

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 style

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

E = EXAMINE your own assumptions and perceptions

C = keep CONFIDENTIALITY

T = TOLERATE ambiguity because we are not here to debate
who is right and who is wrong.

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Group additions: