

BREAK-UP CONTRACT

On this day, _____, _____ (hereafter "Party 1") and _____ (hereafter "Party 2"), both desiring to dissolve their romantic relationship, agree to abide by the following rules and stipulations:

1. To respect and honor requests from the other party regarding distance or dedicated time to grieve. This includes not calling, texting, emailing, or visiting the other person if they have asked to be left alone.
2. To address frustrations and disagreements without malice or anger, and to only address the issues that remain relevant for the relationship going forward.
3. To divide shared property fairly and to be accommodating with the understanding that some items might have more significance and value to one party over the other.
4. To be honest with regards to the expression of emotions, but not to speak harmfully or maliciously about the other party to others, especially mutual friends.
5. To allow both parties to feel their feelings honestly and without shame, without trying to force a change in the other party to accommodate the other's needs.
6. Not to share or disperse the other party's private, personal, and/or sensitive material with others.

Party 1, signature & date

Party 2, signature & date