



## 5 Promises of Radical Commitment

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### **Promise #1: I Promise to Love You Every Day**

I know that love is a choice and I choose to love you every day. I choose to love you even when I'm upset or frustrated.

### **Promise #2: I Promise to Choose You First**

You are the most important person in my life and I commit to not taking you or our relationship for granted. I will make you and our relationship a priority in my life. I understand that we are a "we" – not just "you" and "me".

### **Promise #3: I Promise to Take Responsibility**

I accept that my thoughts, feelings, attitudes, and actions are my own. I will speak for myself and own my point of view. I will accept responsibility for my actions and my words. I accept responsibility for my own happiness.

### **Promise #4: I Promise to Say "Yes!"**

You deserve my positive response even when I don't feel like it. If I'm unable to grant your desire or request 100%, I'll work with you to find a creative way to meet your underlying need. Together we'll get to "yes!".

### **Promise #5: I Promise to be Your Champion**

You deserve someone who will be there for you, love and support you unconditionally, no matter what. I believe in you and I believe in us. I've got your back. I am your champion.