

## Faithfulness Plan©

Remaining faithful to one's spouse takes a plan and daily work. Following a plan will enrich your marriage and increase your ability to stay faithful.

These sheets are a template to assist you in designing your own custom faithfulness plan. Use what applies to you and your marriage and add areas or actions that are important to you. Please pass along your additions to Jim Maxwell at [jmaxwell@myrealmarriage.com](mailto:jmaxwell@myrealmarriage.com) so others may benefit in the future.

### Things to keep in mind

1. Realize that anyone can end up in an affair. The moment you believe it cannot happen to you or to your spouse you are in danger. No one is immune to an affair; however, you can stay faithful by being proactive.
2. Decide that you are going to be faithful to your spouse everyday and that you are going to take active steps to remain faithful.
3. Keep your marriage a priority and put it before everything and everyone else.
4. Take care of your marriage. Give your spouse and yourself positive reasons to be faithful.
5. Invest in your marriage. This is not just the maintenance of number three but actual work on improving your marriage and making deposits in both the love and trust banks of your spouse. You are less likely to be unfaithful to a relationship in which **you** have invested so much.
6. Fill your social network with people who are supportive of marriage in general and your marriage in particular. Make sure to support their marriages as well.
7. Agree on what commitment, fidelity, and exclusivity mean.
8. Know your vulnerabilities.
9. Surround yourself with symbols of your marriage.
10. Meet your spouse's most important needs.
11. Speak your spouse's love language.
12. Maintain an active and enjoyable sex life.
13. Maintain appropriate boundaries in all situations.
14. Be honest always.
15. Recognize that work is a dangerous place when it comes to staying faithful.
16. Do not talk about problems you have with your spouse with someone of the opposite sex.
17. When talking about marriage problems with same sex friends make sure you are looking for ways that you can do the right thing instead of complaining about your spouse.
18. If you are doing something that you feel you need to lie about – STOP! This is a warning from your conscience.
19. Only do things that you are comfortable doing if they are publicly known.
20. Keep old flames from reigniting.
21. If you are attracted to another person tell your spouse and ask him or her to help you understand it and meet those needs in an appropriate way.
22. Avoid temptation. Make a list of do's and don'ts to help you (e.g. DO: Call my spouse everyday; DON'T: Meet with someone of the opposite sex alone behind closed doors.)

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## My Faithfulness Plan

### General

- Don't do anything you would be upset about if your spouse did it
- Don't do anything illegal, immoral, or illicit
- Always be honest and kind to your spouse
- Keep a "we" mindset
- You are a team so you either both succeed or you both fail. Always work for success.
- Constantly invest in your marriage, it pays off

### Vulnerabilities

- I will write down my vulnerabilities and make a specific plan to address those vulnerabilities
- I will update my list of vulnerabilities as I become aware of additional vulnerabilities and make plans to proactively address the new vulnerabilities.
- I will concentrate on **doing** positive things that are the opposite of my vulnerabilities or replaces my vulnerabilities

### Financially

- I will use my (our) financial resources to maintain a healthy, happy, REAL Marriage
- I will not use my (our) finances to do anything that would damage my marriage

### Spiritually

- I will keep in mind my spiritual commitments and be faithful to these commitments
- I will follow my spiritual teachings and especially those regarding marriage
- I will live consistently by my spiritual teachings
- I will remember that my spiritual connections are a resource to encourage my marriage
- I will remember that my spiritual connection with my spouse is one more reason to stay faithful

### Physically

- I will have sex only with my spouse
- I will do my best to be a sexually pleasing spouse
- I will learn to be affectionate without having to be sexual
- I will be affectionate on with those whom I should be affectionate with and in ways that are acceptable to my spouse.
- I will only have physical contact with others that my spouse would approve of
- I will give my spouse the physical attention he or she needs
- I will learn and do things that bring my spouse physical pleasure
- I will stay physically fit. A healthy person enjoys marriage more and is more capable of making good decisions. Physical health affects mental, emotional, spiritual, and financial health.
- I will tell my spouse if I feel physically attracted to another person

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### Emotionally

- I will daily share my emotions with my spouse
- I will not share problems I have with my spouse with a person of the opposite sex
- I will be friends with people who are friends of my marriage
- I will care about my spouse's emotions
- I will care about my children's emotions
- I will not let my children come between me and my spouse. I will care for them and set a good example for them by my love and faithfulness to my spouse. They will eventually move out.

### Mentally

- I will concentrate on the good in my marriage
- I will concentrate on the good in my spouse
- I will maintain an attitude of thankfulness for my spouse
- I will concentrate on finding mutually acceptable solutions instead of ruminating on problems
- When negative thoughts or thoughts of unfaithfulness arise I will immediately concentrate my thinking on the good in my marriage and spouse and the benefits of being faithful. (Protection from being & feeling guilty, protection from disease, satisfaction of remaining faithful, satisfaction of a better marriage, the good example to your children, etc.)
- I will read material and attend seminars to encourage the use of skills I have and learn new skills to make my marriage a REAL Marriage.
- I will continually ask myself if my actions, thoughts, and behaviors are faithful. I will celebrate those that are faithful and stop those that are unfaithful.

### Home

- I recognize that our home is special because it houses our marriage
- I will use my home in ways that will honor our marriage

### Work (Including community or volunteer work and school)

- I recognize that work is a prime place for unfaithfulness to occur
- I will associate with work colleagues who are friends of marriage
- I will avoid work colleagues who do not honor marriage
- I will not meet behind closed doors with a co-worker of the opposite sex alone
- I will not have lunch (breakfast or supper) with a co-worker of the opposite sex alone
- I will not travel with a co-worker of the opposite sex alone
- While traveling I will not visit the room of an opposite sex co-worker or allow an opposite sex co-worker in my room
- I will use down time while traveling to connect with my spouse and family and will make time to connect with my spouse and family each day I am away
- I will limit, as much as possible, my out of town travel

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### Friendships

- I will give my spouse the number one place of priority in my friendships
- I will introduce my friends to my spouse or tell my spouse about friends too distant to meet
- I will only maintain friendships with people who are friends of my marriage
- I will remember that my spouse is my friend yet my friends are not my spouse

### Church (Synagogue or Mosque)

- I will attend church regularly
- I will follow the teachings of my church regarding marriage and relationships
- I will take advantage of marriage enrichment opportunities at my church

### Phones, Computers, and Social Media

- I share all of my accounts and passwords with my spouse.
- I am clear in my use of social media that I am married.
- I do not rekindle old flames using social media.
- I am open in my use of phones, computers, and social media.

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