

Living Relationally

(aka Full Respect Living)

5 Guiding Principles for a More Connected Life

Be Respectful: We don't make presumptions about another person's experience or reality, as it is different from our own.

Be Responsible: We focus on what's happening inside of us, rather than being locked in complaint about what's triggering to us.

Be Curious: We step out of confusion and indecisiveness by acknowledging that different parts of us want different things and seeking to understand them.

Be Present: We honor the innate wisdom of our heart and body and listen closely to what they have to share.

Be Compassionate: We offer loving-kindness to ourselves to fill our cup so that we may have the capacity to empathize with the suffering of others.