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