

Table of Contents

LENGTH OF THE SEPARATION -----	2
TIMES FOR RE-EVALUATION -----	2
TIME TOGETHER -----	2
CHILDREN -----	3
FINANCES-----	4
VEHICLES-----	6
OUTSIDE RELATIONSHIPS-----	7
PERSONAL GROWTH PLANS-----	7
COMMUNITY -----	8
OTHER AGREEMENTS-----	12
PURPOSE FOR YOUR HEALING SEPARATION-----	12
SIGNING THE AGREEMENT-----	13
ENDNOTES: -----	14

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 items in this agreement if needed. It's not easy to do on your own. I offer suggestions throughout to help set you up for success. There is some overlap in categories.

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 you agree to re-evaluate this current Agreement.)

TIME TOGETHER¹

Supply time intervals or dates when you will meet together. You can use this time for catching up on each other's lives and extended family, healing and growth practices, offering kindness, kid stuff. It's best to 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 _____

Put an "X" on the line that matches your negotiated agreement:

Our time together will _____ or will not _____ include sex.
Dating/courting behavior is ok _____, not ok _____, expected _____.

CHILDREN²

Supply extracurricular events and who will be responsible for organizing, transportation, etc. There is space for four activities.

Event: _____
Days Partner One is responsible: _____
Days Partner Two is responsible: _____
Partner responsible for payment of activity: _____

Event: _____
Days Partner One is responsible: _____
Days Partner Two is responsible: _____
Partner responsible for payment of activity: _____

Event: _____
Days Partner One is responsible: _____
Days Partner Two is responsible: _____
Partner responsible for payment of activity: _____

Event: _____

Days Partner One is responsible: _____

Days Partner Two is responsible: _____

Partner responsible for payment of activity: _____

Agreed parenting schedule is as follows:

FINANCES ³

Below are 2 options, one for you as individuals and one as a couple. See other sections for vehicle payments and some children expenses. Or write your own.

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

Partner Two will:

- _____ Maintain the joint checking account, jointly
- _____ Maintain the joint checking account as his/her own
- _____ Open a new checking account

We agree:

Joint checking account will be used:

- _____ To pay the mortgage/rent and utilities of the marital home
- _____ To pay the mortgage/rent and utilities of a secondary home
- _____ Pay the medical and dental bills for spouse
- _____ Pay the medical and dental bills for children
- _____ Pay for childcare
- _____ Pay for children's extra curricular activities
- _____ For our personal needs through the course of the separation

Joint account will be funded by:

(Supply amounts, fund by dates, and who contributes into this account)

Individual accounts will be handled as follows:

Separate accounts will be funded as follows. For example, will the higher wage earner fund the account of the lower wage earner or will each contribute equally, etc?)

Partner One agrees that his/her account will be used:

- To pay the mortgage/rent and utilities of the marital home
- To pay the mortgage/rent and utilities of a secondary home
- Pay the medical and dental bills for spouse
- Pay the medical and dental bills for children
- Pay for childcare
- Pay for children's extra curricular activities
- Personal needs of self through the course of the separation
- Personal needs of Partner Two through the course of the separation

Partner One agrees that his/her account will be used:

- To pay the mortgage/rent and utilities of the marital home
- To pay the mortgage/rent and utilities of a secondary home
- Pay the medical and dental bills for spouse
- Pay the medical and dental bills for children
- Pay for childcare
- Pay for children's extra curricular activities
- For our personal needs through the course of the separation

_____ Personal needs of Partner One through the course of the separation

Agreement not to liquidate any major assets and/or bank accounts during the course of this Healing Separation.

_____ Partner One agrees

_____ Partner Two agrees

Other financial agreements:

HOUSING ⁴

Circle those that apply:

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

_____ We will alternate moving in and out of the home in order to provide more stability for the children (known as nesting). 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)

VEHICLES⁵

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 ⁶

The couple agrees as follows:

- Not to date other people
 - To remain free from emotional entanglements
 - To remain sexually monogamous
 - We agree that we can or cannot bring our romantic interests to the family home and/or to the alternate home , if nesting.
-

PERSONAL GROWTH PLANS ⁷

Partner One:

(Check all that apply. Add more in lines supplied if needed.)

- Personal coaching
- Personal therapy
- Group work (including AA, NA, sex/love addition, co-dependency, anger mgt.)
- Men's/Women's growth/support group
- Eating or diet plan
- Exercise regimen
- Developing a spiritual/meditative practice
- Self-help books
- Professional development
- Seek mentoring – in this field _____
- Financial/bookkeeping help/tutoring/mentoring
- Become more socially involved with other people, clubs, church, etc.
- Develop a social network of important friends
- Volunteer work in this area _____

Other:

Partner Two:

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

- Personal coaching
- Personal therapy

- _____ Group work (including AA, NA, sex/love addition, co-dependency, anger mgt.)
- _____ Men's/Women's growth/support group
- _____ Eating or diet plan
- _____ Exercise regimen
- _____ Developing a spiritual/meditative practice
- _____ Self-help books
- _____ Professional development
- _____ Seek mentoring – in this field _____
- _____ Financial/bookkeeping help/tutoring/mentoring
- _____ Become more socially involved with other people, clubs, church, etc.
- _____ Develop a social network of important friends
- _____ Volunteer work in this area _____

Other:

COMMUNITY ⁸

Below, list your immediate family and friends, and write down who, how, and what you agree to tell each one.

Partner One's Family:

_____ (relationship to you, title(s), or name. Ex: Mom, Step-Mom, Sally)

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

PURPOSE FOR YOUR HEALING SEPARATION

(Check all that apply)

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

_____ Create space so we quit hurting each other. So our nervous systems can settle down.

_____ Identify the needs and wants we have for partnership and determine if our relationship can meet those needs.

_____ Experience life as a single before ending the relationship. To see what it would be like financially, socially, relationally and as a single parent, to be on our own.

_____ Have the emotional space to sort out issues that belong to us individually that may have gotten convoluted, mixed up, and entwined together.

_____ See if we miss each other and want to preserve the relationship.

_____ See how our children and community respond to us being apart.

_____ Allow the time and space for our own healing and the healing of our relationship.

_____ Provide opportunity to do our separate personal growth work in order to come back to the relationship as more mature, healthy people.

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: _____

ENDNOTES:

¹ The needs for time spent together and separately can vary greatly between partners. The one who wants the separation may want less time together, and the one who does not want the separation may want more time together. Clarify the expectations from the outset. It can be helpful to have assistance with a conversation if you don't agree.

² Co-parenting, even through a healing separation, is tricky. There are so many variables to consider. This section includes a few things you will need to discuss and there is room to add agreements unique to your family.

³ Remember that this is a healing separation for the two of you. It may make sense to pay the expenses out of the joint marital assets, especially if one partner has been a stay-at-home. 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. This is another difficult conversation that may be best had with a third party.

⁴ 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. Separation time is not party time or a vacation, but to have the full experience of living on your own. Remember why you are doing this.

⁵ Think very carefully about changing vehicle titles, closing or opening bank accounts, charging up or closing credit cards (unless there is mis-use) or making other ownership changes during the time of separation. You might want to let the relationship decide its future before making such decisions. To make changes like this unilaterally (without agreement) can be harmful to your relationship. This is a time to practice integrity.

⁶ 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, and may even seem necessary. Know that engaging romantically with someone else may drive a stake into the heart of the relationship you are trying to save. Proceed with caution. If you are both ok with outside relationships then clarify the parameters in your Agreement, just remember the potential consequences of such a decision. If you can't agree, talk to me. I can help you sort it out.

⁷ Conflict doesn't mean the relationship has to end. It means the relationship is calling for a change by one or both of you, it just isn't asking very resourcefully. 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. Even if you don't get back together, your personal growth work will serve you and others for the rest of your life.

⁸ 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 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 to tell your various relationships 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 is your agreed upon line?