

# 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

