

FAMILY TALK AGREEMENT

I Need to Talk, But...

I've been wanting to share something with you that I am struggling with in my life. This is important to me. I'm unsure of how you might react but I want to be honest and feel safe in telling you what is going on in my life. My hesitation in talking to you comes from the feelings I have about disappointing you or maybe losing your trust or respect.

But I need to talk with you and I promise to be honest and open to your help if you can promise to:

- Not react to what I share with you (but you can respond).
- Try not to judge me for things that don't make sense to you.
- Help me see the good in me and love me for who I really am.

I promise to do my best to:

- Be open
- Be honest
- Be accountable

I understand that you have a right to feel the way you do. That's why I am making steps to honor our relationship and desperately ask for your love, support and understanding through this.

By your commitment you will provide me the framework to have an open, non-threatening discussion with you. And I will commit to you that I will be open, honest and accountable for my choices.

**I commit to you _____ (son/daughter's name)
that I will honor this contract.**

Parent's Signature (Typing your name in is the same as signing)

**I commit to you _____ (Parent's name) that I will
honor this contract.**

Son's/Daughter's Signature (Typing your name in is the same as signing)

Please print this page for you records.