

## **Communication Agreement**

You and I are in a relationship that I value and want to keep. Yet each of us is a separate person with our own unique needs and the right to meet those needs. I will try to be genuinely accepting of your behavior when you are trying to meet your needs, or when you are having problems meeting your needs.

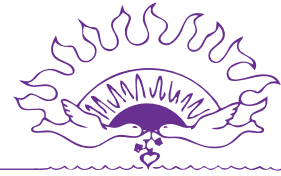
When you share your problems I will try to listen acceptingly and understandingly in a way that will facilitate you finding your own solutions rather than depending on mine. When you are having a problem because my behavior is interfering with you meeting your needs, I will encourage you to tell me openly and honestly how you are feeling. At that time I will listen and then try to modify my behavior, if at all possible.

However, when your behavior interferes with my meeting my own needs, and I start feeling un-accepting of you, I will share my problem with you and tell you as openly and honestly as I can, exactly how I am feeling. I will trust that you also will respect my needs enough to listen and then try to modify your behavior.

At those times when either of us cannot modify our behavior to meet the needs of the other, and find that we have a conflict-of-need in our relationship, let us commit to ourselves to resolve each such conflict without ever resorting to the use of either my power or yours to win at the expense of the other losing. I respect your needs, and I also must respect my own. Consequently, let us strive always to search for solutions to our inevitable conflicts that will be accepting to

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both of us. In this way, your needs will be met and so will mine. No one will lose; both will win.

As a result, you can continue to develop as a person through meeting your needs, and so can I. Our relationship thus can always be a healthy one as it will be mutually satisfying. Each of us can become our BEST selves, and continue to relate to each other with feelings of mutual respect and love, in friendship and in peace.<sup>i</sup>

\*However, dysfunctional behavior and/or abusive behavior will not be acceptable. Please seek professional help.

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<sup>i</sup> Thomas Gordon. Parent Effectiveness Training (PET): The Proven Program for Raising Responsible Children. Three Rivers Press. 1970.