

I Promise

I promise to give you the best of myself
and to ask of you no more than you can give.

I promise to respect you as your own person
and to realise that your interest, desires and needs
are no less important than my own.

I promise to share with you my time and my attention
and to bring joy, strength and imagination to our relationship.

I promise to keep myself open to you,
to let you see through the windows of my world
into my innermost fears and feelings, secrets and dreams.

I promise to grow along with you,
to be willing to face changes in order to keep
our relationship alive and exciting.

I promise to love you in good times and in bad,
with all I have to give and all I feel inside
in the only way I know how – completely and forever.

Dorothy Colgan