

Worksheet: Making Relationship Commitments

Purpose: To create statements of how you commit to speak and act with people of the opposite gender in friendships or relationships

Instructions:

- A) First, pray together for inspiration.
- B) Brainstorm ideas.
- C) When you have generated the list, go back through it together, consult, and choose the items that are most meaningful for you as an individual. Write them below

I am committed to the following behaviors in my friendships and relationships:	
1.	
Examples:	
2.	
Examples:	
3.	
Examples:	
4.	
Examples:	
5.	
Examples:	
6.	
Examples:	
7.	
Examples:	
8.	
Examples:	
9.	
Examples:	
10.	
Examples:	