

The COMMITMENT CODE *Decoded*

A 12-STEP JOURNEY
TO LIFELONG LOVE



RE-LIVE YOUR
LOVE STORY

1

2

REFRAME FAMILY
HISTORY

STRUCTURE FOR
PROACTIVE
PARTNERSHIP

3

4

SPEAK HEART TO
HEART

THE ANCHOR OF
COMMITMENT IS
TRUST

5

6

CLARITY WITHOUT
COMBAT

DAILY ACTS OF
HONOR

7

8

USE VELVET ROPES;
NOT WALLS

FIGHT FAIR AND
RESOLVE FAST

9

10

SHARED LOAD,
SHARED LIFE

KEEP THE
FLAME LIT

11

12

DREAM
TOGETHER



RE-LIVE YOUR LOVE STORY

Reflect on the journey that brought you together; your LOVE STORY.

1

REFRAME FAMILY HISTORY

Explore how upbringing, and family dynamics shape how you love, communicate, and resolve conflict.

2

STRUCTURE FOR PROACTIVE PARTNERSHIP

Learn key ingredients of a thriving relationship. Set rules for communication.

3

SPEAK HEART TO HEART

Learn how to speak affection in ways that resonate with each other.

4

THE ANCHOR OF COMMITMENT IS TRUST

Unpack layers of trust; how it's built, how it can be broken, and how to restore it.

5

CLARITY WITHOUT COMBAT

Master tools for clear, honest, and emotionally attuned communication.

6

DAILY ACTS OF HONOR

Build rituals of connection that affirm your love and foster emotional safety.

7

USE VELVET ROPES; NOT WALLS

Learn to set boundaries with each other, with families, and around shared time.

8

FIGHT FAIR AND RESOLVE FAST

Practice conflict navigation tools that connect you through hard conversations.

9

SHARED LOAD, SHARED LIFE

Break down assumptions about roles, and responsibilities, to build a financial plan.

10

KEEP THE FLAME LIT

Explore the many forms of intimacy and learn how to keep your connection alive.

11

DREAM TOGETHER

Align hopes, map your future, and leave with a living plan for life as partners in love.

12