

VALUES OF EQUITY AND RESPECT



- 1 If I feel uncomfortable emotionally, I will manage my own discomfort and remain safe and respectful towards you. I believe that your well-being is as important as mine.
- 2 I respect equally people of all races/ethnicities, abilities, age, sexual and gender expression, sexual orientation, etc. I believe that traits culturally associated with the "feminine" (vulnerability, caretaking) are worthy of respect. All interactions with you are made from this premise.
- 3 I believe that I must always promote and embody safety and respect in all my relationships; I accept that your trust in me is based on an expectation of a safe and non-threatening connection.
- 4 I believe that I must act with humility and curiosity if you point out something about me that I think threatens my self-concept.
- 5 I believe that your point of view about my growth is valuable, even and especially when it shows me how little I have changed.
- 6 I believe that I must act with humility and curiosity, rather than hostility and defensiveness, if you point out what I forget or don't know.
- 7 I believe that in a healthy relationship we are answerable to one another within our roles. This applies also in hierarchical power relationships.
- 8 I believe in the importance of honesty and integrity. I value others' time and emotional energy so I will not spend time denying, minimizing or lying about what I said or did. I believe it is my responsibility to share equally in the nurturing of relationship.
- 9 I believe that relationship is meant to benefit and strengthen each person involved, making our lives richer and easier.
- 10 I believe that if our relationship ends, it is my responsibility to maintain my commitment to safety and respect during and after the separation.