

Sample Therapeutic Separation Agreement

1. Dedicated Meetings

- a. Saturday dinner: check-in
- b. Friday, Sunday: family dinners (one at home, one at restaurant)

2. Child Care Sharing

- a. Saturday AM: children with nanny. Self-care for both parents
- b. Saturday PM: alternate primary responsibility for 2 older kids/2 younger kids
- c. Split Sundays: H AMs, W PMs
- d. Weekdays: W is on-duty parent
- e. Weekday evenings: H is on-duty parent

3. Romantic Relationships

- a. No romantic relationships with anyone, including each other

4. Communication

- a. Okay to check in daily (~15 minutes) re kids
- b. No substantive conversations except for Saturday check-ins
- c. No texts or emails except in emergencies
- d. Schedule Facetime chats with children when H out of town on business

5. Confidentiality

- a. Don't share fact of therapeutic separation with anyone except:
 - i. Closest couple of friends
 - ii. Parents
 - iii. Nanny

6. Duration

- a. Three months.
 - i. Check in and evaluate on _____, 2020
 - ii. Options at that point are:
 - (1) Decide to work on marriage or divorce
 - (2) Extend separation for another X months
 - (3) Revise separation terms

7. Nature of Physical Separation

- a. H to move into separate bedroom
- b. \$__ agreed budget for fixing up separate bedroom
- c. H may enter marital bedroom to get clothes etc. when W is not at home, or with permission

8. Personal Work During Separation

- a. Both partners commit to working on themselves w/ therapist during separation
- b. No couples counseling during separation

9. Dispute Resolution

- a. Should a dispute arise during separation that cannot wait until after separation:
 - i. Try to resolve ourselves
 - ii. Schedule mediation session

10. Commitment and Trust

- a. Both partners commit to the spirit and letter of this agreement
- b. Both partners agree to trust one another during this separation

11. Non-Disparagement

- a. Neither parent will disparage the other in front of anyone

12. Privacy

- a. Both partners agree to respect the privacy of the other