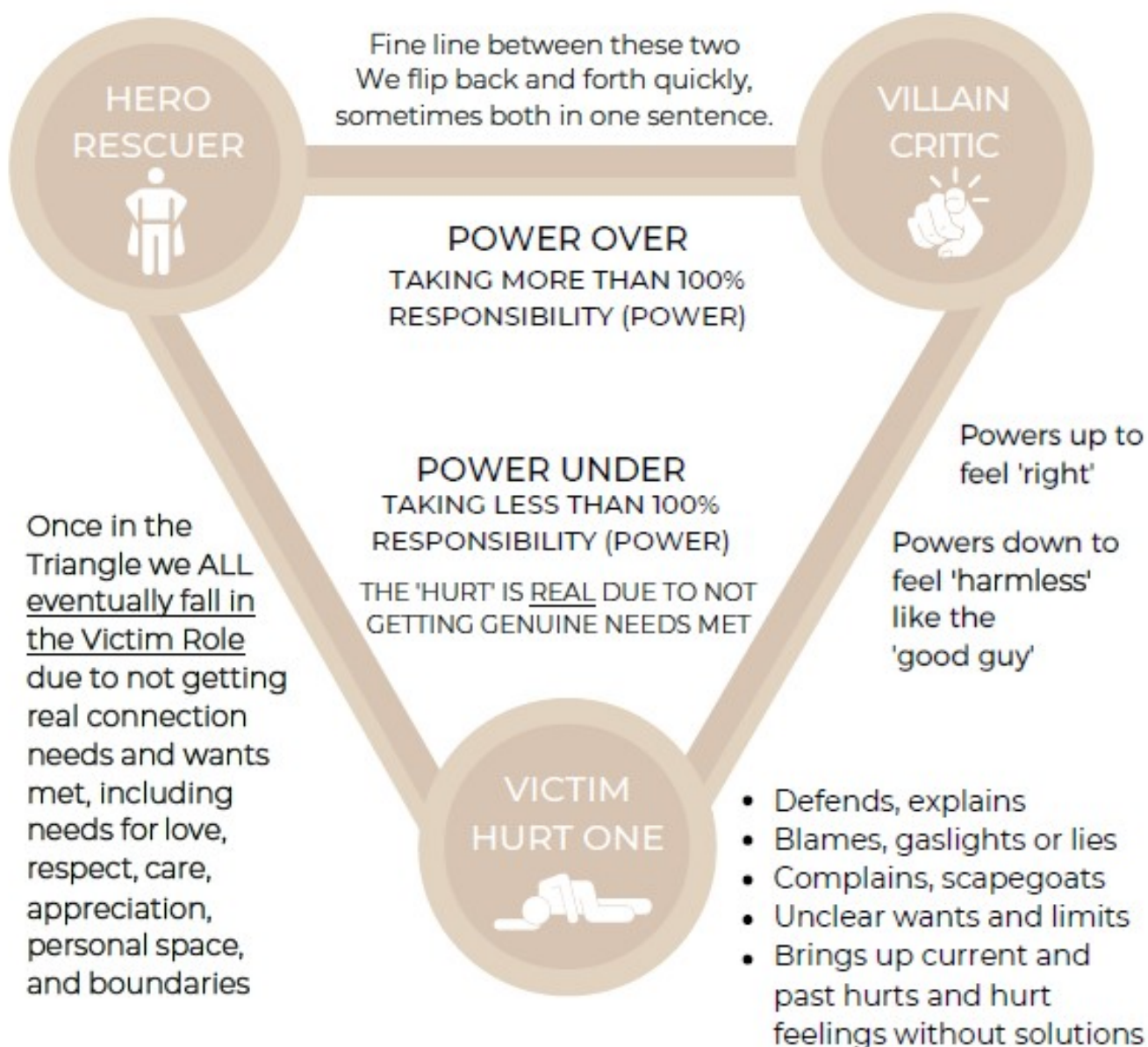


RESPONSIBILITY (POWER) INVENTORY

Codependency Triangle // Dreaded Drama Triangle

The goal is to stay out of the Triangle by clearly stating your Unarguable Truth (I want, I need, I like, etc.), asking others for their real wants and needs, and planning for balanced power with Clear Agreements.

- Unsolicited advice
- Enabling rather than supportive
- People-pleasing or passive aggressive
- Apologizes even when not at fault
- Needs to feel 'helpful' or responsible for other adults
- Unsolicited criticism
- Shames 'should's'
- Attacks, judges
- Unsolicited opinions
- Needs to feel 'right'



- Defends, explains
- Blames, gaslights or lies
- Complains, scapegoats
- Unclear wants and limits
- Brings up current and past hurts and hurt feelings without solutions



**When two adults
are caught in any
power-over / power-
under dynamic,
power struggle is
inevitable. We
simply will not allow
ourselves to feel
powerless, 'rescued'
or controlled over
time.**

-

Julia Colwell, PhD

INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

RESPONSIBILITY (POWER) INVENTORY

Do an inventory of where you are power-over or power-under.



SIGNS OF POWER-OVER

You feel parental, critical, controlling, resentful or exhausted.

You sound nurturing or aggressive (critical or directive).

You view your partner as irresponsible, childlike or disrespectful.



SIGNS OF POWER-UNDER

You feel disrespected, hurt, needy, controlled, childlike or not trusted.

You sound defensive, JADE (justifying, arguing, defending, explaining)

You view your partner as controlling, critical, neglectful or unloving.



SIGNS OF POWER BALANCE

You feel a sense of balance, clarity, self-connection, connection, love

You sound clear, affirming, appreciative, complimentary and respectful

You view your partner as having a clear understanding of your wants, needs and expectations (likely because you communicate them clearly), and as being caring, thoughtful and trustworthy.



INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

RESPONSIBILITY (POWER) INVENTORY

Do an inventory of where you are power-over or power-under.



CATEGORY	POWER-OVER Feel Overresponsible, Resentful, Exhausted or Parental and/or No Agreed on Expectations	POWER-UNDER Feel Disempowered, Controlled, Unmet Needs or No Agreed on Expectations	EMPOWERED Feel Appreciated, Needs are Met or Communicated, Have Agreed Expectations
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Budget/Spending \$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work/Making \$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Household Mgt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children/Parenting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress Levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Time Together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Touch/Intimacy/Sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appreciative Words	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Material Things/Gifts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acts of Service	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food / Making Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Substance Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
'Me Time'/Freedom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

RESPONSIBILITY (POWER) INVENTORY

Do an inventory of where you are power-over or power-under.



CATEGORY

POWER-OVER

POWER-UNDER

EMPOWERED

TYPE ADDITIONAL
CATEGORIES

Feel Overresponsible,
Resentful, Exhausted or
Parental and/or No
Agreed on Expectations

Feel Disempowered,
Controlled, Unmet
Needs or No Agreed
on Expectations

Feel Appreciated,
Needs are Met or
Communicated, Have
Agreed Expectations





We humans will not allow ourselves to be power-under for long.

We subconsciously grapple to take back control through maladaptive ways: fight (rebel/act-out), flight (distancing), freeze (space-out/'forgetting'), fawn (passively pleasing while resenting).

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Julia Colwell, PhD

PARTNER PRACTICE: COMPLETE TOGETHER

RESPONSIBILITY (POWER) INVENTORY

Agree upon power-over responsibilities for each partner.



_____ (name)

WHAT I AM AGREEING TO
HAVE MORE POWER OVER
We have both agreed I am more
responsible for this category.
We both appreciate my abilities.

Examples:
Paying bills
Grocery shopping, meal planning

_____ (name)

WHAT I AM AGREEING TO
HAVE MORE POWER OVER
We have both agreed I am more
responsible for this category.
We both appreciate my abilities.

Examples:
Scheduling dentist appointments
Planning and booking vacations

INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

CONTRASTING FOR WANTS & NEEDS EXAMPLES

WE TEND TO KNOW WHAT WE WANT AND NEED BASED ON OUR EXPERIENCES WITH WHAT WE DON'T LIKE OR WANT

EXPERIENCES OR ASPECTS
I DON'T LIKE OR WANT
HAPPENING AGAIN

DESCRIBE THE OPPOSITE.
THIS IS LIKELY WHAT YOU DO
WANT OR WANT MORE OF

Coming home and no one
acknowledging my existence

A greeting, like saying hi, or
some acknowledgment

Coming home to a messy house
and clutter

A cleaner home with less clutter

My husband eating junk food
and then complaining about his
weight and health issues

My husband eating healthy food
or its ok if he eats junk good but
without complaining about his
health issues

My girlfriend getting drunk and
oversharing personal
information when we are with
our friends

My girlfriend limits her drinking
around friends so she doesn't
overshare personal information
with friends

INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

CONTRASTING FOR WANTS & NEEDS

WE TEND TO KNOW WHAT WE WANT AND NEED BASED ON OUR EXPERIENCES WITH WHAT WE DON'T LIKE OR WANT

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INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

MOVING FROM BLAME AND J.A.D.E. TO POWER

USE ONE OF THE 'ASPECTS YOU DON'T LIKE' FROM CONTRASTING

- 1** Which one are you choosing? List it here.
- 2** For 1 minute, aloud to yourself to Blame, Complain and JADE (Justify, Argue, Defend and Explain) about this aspect.
- 3** Describe what your body feels like as you do this. You'll notice an emotional, physiological, hormonal, neurochemical state.
- 4** Move from Blame and JADE to POWER.

What am I doing or not doing that may be playing a part in making this aspect (that I don't like) happen?

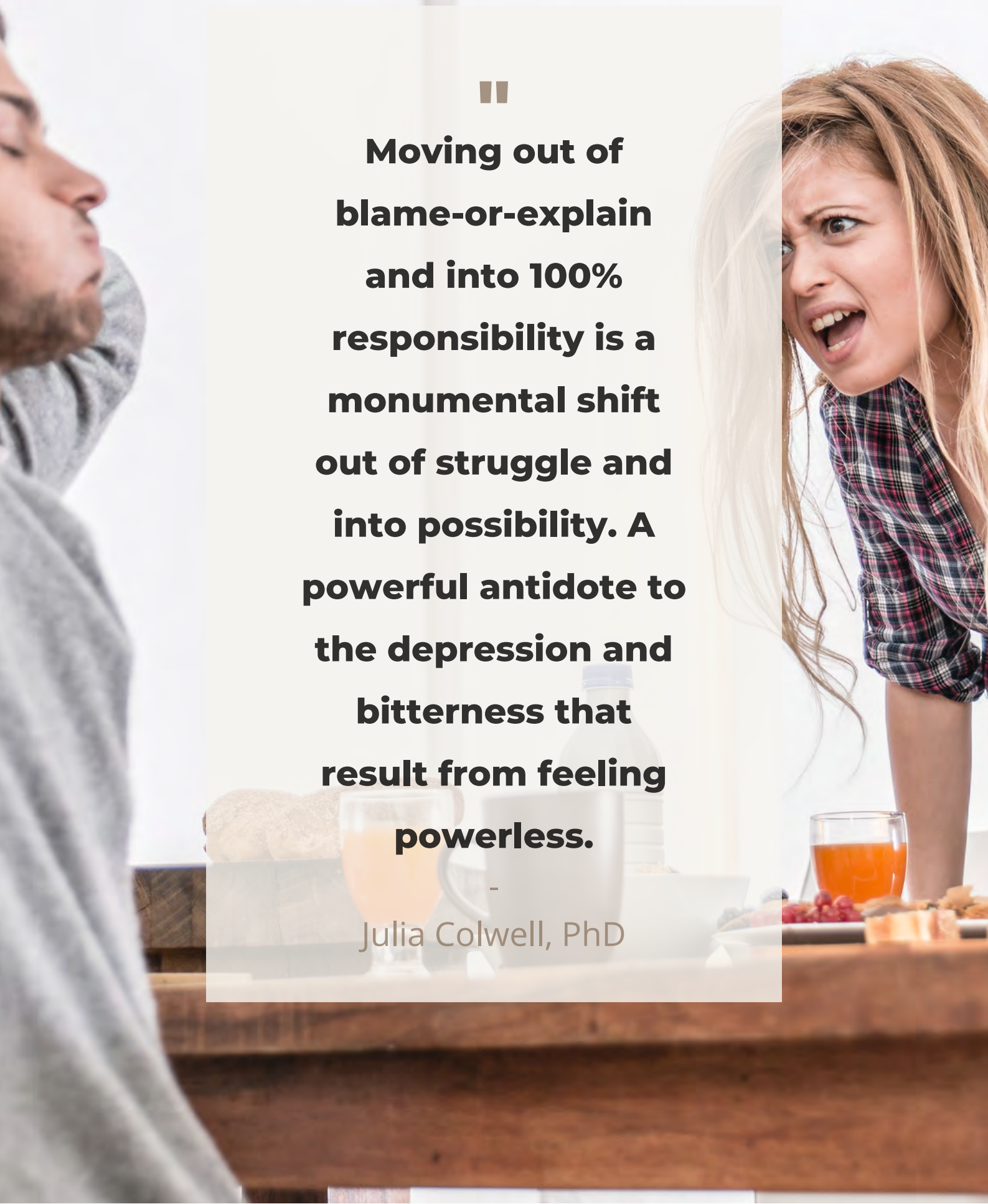
What have I communicated or not communicated that may be contributing to this aspect happening?

What is it that I really want? What are some possible solutions to getting what I want?



Moving out of blame-or-explain and into 100% responsibility is a monumental shift out of struggle and into possibility. A powerful antidote to the depression and bitterness that result from feeling powerless.

-
Julia Colwell, PhD



INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

GETTING TO THE BOTTOM LINE EXAMPLES

PRACTICE GOING FROM WHAT YOU THINK YOU WANT TO THE
BOTTOM LINE FEELING QUALITY OF WHAT YOU WANT.

I THINK I WANT

BOTTOM LINE FEELING QUALITY

A sandwich for lunch

Something I feel satisfied by

A vacation to Hawaii

To feel warm, making memories together, excitement, alive and free

A greeting when I come home

Feel appreciated and valued

A cleaner house

Feels serene and peaceful instead of stressful and messy

My husband to eat healthier

Feel safe that he will be healthier and live longer

My girlfriend to drink less

Feel proud to bring her around my friends instead of embarrassed by her drinking

My boyfriend to stop gaming so much

Feel I can trust him to control himself instead of being out of control over gaming, or maybe it is that I want more of his attention and affection

INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

GETTING TO THE BOTTOM LINE

PRACTICE GOING FROM WHAT YOU THINK YOU WANT TO THE
BOTTOM LINE FEELING QUALITY OF WHAT YOU WANT.

I THINK I WANT

BOTTOM LINE FEELING QUALITY

A background image showing two hands, one from the top right and one from the bottom left, gently holding a large, soft pink heart. The lighting is warm and golden, suggesting a sunrise or sunset. The hands are positioned as if they are carefully supporting the heart.

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If you want a better relationship, you will need to give up making a project out of changing the relationship or your partner and instead make a project out of expressing your own wants and needs.

-

Jenny Brown, PhD

INDIVIDUAL PRACTICE: EACH PERSON COMPLETES ON THEIR OWN

GETTING TO MY DESIRED AGREEMENT

FOCUS ON ACTION-ORIENTED, CREATIVE SOLUTIONS TO GET
WHAT YOU WANT, NEED OR EXPECT

THE WANT, NEED OR EXPECTATION I HAVE IS

THINGS I CAN DO WITHOUT RELYING ON MY PARTNER

THINGS MY PARTNER HAS TO DO OR AGREE TO ALLOW ME TO DO

THUS, THE DESIRED AGREEMENT I WANT TO MAKE INVOLVES



**The illusion that
everything will
just turn out
magically without
having to
communicate wants
and needs in a
relationship is an
immaturity that will
make true connection
impossible.**

-

Robert Lucas

SPEAKING YOUR UNARGUABLE TRUTH

TAKE 100% RESPONSIBILITY (POWER) TO COMMUNICATE

I like _____

I want _____

I need / don't need _____

My expectation is _____

I would like _____

My favorite _____

My stance on this is _____

I have decided _____

My belief on this is _____

My plan is _____

My limit is _____

I hear you _____



SPEAKING YOUR UNARGUABLE TRUTH

ARGUABLE

I feel you're attacking me.

UNARGUABLE TRUTH

I don't like how I feeling right now. I need a 10 minute walk to think.

ARGUABLE

This argument is going nowhere.

UNARGUABLE TRUTH

I need to think about this so I have more clarity before discussing this.

ARGUABLE

You don't compliment me enough.

UNARGUABLE TRUTH

I want more of your compliments. I love them.

ARGUABLE

I'm sad you don't understand me.

UNARGUABLE TRUTH

I want to feel understood so I'm going to word this differently.

ARGUABLE

You have no idea what you're talking about.

UNARGUABLE TRUTH

My stance on this is _____. I like the research I've done and where I'm at with it.

SPEAKING YOUR UNARGUABLE TRUTH

ARGUABLE

You hurt my feelings.

UNARGUABLE TRUTH

I don't like how I'm feeling right now. I want a hug please.

ARGUABLE

You're always late.

UNARGUABLE TRUTH

I like when you're on time. It's important to me.

ARGUABLE

You care more about work than me.

UNARGUABLE TRUTH

I want more quality time together. I like enjoying time together.

ARGUABLE

You still have feelings for your ex because you like all her Insta posts.

UNARGUABLE TRUTH

I don't like you liking your ex's posts.

ARGUABLE

You drink too much. You have a problem. Go to therapy.

UNARGUABLE TRUTH

I care about you and don't like seeing you drink as much as you do. I feel worried. What are your thoughts on your drinking?



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**If you are
arguing
you are
saying
something
arguable.**

-

Jonice Webb, PhD

PARTNER PRACTICE: COMPLETE TOGETHER

MAKING A C.L.E.A.R. SUCCESSFUL AGREEMENT

NOW IT IS TIME TO SIT DOWN WITH YOUR PARTNER AND EACH OF YOU COMMUNICATES YOUR DESIRED AGREEMENT

The goal is to come up with a creative solution and agreement that allows you to both say, hear and get what you want.

1 Both Agree to be in Wise Mind and 100% Personal Responsibility

Take 100% Responsibility (POWER) for processing your own emotions (emotions tell you your wants and needs) to understand and communicate your wants, needs and expectations.

2 Remember Agreement is a Third Entity

Both of you are working together, Person 1, Person 2 to create an Agreement.

3 Person 1 States Desired Agreements

Communicate what you want instead of complaining about what you don't want.

4 Person 2 States Desired Agreements

Communicate what you want instead of complaining about what you don't want.

5 Create a C.L.E.A.R. Agreement

List creative solutions together, along with required actions for both parties. Make it C.L.E.A.R. (Clear, List Expectations, Agree in Writing and Revise later as needed together.



PARTNER PRACTICE: COMPLETE TOGETHER

MAKING A C.L.E.A.R. SUCCESSFUL AGREEMENT

HOW TO KNOW IF I AM IN WISE MIND AND TAKING
100% PERSONAL RESPONSIBILITY (NOT OVER-OR-UNDER)

- I'm feeling and internally processing my own emotions (emotions tell me my genuine wants, needs and expectations).
- I have the Intent to Learn with Curious Listening and problem solving together (not focusing on being right, arguing, criticizing or Drama Triangle behavior)
- I'm being clear and vulnerable by stating my needs and wants with Unarguable Truth statements (I want, I need, I like, etc.) not complaining or JADE-ing.
- I'm allowing 'space and grace' for myself and others so we may each decipher our own wants (not fixing, rescuing or 'shoulding'), allow for 10 min breaks, etc.
- I'm Respecting at Face Value and seeking to Understand How not Why (not forcing others to defend/explain)
- If I make Agreements, I am clear and choosing to fully agree, not placating or making things confusing to blame, smoke and mirrors, 'forget' or resent later)



PARTNER PRACTICE: COMPLETE TOGETHER

MAKE A C.L.E.A.R. SUCCESSFUL AGREEMENT

USE THIS WORKSHEET TO DESCRIBE BOTH OF YOUR DESIRED FOR AGREEMENTS AND IDEAS ON HOW TO MEET THESE AGREEMENTS

Desired Agreements

_____ (name)

Desired Agreement for Wants,
Needs and Expectations

Bottom Line Feeling Quality

Ideas on How to Ensure Agreement is
Successful and Followed

Possible Obstacles to Agreement

Ideas to Overcome Obstacles

_____ (name)

Desired Agreement for Wants,
Needs and Expectations

Bottom Line Feeling Quality

Ideas on How to Ensure Agreement is
Successful and Followed

Possible Obstacles to Agreement

Ideas to Overcome Obstacles

Summarize a Combined, Realistic, Agreed Upon Agreement

PARTNER PRACTICE: COMPLETE TOGETHER

MAKE A C.L.E.A.R. SUCCESSFUL AGREEMENT

USE THIS WORKSHEET FOR YOUR AGREEMENT

Clear

Describe the Agreement you are both agreeing to.

List Expectations

_____ (name)
is agreeing to do the following

_____ (name)
is agreeing to do the following

Agree in Writing

_____ (sign name)

_____ (sign name)

PARTNER PRACTICE: COMPLETE TOGETHER

REVISING A C.L.E.A.R. SUCCESSFUL AGREEMENT

USE THIS WORKSHEET FOR YOUR AGREEMENT

Clear and Revised

Describe the Revised Agreement you are both agreeing to.

List Expectations (updates and revisions)

_____ (name)
is agreeing to do the following

_____ (name)
is agreeing to do the following

Agree in Writing

_____ (sign name)

_____ (sign name)



MEDICAL DISCLAIMER

Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org