## **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: