

**Couples: communication and repair | Practice**

# One Small Agreement to Try

Adult couples | 5 to 10 minutes | Worksheet

**Design an optional, brief experiment that both partners can revise.**

Choose one practical agreement after a conversation, or prepare an idea to discuss later. The agreement should make daily life more workable for both people, not measure who cares more.

## How to use this page

Each partner may suggest, decline, or change the plan. Keep the first trial short. Use the response areas to make expectations visible.

## Make the action specific

A trial might be checking a shared calendar once, agreeing on quiet time, or asking before offering advice. Say who will do what and when. If responsibilities are unequal, name the real distribution of time, money, or caregiving instead of assuming the same task is equally easy for both.

## Build in a smaller option

Decide what happens if work, health, or another demand interrupts the plan. A smaller action or a later conversation may be more useful than silently abandoning it. Nobody needs to prove commitment by exhausting themselves.

## PK06-05 | continued

**Choose a review point**

Set a time to ask whether the agreement helped. Either person can say it did not. Keep observations about the plan separate from judgments about the relationship. If a check-in becomes monitoring, punishment, or control, stop the exercise and seek separate support.

**1. Our optional trial: action, person, and timing****2. A smaller option or adjustment if circumstances change****3. When we will review it, and how either person can ask to stop**

## PK06-05 | continued

**Facilitator notes and adaptation**

Confirm that participation and withdrawal are voluntary. Do not turn worksheets into compliance contracts or evidence against a partner.

**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

**Conceptual references**

PB01 | The Gottman Institute | Six Tips for the Six Skills of Conflict Management

<https://www.gottman.com/blog/manage-conflict-the-six-skills/>

PB02 | National Domestic Violence Hotline | Should I Go To Couples Therapy With My Abusive Partner?

<https://www.thehotline.org/resources/should-i-go-to-couples-therapy-with-my-abusive-partner/>