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

(from The Bush Was Blazing but Not Consumed by Eric H. F. Law)