Safety Ahead
Healthy and Equal Relating

1. Listening to others’ needs
   • I listen with my heart, not my mouth
   • I value what you have to say, even though I may not like it
   • I listen without interrupting or contradicting
   • I suspend judgment, opinion & advice
   • I reflect back what I’ve heard (“So what you’re saying is that…”)

2. Conveying my needs
   • I acknowledge my feelings to myself first
   • I translate my feelings into my needs and my boundaries
   • I convey my needs and boundaries without the pointy finger

3. Making healthy and equal agreements
   • We make agreements as equals in this relationship
   • Broken agreements are not enforceable by one person over another
   • If agreements are able to be renegotiated, we return to the first step in healthy
     and equal relating – listening to each other’s needs