***RESPECTFUL COMMUN/CATION***

***GROUND RULES***

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

**E** = Use EMPATHETIC listening to put yourself

in others' shoes

**S** = Be SENSITIVE to differences in communication styles and backgrounds

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

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

**C** = Keep CONFIDENTIALITY so that all feel safe in sharing personal experience

**T** = TRUST the process of dialogue because we are NOT here to debate who is right and who is wrong

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