R = take **RESPONSIBILITY** for what you say   
and feel without blaming others

E = use **EMPATHETIG** 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 **CONFIDENTALITY**

T = **TRUST** ambiguity because we are *not* here to   
debate who is right or wrong

**I agree to uphold these guidelines for the time** we **have together.**

from The Bush Was Blazing but Not Consumed by Eric H. F. Law