

# Interpersonal Agreements



01/07/99

## **To Communicate With Integrity**

I agree to tell my truth, with compassion for myself and others, and to trust that others are doing the same.

## **To Listen With My Heart**

I agree to listen respectfully to the communications of others and attune to their deepest meaning.

## **To Own My Feelings**

I agree to take responsibility for my feelings and how I react to the words and actions of others. And I agree to express those feelings in a spirit of openness and compassion.

## **To Honor Each Person's Process**

I agree to acknowledge that everyone, including myself, is making the best possible choice or decision we are capable of at that moment.

## **To Express Appreciation**

I agree to appreciate others and myself.

## **To Cooperate with Others**

I agree to maintain a sense of cooperation and caring in my interactions with others.

## **To Honor Our Differences**

I understand that goals are often the same even though methods for achieving them may differ.

## **To Be Aware of Conflict**

I agree to look for the unresolved issues within me that create a disproportionate adverse reaction to another's behavior.

## **To Resolve Conflicts Constructively**

I agree to take problems and complaints to the person(s) with whom I can resolve them, at the earliest opportunity. I agree not to criticize or complain to someone who cannot do something about my complaint, and I will redirect others to do the same. I will not say behind someone's back what I am not willing to say to their face.

**To Maintain Harmony**

I agree to take the time to establish rapport with others and then to reconnect with anyone with whom I feel out of harmony as soon as it is appropriate.

**To Freely Participate**

I agree to freely choose and re-choose to participate in the Heartwood Cohousing Community. It is my choice.

**To Lighten Up!**

I agree to allow fun and joy in my relationships, my work, and my life.

(Note: These Interpersonal Agreements are based in large part on those of Geneva Community.)