

Safety Ahead

Healthy and Equal Relating

1. Listening to others needs

- a. I listen with my heart, not my mouth
- b. I value what you have to say even though I may not like it
- c. Listen without interrupting or contradicting
- d. I suspend judgment, opinion & advice
- e. I reflect back what I've heard ("So what you're saying is that...")

2. Conveying my needs

- a. acknowledge my feelings and convey my own needs and boundaries:
- b. I acknowledge my feelings to myself first
- c. I can translate feelings into needs and boundaries
- d. I convey my needs and boundaries without the pointy finger

3. Making healthy and equal agreements

- a. We make agreements as equals in this relationship
- b. Broken agreements are not enforceable by one person over another
- c. If agreements are able to be renegotiated, we return to the first step
in healthy and equal relating – proactive listening

Center for Domestic Peace, Home of Marin Abused Women's Services Phone: 415/457-2464 • Fax: 415/457-6457

www.centerfordomesticpeace.org

Women's hotline: 415/924-6760 Spanish Women's hotline 415/924-3456 Men's hotline 415/924-107