

UnitarianUniversalist Auburn Communication Covenant

Guiding Principles for Communication and Discussion

- > Assume Positive Intent
- > Maintain Focus on the Group
 - Give up personal agendas for greater good of the church
 - Be respectful at all times
 - Self-monitor for gossiping and other sabotaging behavior
 - Speak for yourself and your own experiences
 - Consider all ideas and opinions
 - Make sure everyone has an opportunity to speak first before speaking for the second time
 - Discuss issues with people directly; start with the source
- > Maintain Focus on the Task at Hand
 - Be judicious in your expressions
 - Stay with the process and task at hand
- > Active Listening
 - Listen devoutly
 - Focus on what's being said, rather than how you will respond
 - Refrain from side conversations

– Maintain empathy and/or affirmation, no matter the differences