



Honesty and Responsibility

As the client, I am responsible for:

- Abstaining from chemicals during the process
- Suspending my control issues—I will just follow the directions
- Doing the agreed-upon work in exactly the prescribed way
- Being honest about my daily work and what I am thinking and feeling
- Paying any fee in the amount and at the time agreed
- Ending the relationship if I find I am uncomfortable with
- Protecting my process by not discussing it with others until it is complete

Rules

- I will work daily for 20 to 30 minutes
- I will write by hand, during daylight hours
- I understand that, barring illness or other unexpected events, if I choose not to do the work three days in a row, fail to contact my facilitator as agreed, or fail to pay as agreed, my facilitator will end the relationship

Contact Schedule

I will contact my facilitator as follows:

- Mon. ____ / Tues. ____ / Wed. ____ / Thurs. ____ / Fri. ____ / Sat. ____ / Sun. ____
- Time/s: _____
- Method: phone ____ / email ____ / Skype ____ / text ____
- Contact info:

This schedule may be amended by mutual agreement during the process.

Fee Agreement: _____

I understand and agree, and I'm ready to start working!