

Elements (and enemies) of a COVENANT Relationship:

1. **Honor** – Respect in everything such as communication **to** the other person, and **about** the other person. Always positive and uplifting.
2. **Honesty** – Transparency with no pretending, when a negative may arise, we can identify it, talk about it privately and not try to demean the other person publicly.
3. **Value** – I truly understand what you prioritize in life.
4. **Preferential Love** – loving so much that you put their needs above your own.
5. **Self-Awareness** – a mutual understanding of strengths and weaknesses.
6. **Unity** – shared core values, defined and agreed on major issues
7. **Personal space** – allowed to be an individual, have unique characteristics with the minor issues.
8. **Cooperation** – mutually working toward the same goals. Each doing the work that's required.

1. **Disrespect** – lack of courtesy; impolite actions.
2. **Manipulation** – sneaky, underhanded, covert motives to get the upper hand.
3. **Contempt** - not worth considering what's important to the other person.
4. **Selfish Ambition** – obviously putting your own needs ahead of others. Only loving to get something.
5. **Pretense** - attempts to make something that is not the case appear true. Make claims, especially false or ambitious ones.
6. **Codependency** - excessive emotional or psychological reliance on a partner.
7. **Neurotic** - emotionally nervous, instability, irritability, anxiety, self-doubt, depression, and other negative feelings.
8. **Being Played** – betrayed or duped into a hoax where someone is victimized by another.