

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**.

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