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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 the work of the group stays within the group.

**T** = TRUST the process-Trust Ambiguity

**F =** we will be FULLY committed to success

**U =** we will be UNCEASINGLY engaged in the process and to each other

**L =** we will LISTEN for inclusion