A COPY-AND-PASTE AGREEMENT



I Thought You Were Calling the Plumber

You both remember talking about the leak. Each of you thought the other had offered to call. Before the next loose end slips between you, try making one small agreement out loud.

One text that closes the loop

"I'll call the plumber by noon Friday and text you what they say. If I can't get to it by noon, I'll let you know then so we can choose another plan."

Check that the yes is real

Ask, "Is that something you have room to take on?" Be specific about what counts as done. Making the call and having the leak fixed are two different commitments.

What exactly needs doing, and who is taking it?

When will it happen, and how will the other person hear back?

If the plan slips, who will send an update and when?

Copy this into a text

"I can take care of [task] by [time]. I'll [how I'll update you]. If that changes, I'll let you know by [time]. Does that work for you?"

Once you both agree, the person who took the task can set their own reminder.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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