



# Peaceful Healing Dialogue

(Earn your **PHD** in communication)

- 🌀 Always **RESPECT** 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 **COMPASIONATE** 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 **H**ealing **D**elight or ...
  - 🌀 Peaceful **H**ealing **D**eparture or possibly even ...
  - 🌀 Peaceful **H**ealing **D**ivorce

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