Peaceful Healing Dialogue

(Earn your PHD in Communication)

- Always **R - E - S - P - E - C - T** each other.
- Always **BE TRUTHFUL**, even when it hurts.
- Always include **SELF-REFLECTION** = “Owning my own stuff.”
- Always give the other person **HONEST RIGOROUS FEEDBACK**.
- Offer **SOLUTIONS** on how to make things better.
- Keep each other **INTERCONNECTED** not disconnected.
- Offer the other a chance to **ADDRESS THE ISSUES** that have caused the disconnect.
- **EXTEND A BRIDGE** back to one another.
- Be **ETHICAL, TRANSPARENT, and VULNERABLE**.
- Give each other a way to **SAY “NO”** to any part of the relationship.
- **RENEGOTIATE** or **RESHUFFLE** the old system and “UPDATE THE FILES.”
- Be **KIND** and **COMPASSIONATE** even when both partners do not agree.
- **GENTLY SHARE** with one another that the relationship is not working.
- Both partners must want to work on: **INTERCONNECTION, RECONNECTION**, and **UNITY**, knowing that these could lead to ...
  - Peaceful Healing **Delight** or ...
  - Peaceful Healing **Departure** or possibly even ...
  - Peaceful Healing **Divorce**

“Relationships begin to weaken, then fail when we stop doing the things that it took to get them in the first place.”