## **Respectful Communications Guidelines**

R = take Responsibility for what you say and feel with 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

Participants are asked to agree to uphold these guidelines.

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