

## Respectful Communication Guidelines

**R** = take RESPONSIBILITY for what you say and feel without blaming others.

**E** = use EMPATHETIC listening.

**S** = be SENSITIVE to differences in communication styles.

**P** = PONDER what you hear and feel before you speak

**E** = EXAMINE your own assumptions and perceptions

**C** = keep CONFIDENTIALITY (Share CONSTRUCTIVELY to uphold the wellbeing of the COMMUNITY)

**T** = TRUST ambiguity because we are NOT here to debate who is right or wrong

From The Bush Was Blazing But Not Consumed by Eric H.F. Law

Chalice Press, 1996.

