Laura Silverman's 5 Tenets for a Healthy Relationship

I keep thinking about how to boil things down into doable things — and so far I think this:

1)YELLING/SPEAKING IN ANGER IS UNACCEPTABLE. *
You are high-functioning adults and you can do this. And yes, it will still happen — but it will stop and be followed by an apology and space from the situation. PRACTICE THE PAUSE. *This includes arguing via text or email; do not do it.

2) NO GUESSING EACH OTHER'S THOUGHTS OR FEELINGS.
Accept the fact that your partner is a full whole separate person unto themselves, and has a vast inner life that largely has NOTHING TO DO WITH YOU. This is normal and healthy, and it is a fundamental requirement that space for this exists fully within the relationship.

Give the benefit of the doubt and trust your partner to speak up if there's an issue. Allow your partner to experience their own feelings, detach with love and don't make it about you.

3) USE "I" STATEMENTS. As in, "I would like it if" or "I feel as if-" or "I would prefer-". Practice this as much as possible at all times, LIMIT YOURSELVES TO 'I' STATEMENTS DURING CONFLICT.

4) GIVE EACH OTHER THE GRACE YOU WOULD LIKE TO RECEIVE.
Everyone makes mistakes. Apologize promptly like it's a sport and forgive readily.

5) MAKE IT YOUR GOAL TO SPEAK KINDLY AND LOVINGLY TO EACH OTHER AT ALL TIMES.

It's fun, and it feels good, and it makes daily life together a pleasure.

If that's not the goal- then what is? (And that's all for now. My thumb hurts!)