

# Chapter 20

## Share the Love:

### The Seven Agreements

**W**e will strengthen our connections with each other when we commit to a higher standard of behavior toward one another. These agreements provide suggested principles for ethical and loving behavior. They will hold sway when we choose to adopt them freely, and when our actions inspire others. I hereby invite you to adopt these, and to invite other gay men to adopt them as well.

Share them on your social media and dating profiles. Talk about them with your friends. Let's share the love.

#### **My Seven Agreements**

I choose to do my part to create a stronger, more loving brotherhood of gay men. As such, I commit to:

**Mindful Kindness.** I choose to see the humanity in each gay man I encounter, whether I find him physically attractive or not, and to greet him with kindness.

**Responsibility.** I take full responsibility for my actions and for my part in creating my life experience. In any conflict with another gay man, I seek to understand my own responsibility first.

**Self-Love.** I give myself permission to fall in love with myself and release all aspects of shame. I encourage other gay men to fall in love with themselves.

**Owning My Shadow.** I continually seek to understand my darker motivations and tendencies, and my projections; to manage these; and to take responsibility when I express them.

**Brotherhood.** I belong to a brotherhood of gay men globally. I commit to sustaining the vitality of this brotherhood by contributing positively to it.

**Accountability.** When another gay man manifests bad behavior toward me, I constructively name it and work to resolve the conflict with him. I invite other gay men to do the same with me.

**Forgiveness.** I choose to forgive gay men for how they have hurt me, understanding that it has often come from their own place of wounding. I request forgiveness when I have hurt another gay man.