

Youth & Adults

Connecting WITH Compassion

**G u i d i n g
P r a c t i c e s**

Building Strong Relationships in Ventura County

We Create Mutual Trust by

Keeping our word and following through
Respecting the dignity, worth, and uniqueness of one another
Forgiving each other and making no judgments

We Communicate Compassionately by

Remaining still and present and really hearing what the other person has to say
Acknowledging the strengths within each other's "real" selves
Speaking honestly and listening actively without making judgments

We Share Decision-making by

Recognizing each other's expertise and looking to one another first
Valuing each other's viewpoint, input and feedback
Honoring mistakes and not trying to solve each other's problems

