

Ground Rules #1

- I will speak for myself and not for others.
- I will challenge other people's behavior or idea – not their motives or worth.
- I will not blame, label, or threaten others.
- I will send "I messages" rather than "you messages"
- I will propose the changes I want rather than just talk about what I don't like. I will be specific and descriptive
- I will acknowledge my share in creating the conflict of tension
- I will respect and explore differing experiences of the same event.
- I will evaluate suggestion in terms of "cost and benefits" rather than in terms of "good or evil"
- I will not interrupt others. I will care enough to listen before I respond. My response will show that I understand the position of the other before I state my own position.
- I will describe feelings rather than acting them out or trying to disguise them.
- I will share my concerns directly with those who whom I disagree. I will not talk about them "behind their back"
- I will not sabotage the decision we reach together.
- I will seek forgiveness.
- I will offer forgiveness and seek to understand.
- I will be in prayer prior to each gathering.