Bitch-Buddy Contract

How to Be a Bitch-Buddy

- 1. You must sit and LISTEN. Only give advice and input if they are requested.
- 2. You absolutely cannot use the information outside of the conversation in which it was shared. You cannot share it with other people, and you cannot bring it up with the person at another time.
- 3. The next day, the person who bitched to you will most likely be back to their wonderful, positive self. You cannot bring up the bitch session or information that was shared with you the previous day.
- 4. The bitch-buddy system works best when one person is bitching and one is supporting. The bitch session is not for matching wits, comparing stories, or having a who-had-the-worst-day competition.
- 5. Your bitch-buddy isn't just for bitching. You must also share the news when things are going great.

My Bitch-Buddy Promise

- ✓ YES, I will be your bitch-buddy.
- You can complain, moan, whine, and bitch to me on those days when you need to get mean, nasty, and ugly.
- ✓ I promise not to judge or think less of you, because you need to express yourself.
- ✓ I promise that I will not do anything with the information you share.
- ✓ I promise that I will not repeat it to anyone.
- ✓ I promise that I will not give you advice or feedback unless you ask me to.
- ✓ I promise that I will not hold the information against you later.
- ✓ When you request a bitching session, I promise to hold back my personal complaints and woes for another bitching session at another time.

Signed		



From the book *BE NICE* (OR *ELSE!*), by Winn Claybaugh 1.800.459.4007, www.BeNiceOrElse.com