

The Pre-Relationship Agreement

Not a legal document. Just written honesty about what you want, what you expect, and what you won't accept — before you need to guess.

Partner One:

&

Partner Two:

Date: _____

This agreement is a conversation tool, not a contract. Fill it out separately, then share it together. There are no right answers — only honest ones. The goal isn't to negotiate a perfect document. It's to find out whether two people can tell each other the truth with warmth.

1 Hopes & Desires

The tender, romantic wants you've been embarrassed to say out loud. These aren't demands — they're invitations. Say them anyway.
· I want to hold hands on walks · I want regular date nights · I want someone to pray with · I want to be introduced with pride

Partner One

Partner Two

I want...

I want...

2 Expectations

The practical architecture of a shared life. These exist in every relationship whether you name them or not. Name them.

· Who plans dinner · How we handle finances · How often we see each other · Time with kids & family · Open Phone / Shared Passwords

Partner One

Partner Two

I expect...

I expect...

3 Non-Negotiables

Your hard stops. These are not preferences — they are places where repeated violation means the relationship cannot continue. Keep this list short.

- No raising voices
- No criticism in public
- No pornography
- No gambling
- Physical & emotional fidelity

Partner One

I will not accept...

Partner Two

I will not accept...

4 Tender Spots

The wounds from before. A loving partner can't navigate around wounds they don't know exist — this section is how you give them the map.

- Reach for my hand when others approach
- Don't go quiet without telling me you need space
- Let me know when you're leaving or arriving

Partner One

Something I need you to know...

Partner Two

Something I need you to know...

5 Shared Values & Grey Areas

Places where your defaults may differ. Not everything needs a rule — but these deserve a real conversation before they become a silent collision.

Partner One

Faith & spiritual practice...

Physical intimacy & pace...

Relationships with opposite sex...

Partner Two

Faith & spiritual practice...

Physical intimacy & pace...

Relationships with opposite sex...

5 Shared Values & Grey Areas (Continued)

Partner One

Health & lifestyle...

Media standards...

Finances & spending...

Relationships with in-laws / children...

Partner Two

Health & lifestyle...

Media standards...

Finances & spending...

Relationships with in-laws / children...

6 Our Conversation Commitments

What you both agree to about how you'll handle it when something in this document needs to be revisited. Because it will.

When something isn't working, we agree to...

If one of us feels a line has been crossed, we will...

We give each other permission to...

We will revisit this agreement...

We Choose This Clarity

Not as a legal document, but as an act of honesty and care for each other.

Partner One:

Signature

Print Name

Date

Partner Two:

Signature

Print Name

Date

How to Use This Together

A short guide for getting the most out of your Pre-Relationship Agreement conversation.

Step 1 — Fill it out separately first.

Don't do this together on the couch in real time. Each person should fill out their sections alone, honestly, without trying to say what the other person wants to hear. Give yourself at least 30 minutes and a quiet space. This is for you first.

Step 2 — Share it in a low-stakes setting.

Not over a rushed dinner. Not right before bed. Find an unhurried time — a walk, a long drive, a quiet afternoon — and read each other's answers out loud. No interrupting while the other person reads. Just listen first.

Step 3 — Notice what surprises you.

The surprises are the most important part. The thing your partner wrote that you didn't expect — that's where the real conversation begins. Approach it with curiosity, not defensiveness. "Tell me more about that" is always the right first response.

Step 4 — Watch how you both handle disagreement.

You won't agree on everything. That's not a failure — it's information. What matters is how you handle the places where you don't align. Curiosity and warmth are good signs. Dismissal or anger at being asked are also information — and worth taking seriously.

Step 5 — Revisit it. Relationships evolve.

This isn't a one-time exercise. Come back to it at six months, at a year, whenever something shifts. The goal isn't a permanent document — it's a permanent habit of telling each other the truth about what you need.

Conversation Starters

If you get stuck, try these prompts:

"Is there anything on your list you were nervous to write down?"

"Is there anything on my list that surprised you?"

"Is there something you wanted to write but didn't? Can you say it now?"

"Where do we overlap? Where are we different — and can we live with that?"
