

FIVE PROMISES OF RADICAL COMMITMENT

Promise #1

I Promise to Love You Every Day I know that love is a choice and I choose to love you always. Though I can get busy and have my moods, you deserve my love and attention each and 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, each and every day. Though work, home, finances, family, friends, hobbies, and other stresses and distractions can make this challenging, I choose you first, always.

Promise #3

I Promise to Take Responsibility I understand that my outcomes are 100% dependent upon my own choices and actions, and that my thoughts and feelings are my own. I know that our relationship is a mirror reflecting myself back to me, and that my desire to be happy and feel loved by you depends upon my own ability to allow myself to be happy and to receive your love.

Promise #4

I Promise to Say "Yes!" You deserve my positive response even when I don't feel like it. Your needs and wants are a gift to my growth and well-being and the key to a great life together. I am committed to your happiness as much as my own. If I'm unable to grant 100% of your desire or request, I will respond positively and work with you to find a creative way to meet your underlying need. You can feel safe with me as one who loves you and will respect and honor your needs, always.

Promise #5

I Promise to be Your Hero When Life is challenging (and even when it's not) you deserve a champion; someone who will be there for you, love and support you unconditionally, no matter what. I commit to being your hero and helping you feel emotionally and physically safe and secure. I believe in you and I believe in us

Check out the free course "[The Promises We Make](#)" in the [Close Companions Online Relationship Academy](#).