

Sample Declaration for . . .

## *“Commitment to Communication”*

**Couple’s Names:** \_\_\_\_\_

**Goal :** The purpose of this document is to declare our commitment to positive communication within our marriage relationship.

**Whereas,** we have entered into our marriage relationship because of mutual love and a strong desire to create and maintain a healthy environment in which to grow as individuals and as a couple/family;

**Whereas,** we understand that a healthy marriage relationship involves a high level of mutual understanding of each other’s beliefs, needs, and wants;

**Whereas,** we believe that the best way to achieve and maintain mutual understanding is through the consistent usage of effective positive communication skills;

**Therefore,** we accept the following list of objectives that are designed to enhance and promote the type of communication we desire within our marriage.

1. We will try to create and maintain an environment that promotes healthy communication through self-disclosure and listening. We will do everything possible to help each other feel a strong sense of physical and emotional safety within the relationship, thereby providing a climate conducive to effective communication.
2. We will make every effort to understand each other’s perspective before disagreeing with that perspective and before trying to resolve specific conflicts.
3. We will work hard to identify our personal beliefs, needs, and wants and to self-disclose that information to our spouse in a respectful, positive, and appropriate manner.
4. We will strive to listen actively with the specific purpose of understanding the other person’s perspective.
5. We will learn and use the self-disclosure and listening skills that are necessary to gain mutual understanding within our marriage. We will develop these skills through books, videos, and/or workshops that deal with communication enrichment. We will refrain from identified behaviors that hinder our communication, and we will focus on the behaviors that are positive and productive.

6. We will do a periodic assessment of our communication process to determine what is working well and what needs attention.
7. If we reach a point in our marriage when our communication becomes ineffective, we will seek help from an appropriate professional (such as a Licensed Marriage and Family Therapist, etc.).

**Commitment:** As designated by our signatures below we do hereby accept and adopt this “Commitment to Communication” as a vital part of our “roadmap” for our marriage. Furthermore, we hereby commit ourselves to the daily application of the objectives listed above. We agree to work diligently to grow in our usage of effective communication skills and to apply those tools to resolve conflicts and to encourage relationship health and happiness. We are hereby committed to positive communication within our marriage relationship.

\_\_\_\_\_  
Signature/Date

\_\_\_\_\_  
Signature/Date

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**Note:** The preceding declaration is for sample purposes only. Please consider your relationship and adapt this sample to fit your unique needs and circumstances. You may want to add other objectives that are very specific, such as words/phrases/behaviors you want to include or exclude in your communication process. I recommend that you make your declaration specific enough to provide the structure you need but general enough to allow for flexibility and growth. I also want to encourage you to select a specific date on your calendar as a “checkpoint” for evaluating and assessing how satisfied you are with your current communication so that appropriate changes can be made to safeguard your relationship. If you are struggling with the development of communication skills, you may want to enlist the assistance of a Licensed Marriage and Family Therapist (LMFT). I wish you the best in your efforts to improve the communication within your marriage relationship. – Dr. Bill Baker