

Changing Agreements with Care

Making a New Agreement Together

"I'm considering changing our agreement, and I want to talk it out before making a decision. How would a change like X impact you? Let's think together about how we can adjust our agreement to address all the needs we are now aware of."

Tending Together to the Impact of a Unilateral Decision

"I made a decision. I'm regretting I didn't make it with you, but I couldn't for reasons X and Y. I know there's going to be impact on you and I want to talk about how to care for it. What would you like from me in relation to this impact? Anything I can do to mitigate it?"

Owning and Mourning the Impact of a Unilateral Decision

"I made a decision and did not take actions to mitigate the impact. I am naming that I am aware of this and of the potential rupture in our relationship. I am mourning that I did this."

Acknowledging the Impact of a Unilateral Decision

"I changed my mind about our agreement. I know it has an impact and I'm sad about that."

Acknowledging a Unilateral Decision

"I changed my mind about our agreement."

No Acknowledgment of a Unilateral Decision

Interdependent Engagement