

## **General Heart Talk Heart \* Heart Listening Agreements**

If this feels too long or formal, make your own.

At the very least, read these Heart Talk \* Heart Listening Agreements aloud.

**This is our family—we are in this together.**

1. We agree to support each other in sharing our feelings, knowing that the more we are open and honest, the more authenticity there is in our relationships.
2. We come to this Heart Talk \* Heart Listening to heal, not hurt; to keep an open mind and heart, not to judge or condemn; to be vulnerable and open and willing to reveal our deepest feelings, not to name or blame or be right.
3. We come to this Heart Talk \* Heart Listening because we love each other.
4. We agree to listen intently with all the love, understanding, and kindness that is available to us.
5. We will create a safe and loving environment in which to share.
6. We respect the sensitivity and privacy of that which is shared, and we will never use what is said as a weapon later.
7. We respect the value of our heart talk and will never violate the confidential nature of what is said.
8. We agree to respect each other's opinions/decisions.
9. We may not agree with everything we each do and all that we each believe, but we all deserve to be heard.
10. Our family goal is to experience all the love, happiness, joy, and enthusiasm that this family deserves.

Believe me, after experiencing this process with my own family, as well as thousands of kids and adults, I know it is vital that you follow the agreements.

Of course, feel free to simplify the language for younger kids.