

The “No Contact” Contract for Ex’s

I hereby pledge that I will not prolong my anguish by attempting to contacting my ex or to orchestrate any elaborate “accidental” meeting with him or her. My healing has now begun and I will avoid re-opening those wounds like I would avoid a bear trap in the woods. I promise that, by “contacting my ex” I mean every single form of communication from IM, to chat boards, to friends passing messages, to sending smoke signals from yonder mountain. I will not call or write, I will not try to reach him/her through the spirit world, and I will not think about my ex. Okay, I probably will think about my ex... quite a bit in fact. But I promise that this phenomenon will diminish over time.

Signed: (Your Name Here) _____

Dated: (Today’s Date Here) _____