



Project Four

The objective for this week is to begin creating a rulebook to guide you through your conflicts. If you think about any game that we play, from Candyland to professional football, there are rules. They aren't designed to limit the players, but to create an environment that allows everyone to know what to expect. To promote this environment, we feel it is a good idea to create your own set of "rules" to follow so you know what to expect from each other during conflicts.

Think about the areas we have talked about over the past couple of weeks. You will be talking together and deciding on what you will consider your ground rules for conflict. These should be decided upon when you aren't in the middle of resolving an issue. They are to be a guide to give you some agreed-upon boundaries. By discussing and agreeing upon these things in advance, you are giving yourself an advantage when it is time to engage in discussion of important issues.

Answer each of these questions as honestly as you can. This is a living document in the sense that it is to grow and change with you - the caveat being that it can't be changed in the middle of a conflict!

- Where are the best places for us to have honest communication? (Choose one at home and one away from home.)

- What are the best times of day for us to have honest communication? (Think about when you are least distracted. Remember that being hungry, angry, lonely, tired, or uncomfortable all lead to decreased patience levels.)

- What are some concrete things we can do to demonstrate good listening skills to help us understand each other?

- What are some ways we can improve our speaking skills to make ourselves better understood?

