

# Healing Separation Agreement

*The intention of this Agreement is to create a clear and open space for an emotional separation and healing by designing agreements around important life areas that could cause conflict if not discussed. Guidelines are provided at the end of the Agreement by footnote to give suggested parameters. Every couple is different. Use this as a guideline and adapt it to suit your unique relationship needs. Enlist a third party for help negotiating this agreement if needed. It's not easy to do on your own.*

***This Agreement is in no way to be construed as a legal document. Consult an attorney if a legal or structured separation is needed.***

For simplicity, in this Agreement \_\_\_\_\_(name) will be designated Partner One and \_\_\_\_\_(name) will be designated Partner Two.

## LENGTH OF THE SEPARATION:

(Specify *an agreed upon* number of weeks, months, years, or an end date)

\_\_\_\_\_

## TIMES FOR RE-EVALUATION

(Supply time intervals or dates when the current Agreement will be re-evaluated.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TIME TOGETHER <sup>1</sup>

Supply time intervals or dates when you will meet together. This time is for catching up on each other's lives and growth processes, checking in, offering kindness, kids stuff. Keep it friendly.

If difficult discussions are anticipated it would be best to have those discussions with a third party such as a coach or therapist. Separations longer than six months should be evaluated with a helping professional at the 6-month mark.

First month:

\_\_\_\_\_ x per \_\_\_\_\_

Second month:

\_\_\_\_\_ x per \_\_\_\_\_

Third month:

\_\_\_\_\_ x per \_\_\_\_\_

Fourth month:

\_\_\_\_\_ x per \_\_\_\_\_

Fifth month:

\_\_\_\_\_ x per \_\_\_\_\_

Sixth month:

\_\_\_\_\_ x per \_\_\_\_\_

Our time together will \_\_\_\_\_ or will not \_\_\_\_\_ include sex.

Dating/courting behavior is ok \_\_\_\_\_, not ok \_\_\_\_\_, expected \_\_\_\_\_.

### **FINANCES: <sup>2</sup>**

**Partner One will:** (check all that apply)

- \_\_\_\_\_ Maintain the joint checking account, jointly
  - \_\_\_\_\_ Maintain the joint checking account as his/her own
  - \_\_\_\_\_ Open a new checking account
  - \_\_\_\_\_ Pay the mortgage/rent and utilities
  - \_\_\_\_\_ Pay the medical and dental bills
- \_\_\_\_\_

**Partner Two will:**

- \_\_\_\_\_ Maintain the joint checking account, jointly
  - \_\_\_\_\_ Maintain the joint checking account as his/her own
  - \_\_\_\_\_ Open a new checking account
  - \_\_\_\_\_ Pay the mortgage/rent and utilities
  - \_\_\_\_\_ Pay the medical and dental bills
- \_\_\_\_\_

**The couple will:**

\_\_\_\_\_ Maintain a joint checking account for taking care of the needs of the marital home, and maintain separate accounts for personal their personal needs through the course of the separation

Funds from the joint checking account will come from:

(Supply amounts, dates, who contributes what into this account.)

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**HOUSING: <sup>3</sup>**

Circle those that apply:

(Partner One) (Partner Two) will remain in the family home. Payment for this will be paid by (the joint account) (Partner One) (Partner Two)

(Partner One) (Partner Two) will find alternate living arrangements outside the marital home,. Payment for this will be paid by (the joint account) (Partner One) (Partner Two)

\_\_\_\_\_ The couple will alternate moving in and out of the home (especially important to maintain stability for the children in the home.) Payment for the family home will be paid by (the joint account) (Partner One) (Partner Two). Payment for the alternate housing will be paid by (the joint account) (Partner One) (Partner Two)

**VEHICLES: <sup>4</sup>**

Circle those that apply:

Partner One will take responsibility for \_\_\_\_\_ vehicle. Car payments will be paid by (the joint account) (Partner One) (Partner Two).

Partner Two will take responsibility for \_\_\_\_\_ vehicle. Car payments will be paid by (the joint account) (Partner One) (Partner Two).

**OUTSIDE RELATIONSHIPS: <sup>5</sup>**

**The couple agrees as follows:**

- \_\_\_\_\_ Not to date other people
  - \_\_\_\_\_ To remain free from emotional entanglements
  - \_\_\_\_\_ To remain sexually monogamous
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## PERSONAL GROWTH PLANS: <sup>6</sup>

### Partner One:

(Check all that apply. Lines supplied to add more.)

- ☐ Personal Coaching
- ☐ Personal Therapy
- ☐ Group Therapy
- ☐ Men's/Women's Growth and Support Group
- ☐ Mentoring – in this field \_\_\_\_\_
- ☐ Health evaluation/eating or diet plan
- ☐ Exercise regimen
- ☐ Developing a spiritual/meditative practice
- ☐ Self-help books
- ☐ Professional Development
- ☐ Financial/bookkeeping help/tutoring/mentoring
- ☐ Become more socially involved with other people, clubs, church, etc.
- ☐ Develop a social network of important friends
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Partner Two:

(Check all that apply. Lines supplied to add more.)

- ☐ Personal Coaching
- ☐ Personal Therapy
- ☐ Group Therapy
- ☐ Men's/Women's Growth and Support Group
- ☐ Mentoring – in this field \_\_\_\_\_
- ☐ Health evaluation/eating or diet plan
- ☐ Exercise regimen
- ☐ Developing a spiritual practice/church
- ☐ Self-help books
- ☐ Professional Development
- ☐ Financial/bookkeeping help/tutoring/mentoring
- ☐ Become more socially involved with other people, clubs, church, etc.
- ☐ Develop a social network of important friends
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## COMMUNITY: 6

Below is a space for you to list your immediate family and friends and write down your agreements as to who, how, and what you want to tell each one.

### Partner One's Family:

\_\_\_\_\_ (relationship to you, title(s), or name)

Who: \_\_\_\_\_

How: \_\_\_\_\_

What: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (relationship to you, title(s), or name)

Who: \_\_\_\_\_

How: \_\_\_\_\_

What: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (relationship to you, title(s), or name)

Who: \_\_\_\_\_

How: \_\_\_\_\_

What: \_\_\_\_\_

\_\_\_\_\_

### Partner Two's Family:

\_\_\_\_\_ (relationship to you, title(s), or name)

Who: \_\_\_\_\_

How: \_\_\_\_\_

What: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (relationship to you, title(s), or name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (relationship to you, title(s), or name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

**Partner One's Friends:**

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

**Partner Two's Friends:**

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

**Mutual Friends:**

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (name)  
Who: \_\_\_\_\_  
How: \_\_\_\_\_  
What: \_\_\_\_\_  
\_\_\_\_\_



## OTHER AGREEMENTS:

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### PURPOSE OF A HEALING SEPARATION:

(Check all that apply)

Create needed time and space from each other in a clear and structured way to:

\_\_\_\_\_ Provide for personal/spiritual, social, and emotional growth that is limited by the relationship as it is right now.

\_\_\_\_\_ Provide opportunity for both of us to do our separate personal growth work in order to come back to the relationship as more mature, healthy people.

\_\_\_\_\_ Separate and work on our individual issues while we still have hope that things can change.

\_\_\_\_\_ Identify the needs and wants we have for partnership and determine if this relationship can meet those needs.

\_\_\_\_\_ To experience life as a single before actually ending the relationship. Life areas that might be impacted are financial, life as a single parent, our social network (often one person in the relationship has more friends than the other), and sexual abstinence.

\_\_\_\_\_ Have the emotional space to sort out personal issues that may have gotten convoluted, mixed up, and entwined together.

\_\_\_\_\_ To allow the time and space for our own healing and the healing of our relationship.

## **SIGNING THE AGREEMENT**

We have read, discussed, and negotiated the terms of this Agreement and hereby agree to abide by the terms.

\_\_\_\_\_  
Partner One

\_\_\_\_\_  
Partner Two

Date: \_\_\_\_\_

Date: \_\_\_\_\_



## 1Footnotes:

<sup>1</sup> Spending quality time together can be important for a healing separation. Spending time apart can also be important. Only you will know the balance that is needed for your situation. If things are really tense you might want to first design your Healing Separation to include a month or two of no contact and begin to add in time together after that break.

<sup>2</sup> Remember that this is a healing separation for the two of you. For that reason you may want to pay for the expenses out of the joint marital assets. However, if one of you needs the experience of creating financial freedom you may want to let him or her be responsible for finding and paying for the separate housing situation to get the true experience of living on his/her own.

<sup>3</sup> Economically it may not be feasible to live separately but the experience of the healing separation will be diluted if you still live in the same space. To make the best use of this time each of you should live alone in separate housing, not with girlfriends or buddies to appease loneliness. This is not to be seen as party time or a vacation but to have the full experience of living on one's own.

<sup>4</sup> It is best not to change vehicle titles, bank accounts, credit cards (unless there is mis-use) or make other ownership changes during the time of separation. Let the relationship decide its future before making such decisions.

<sup>5</sup> This is one of the most common areas of hurt and confusion during a separation so be very clear about your expectations. Often when relationships are tense and one partner is feeling a drive to escape, the thought of having a different partner is very appealing. Know that if you engage romantically with someone else you are likely driving a stake into the heart of this relationship you are trying to save. Proceed with caution. If you are both ok with outside relationships then note that in your Agreement, just remember the potential consequences of such a decision.

<sup>6</sup> Conflict doesn't mean the relationship should end. It means the relationship is calling for a change by one or both of you. For that reason committing to a personal growth plan is important. The more avenues of growth you can manage the better. Entertaining 4 or 5 of these areas is not unheard of. You can talk about what you are learning and how this is going for each of you when you get together.

<sup>6</sup> Your community will be impacted by any change in your relationship. You may choose not to show up at family events together. You may not feel like sharing what is going on with you as much as you have in the past. One of you may want to tell everyone you know while the other doesn't want anyone to know. It is important to agree on how much you want your various relationships to know and who will be responsible for delivering the message. It may be helpful for the two of you to discuss how much is too much information to share. Where's the boundary?