

### take

### Responsibility

for what you say and feel without blaming others.



#### use

### Empathetic

listening.

# Sensitive to Sensitive to differences in communication styles.

### Ponder

what you hear and feel before you speak.

## Examine your own assumptions and perceptions.

### keep Confidentiality.

Trust ambiguity
because we are not here
to debate who is right or
wrong.

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- 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.