Right Relations Guidelines Template

We, on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ East Shore team/committee/task force, agree that we will try to use the deep and spiritual learning we gained from the Right Relations trainings, as well as the inner wisdom we all carry, to guide our approaches and actions as we interact together. We recognize that our immediate emotional reactions will never completely conform to our highest ideals, but we can stop ourselves before we have a negative impact on others, and choose our actions.

1. How will I hold others on my team in my heart and mind?

For example:

I will hold others as wise and caring.

I recognize the worth and dignity of each person.

I will hold others as full of complexity and stories I will never fully know.

I will hold others as full of divine light.

1. How will I hold myself in my heart and mind?

For example:

 I will hold myself as capable of being the best person I can be.

 I will hold myself as wise, curious and open.

 I will hold myself as only one of the perspectives on truth in this room.

 I will hold myself as capable and desirous of seeing more perspectives than my own.

I will hold myself as open to learning the when I feel uncomfortable.

 I will hold myself as possibly wrong!

1. How will I share?

For example:

 I will share honestly but kindly.

 I will speak only from my own experience, not generalizing about others.

 I will share with the knowledge that I could be wrong.

I will share realizing that I could be hurting someone, and be aware of the impact and acknowledge it, and learn from it.

1. How will I listen?

For example:

 I will be deeply curious.

I will listen with both head and heart.

 I will seek to understand before being understood.

 I will listen to hear the other person’s deeper intent, meaning, feelings, and values.

 I will listen to learn something new.

 I will listen to be transformed.

1. How will I deal with frustration and anger?

For example:

 I will slow down and reflect on the source within me.

 I will seek to learn from my reaction.

 I will count to 10 before acting.

 I will breathe deeply and seek calm.

 I will share that I am frustrated, but not blame or visit my frustration on others.

 I will become curious about my own triggers and about others’ interests and values.

I will think carefully about alternative perspectives that could reframe my perspective and reactions.

1. How will I deal with conflict?

For example:

 I will reflect, reframe, and ask open-ended questions, seeking to enable the other person to feel heard, and for me to fully understand.

I will try to think about what the other person’s interests and values are.

I will try to discern my own emotions, interests and values.

 I will try to understand what is at stake for others and for me.

 I will try to seek a common good.

1. How will I be accountable?

For example:

 I will own my part in difficult situations and relationships.

 I will take responsibility for my actions and my mistakes.

I will hold myself accountable for using conflict constructively to support a stronger team, church and relationships.

 I will hold myself accountable to reduce gossip and building of cliques.

I will hold myself for observing, rather than creating truth.

1. How will I use email and social media?

For example:

 I will use my messages for efficient and clear communication.

I will hold receivers of my messages as fully human, and use empathy to try to understand the impact before I send a message.

 I will never use messages to discredit someone.

I will recognize when a relationship or situation has become difficult and messages are likely to be misinterpreted, and continue the communication by phone or in person.

When I interpret a message as hurtful or negative, I will communicate with the sender in person.