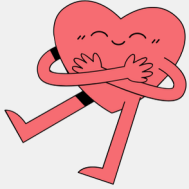


6 AGREEMENTS OF MINDFUL COMMUNICATION



STAY CLOSE TO THE HEART

Speak about what is alive for you in this moment, refraining from long story telling or intellectualizing. Be lean of expression and stay on point. Notice, as you speak, what arises. Are you in touch with what is true and alive, or are you being motivated by the desire to impress or be liked?



SPEAK FROM YOUR OWN PERSPECTIVE

When you want to describe your experience or opinion, use "I" statements, rather than "we" or "they" statements. Speak about what is true for you, not what you think is true for others. Offer advice only on the condition that it has been specifically solicited.



PRACTICE CURIOSITY

Try to be open to new ways of thinking and to other people's experiences and viewpoints, especially when they are challenging or unfamiliar. Seek to understand rather than to convince. Ask for clarification of a challenging statement rather than assuming you understand the reasoning or experience behind it.



HONOR YOUR FEELINGS

Be honest about what you're feeling and try to notice how it may impact how you are thinking and responding to others. Take responsibility for caring for your own feelings. Pause and take a breath before responding when emotions run high or things feel uncomfortable.



OFFER THE BENEFIT OF THE DOUBT

Assume that we are all doing the best we can and we are here with good intentions.



FOCUS ON YOUR IMPACT RATHER THAN INTENT

Focus on the actual impact of your own words and actions, rather than your intent. If your words or actions cause the conversation to become less productive and have less real connection, acknowledge this as an accident, apologize if it seems helpful, and try to start again in another way.