

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