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DRAW UP A CONTRACT

I had an attorney once say to me: you don't draw up an ante-nuptial contract for now when you're happy, you draw it up for later when you're unhappy with each other and you disagree.

A contract in your relationship works in exactly the same way, and is borrowed from the BDSM concept of a Master/slave contract governing limits and behavior.

The aim of a contract is to set a series of groundrules for the typical areas of conflict and any special areas of concern you may have.

A contract can govern anything that is important to one or both of you, and can be a useful tool for building trust, setting clear boundaries, understanding expectations and building intimacy.

The following areas are areas you may want to consider including in your contract, and cover a lot of the potential pitfalls for many people.

You are always free to add any points that you reach agreement on with your partner however.



GROUND RULES

1. If real life interferes, so be it – you can't get angry because of work or life obligations.
2. The 48-hour rule for breakups.
3. Always state the obvious.
4. No seeing of a specific ex.
5. Always home by a certain time at night.



COMMUNICATION

1. Reply to any communications within two hours, unless it's an emergency situation.
2. Always reply and answer in detail.
3. Remain calm and moderate your voice tone.
4. Access and passwords to each other's phones and devices.
5. Answering each other's phones.
6. Ask about everything – assume nothing.
7. Absolute honesty and no white lies.



SEX & INTIMACY

1. Are you monogamous?
2. What kinds of non-sexual touch do you enjoy?
3. How should sex be initiated?
4. Who should initiate it?
5. How long is too long without sex?
6. How should a red flag be raised?
7. Are there any additional sexual needs like swinging or polyamory?
8. Have you been tested for STDs?
7. What level of PDAs are welcome?



BETRAYAL & CHEATING

1. What is considered cheating?
 - Talking to an ex?
 - Talking to other people online?
 - Looking at porn?
 - Kissing?
 - Actual sex?
2. Is emotional betrayal forgivable?
3. Is sexual betrayal forgivable?



FINANCES

1. Do you share finances?
2. How do you split costs?
3. Who is responsible for paying for dates?
4. Who is responsible for bills?
5. How do you budget?
6. How do you plan ahead?
7. How much can you spend without asking?



LIVING SITUATION

1. Where do you live?
2. Who is aware of your living situation?
3. How do you handle living costs?
4. What is your average daily schedule?
5. How do you divide up chores, laundry and cleaning?
6. At what point do you need a cleaner?
7. How will you manage new assets you acquire?



CONFLICT

1. What is acceptable and not acceptable to say or do during fights?
2. What has to happen before you are officially broken up?
3. What may not happen within a week of a break up or fight?
4. What do you have to do even if you are angry, eg. answer your phone?
5. What can and can't happen in public?



FRIENDS & FAMILY

1. Do you want children?
2. How welcome are parents and siblings?
3. At what point do they become an intrusion?
4. How many days max can they be over in a week?
5. How often can you see friends and under what circumstances?



WORK

1. How many hours is reasonable to spend working each work?
2. How many days off do you take a week?
3. What is the maximum overtime you'll work at home?
4. What is the longest you'll sit without income?



HEALTH & DIET

1. What is the most weight you'd be comfortable with your partner gaining?
2. What are your minimum expectations for appearance?
3. Will you diet or exercise with your lover?
4. How much time is too much to devote to this?



SUBSTANCES & ADDICTIONS

1. Smoking, marijuana, drugs, alcohol – what's acceptable and what not?
2. How much is the maximum to spend?
3. Which addictions are deal breakers?



FUTURE

1. How do you plan for the future?
2. What dreams do you want to follow?



SPIRITUALITY & RELIGION

1. What's out of bounds here?
2. What can be safely discussed?



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
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