

RELATIONSHIP DETOX AGREEMENT

In order to free myself of any potential distractions and bring clarity to my life so that I can

- Focus on my soul health
- Improve my ability to discern God's direction for my life
- Guard my heart according to Proverbs 4:23
- Prepare myself for my future mate

I _____, have resolved to enter a relationship detox for the next _____ months.

I understand that a relationship detox means the following:

- I will not date
- I will abstain from hanging out alone with men, even if it is just "as friends"
- I will not initiate casual conversations with the opposite sex through texting, email or phone calls
- I will not lead men on or leave any room for doubt. I will not give any opportunity for a man to think that there is potential for our "friendship" to progress, even if he has not communicated that verbally. I understand so many pursuits are made under the guise of "friendship". Therefore:
 - I will phase out casual conversations that other men pursue with me
 - When men continue to pursue connection even after I've tried to phase out communication, I understand it may be necessary to tell the truth and relay to them the purpose of my failure to respond
 - I will exercise my ability to confront awkward situations by clearly communicating. I will not tell half truths, make excuses or lie about my intentions

Dated _____

Signed _____

Witnessed _____