



Ten Commandments for
RELATIONSHIP ESSENTIALS
 STAN TATKIN

1. THOU SHALT protect the safety and security of thy relationship at all costs.
2. THOU SHALT base thy relationship on true mutuality, remembering that all decisions and actions must be good for thee AND for thine partner.
3. THOU SHALT not threaten the existence of the relationship, for so doing would benefit no one.
4. 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.
5. 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.
6. THOU SHALT protect thy partner in public and in private from harmful elements, including thyself.
7. THOU SHALT put thy partner to bed each night and awaken with thy partner each morning.
8. 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.
9. THOU SHALT gaze lovingly upon thy partner daily and make frequent and meaningful gestures of appreciation, admiration, and gratitude.
10. THOU SHALT learn thy partner well and master the ways of seduction, influence, and persuasion, without the use of fear or threat.



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STAN TATKIN, PSYD, MFT, is a clinician, researcher, teacher, and developer of the Psychobiological Approach To Couples Therapy® (PACT) which integrates neuroscience, infant attachment, arousal regulation, and therapeutic enactment applied to adult primary attachment relationships. He maintains a practice in Calabasas, California, and runs a bi-weekly clinical study group, and training programs in Los Angeles, San Francisco, Boulder, Seattle and Austin. He also teaches and supervises first through third-year family medicine residents at Kaiser Permanente, Woodland Hills. His latest book is *Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy* with Marion Solomon for Norton's Interpersonal Neurobiology Series. Dr. Tatkin's next book, *Wired for Love: How Understanding Your Partner's Brain Can Help You Defuse Conflicts and Spark Intimacy*, will appear Valentine's Day 2012 through New Harbinger.