



Zero Negativity Pledge

I pledge to make my relationships a Zone of Zero Negativity for the next 30 days by omitting words, tones, or body language that could be experienced as a “put-down,” thus rupturing connection with others.

If I experience a rupture, I will immediately send a gentle signal (bing, ouch, wow, oops!) to communicate that I have experienced a “put-down,” and then use the Repair Process to restore Safety and connecting.

SIGNED _____

DATE _____