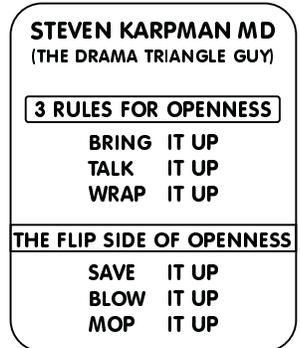
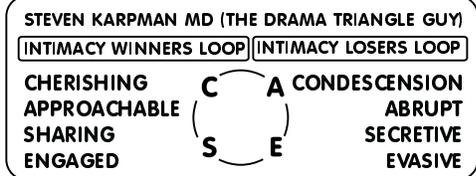


# RELATIONSHIP RULES

1. **HEALTH & SAFETY** - No violence or threats of violence, no out of control behavior  
PERIOD. NO BREAKS - NO EXCEPTIONS PERIOD.
2. **DIGNITY** - No name calling, no shaming, no blaming, no yelling, no screaming, **MAINTAIN RESPECT FOR DIGNITY**, respect others boundaries of person, property, papers, time and space.
3. **AGREEMENTS** - Keep agreements, don't make it if you can't keep it, if you screw up, then re-negotiate in a responsible manner. Accidents happen but if it becomes a habit it is a pattern with a hidden purpose.
4. Parent Policies **MUST** be Fair, Firm, Functional, Flexible, and Fun.
5. Adult Procedures are clear and with clear consequences--Cooperative living is not about reward and punishment--it is about joyful cooperation, support, sharing, and helping each other live and grow in our own uniqueness and pride.
6. Share feelings in a regular way, as an exercise for example, share a mad, sad, glad, scared feeling each with the other. This is not meant to start a fight or an argument but to share our feelings. Some people who have been yelled at or beaten or shamed as children do not have permission to state their feelings and have that be safe--but instead they keep their feelings to themselves because they live in fear of being yelled at or shamed or beaten if they say how they feel or if they think or feel different from the current "authority figure."
7. If you want something--**ASK FOR IT**--don't expect people to read your mind.
8. If you **OFFER** something and they don't take it, don't feel bad, they are making a choice for their own reasons. Learn what is personal  
And what is not personal.
9. Don't whine, don't snivel, don't sulk.
10. Say please and thank you.
11. Learn the skill of doing what you are told to do gracefully and graciously. Learn how to tell the same way.
12. Remember that relationships need regular care, feeding, and tending. Ritual respect is a good place to start.
13. Work on difficult problems when both of you are feeling well and rested. Talk about feelings when you are calm.
14. Regular crisis is not a crisis, it is a dysfunctional life-style. Change!
15. Don't let things build-up to a blow-up, talk regularly, when problems are small.
16. Share with yourself--Share with others.
17. Be patient, wait your turn, ask for what you want.
18. Learn to give direction, take direction, **BE COOPERATIVE**, not competitive.
19. Trust grows from consistent, reliable, loving, productive behaviors.
20. Each partner gives 1/3 control to the relationship. Now all 3 parts have equal power.



Don't burn bridges, you will cross that water again  
 Pick conditions carefully, you can level the playing field.  
 Do say please and thank you often. It works so very well !!  
 Don't make permanent enemies, it makes no sense in the long run.  
 Any relationship has 3 parts -- You - Me - Us -- You must honor all 3 parts



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**