



# Circles of Grace

Respectful & faith based conversations

## **Respectful Communication Guidelines**

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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