



Personal Disclosure ~ the ability to share who I am – parts of myself without fear of rejection, shame, or embarrassment.

Mutuality ~ the capacity to receive the other. This includes not only the ability but the willingness to hear and accept the other person, be receptive to his/her experience.

A Flexible Sense of Self ~ the capacity to learn more about oneself. While I may have a sense of myself, I am willing to accept feedback and consider other aspects and possibly learn more.

Empathy & Compassion ~ Empathy is to feel or identify with the other's experience. Compassion is to be aware of the other's suffering while seeking to ease it.

Compromise & Sacrifice ~the ability and willingness to discern and honor whose need is most crucial at a given time. This requires balance.