

## The Promises We Make

*“When we make a promise, we steal some of the uncertainty from our unknown tomorrows.”*

Greg Hunt, Ph.D

This list is a sampling of words and phrases that express promises to our partner. **Instructions:**

1. Circle any words and phrases that you find meaningful.
2. Add words and phrases that aren't included, but that resonate with you.
3. Create a “Top 10 List” of promises to share with your partner.
4. Lovingly share your promises with your partner.

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| Acceptance                               | Manage emotions                              |
| Adaptability                             | Mutuality                                    |
| Admit faults                             | Not taking each other for granted            |
| Adventure                                | Ongoing couple growth                        |
| Affectionate                             | Ongoing personal growth                      |
| Appreciation                             | Open mind and heart                          |
| Balance of togetherness and separateness | Positive outlook                             |
| Build up, not tear down                  | Present in the moment                        |
| Celebration                              | Pro-active                                   |
| Cherish                                  | Process pain                                 |
| Choose you first                         | Protection                                   |
| Companionship                            | Receptive                                    |
| Create safe place                        | Resilience                                   |
| Cultivate intimacy                       | Respect                                      |
| Curiosity                                | Safe place                                   |
| Deal with hurts                          | Security                                     |
| Dreams                                   | Sense of humor                               |
| Empathetic                               | Shared purpose, priorities, values           |
| Encouraging                              | Sharing thoughts, feelings, wants, and needs |
| Enjoying the seasons of life             | Support                                      |
| Flexible                                 | Support                                      |
| Forgiveness                              | Transparency                                 |
| Gentleness                               | Trust  |
| Honesty                                  | Unconditional                                |
| Honor traditions                         | Vulnerability                                |
| Intentional                              | Other:                                       |
| Interdependence                          | Other:                                       |
| Keep our relationship fresh              | Other:                                       |
| Kindness                                 | Other:                                       |
| Learning from each other                 | Other:                                       |
| Lifetime                                 | Other:                                       |
| Listen                                   | Other:                                       |
| Loving acts                              | Other:                                       |