

# 10 THE

# Commandments for Relationship Essentials

By Stan Tatkin

THOU SHALT  
*protect the safety and security*  
of thy relationship  
at all costs.

THOU SHALT  
base thy relationship  
*on true mutuality*,  
remembering that *all decisions*  
*and actions must be good*  
for thee AND for thine partner.

THOU SHALT  
*not threaten the existence*  
*of the relationship*, for so doing  
would benefit no one.

THOU SHALT  
appoint thy partner as *go-to person*  
*for all matters*, making certain thy  
partner is *first to know* –  
not second, third, or fourth  
– in all matters of importance.

THOU SHALT  
*provide a tether to thy partner*  
*all the days* and nights of thy life,  
and never fail to greet thy partner  
with good cheer.

THOU SHALT  
*protect thy partner*  
*in public and in private*  
from harmful elements,  
including thyself.

THOU SHALT  
put thy partner to bed *each night*  
and awaken with thy partner  
*each morning*.

THOU SHALT  
*correct all errors, including*  
*injustices and injuries*, at once or  
as soon as possible, and  
not make dispute of who was  
the original perpetrator.

THOU SHALT  
*gaze lovingly upon thy partner daily*  
and make frequent and meaningful  
gestures of *appreciation, admiration,*  
*and gratitude*.

THOU SHALT  
learn thy partner well  
and *master the ways of seduction,*  
*influence, and persuasion*,  
without the use of fear or threat.