

A Course in Self Love

The Peace Treaty

Following is a more formal example for you to use as a guide in writing your own peace treaty.

I _____ formally declare a state of peace within myself. This peace applies to all aspects of my being (physical, mental, emotional, relational, financial, and spiritual). All acts of aggression, no matter how large or small, are hereby banned.

I cite the following grievances to be reconciled on an ongoing basis...

- Incessant criticism for mistakes and misjudgments, particularly with respect to _____
- Refusal to listen to my body and other physical responses to stress and fatigue
- Second-guessing and/or ignoring intuitive insights
- All forms of self-punishment, including, but not limited to _____
- Etc.

From this day forward, I commit myself fully to whatever actions, intentions, or activities are needed to keep this peace, no matter what. Additionally, I commit to revisiting and revising this agreement as often as necessary.

Should this peace be broken, I agree that there will be a concise and productive “meeting” in order to determine corrective measures and make any necessary amends. I further agree that this “Meeting” shall be free from any and all blame, shame, judgement, criticism or punishment.

This treaty is hereby agreed to in perpetuity from this day forth.

Signed: _____

Date: _____