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Grief | Trauma | Couples Therapy

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THE ZERO NEGATIVITY PLEDGE

We pledge to make our relationship a Zone of Zero Negativity for the next 30 days by omitting from all our interactions with each other any words, tones, or body language that could be experienced as a “putdown,” thus rupturing our connection.

If we experience a rupture, we will send a gentle signal (bing, ouch, wow, oops!) immediately to communicate that we have experienced a “put-down.” The offending partner will then move in to validate the hurt feeling and offer an apology **even if the offense was unintentional**. This is about repairing after rupture and restoring safety and connection.

We pledge to give three appreciations daily to each other, no matter what!

Signatures _____

Date _____