

Covenant of Right Relations

I WILL STRIVE TO:

- ❖ **Speak for myself, with honesty.**
- ❖ **Listen attentively, interact respectfully, acknowledge other people's views and try to imagine holding their opinions.**
- ❖ **Confirm my understanding of what has been said.**
- ❖ **Remember that people differ in their perceptions, previous experience and communication needs and styles.**
- ❖ **Take responsibility for my words and actions and be aware of how they may affect others.**
- ❖ **Follow through with action on promises and commitments.**
- ❖ **Go directly to a person with whom I disagree and share differences respectfully. If needed, I will use a third party to mediate.**
- ❖ **Stay engaged and be patient with myself, others and the process of change.**
- ❖ **Lighten up, let go of the trivial and be willing to give and take.**