

# Relationships

You and I are in a relationship that is important to me, yet we are also separate persons with our own individual values and needs.

So that we can better know and understand what each of us values and needs, let us always be open and honest in our communication.

Whenever I'm prevented from meeting my needs by some action of yours, I will tell you honestly and without blame how I am affected, thus giving you the chance to modify your behavior out of respect for my needs. And I want you to be as open with me when my behavior is unacceptable to you.

And when we experience conflict in our relationship let us agree to resolve each conflict without using power to win at the expense of the other losing.

We will always search for a solution that meets both of our needs.....

Neither will lose, both will win.....

Whenever you are experiencing a problem in your life, I will try to listen with acceptance and understanding in order to help you find your own solutions rather than impose mine.

And I want you to be a listener for me when

I need to find solutions to my problems.

Because ours will be a relationship that allows both of us to become what we are capable of being, we will want to continue relating to each other with mutual concern, caring, and respect.

*Effectiveness Training Incorporated*



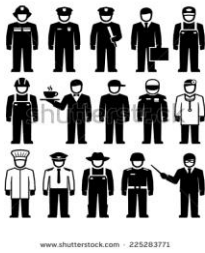
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# My Commitment Card

## Building Better Relationships



With my significant other – I will



With someone at work – I will



With my Lord – I will