

# UNITARIAN UNIVERSALIST FELLOWSHIP OF LONGVIEW

## BEHAVIORAL COVENANT

### May 16, 2010

THIS COVENANT IS INTENDED TO BE USED INDIVIDUALLY AND BY THE CONGREGATION AS A GUIDE FOR INTERNAL REFLECTION AS WE LIVE IN COMMUNITY WITH EACH OTHER. THEREFORE, WE, THE MEMBERS AND FRIENDS OF THE UNITARIAN UNIVERSALIST FELLOWSHIP OF LONGVIEW, AFFIRM THAT IN OUR INTERACTIONS WITH EACH OTHER:

We will communicate with honesty, respect and genuine positive regard

- By recognizing positive characteristics in others
- By giving and receiving information and opinion with respect and honesty
- By separating our feelings about people from our opinions of their behavior
- By considering others' perspectives
- By respecting each others' privacy
- By assuming goodwill and fair intentions on the part of co-members and friends

We will communicate to preserve our sense of community and belonging

- By supporting the congregation, its mission, and its vision
- By looking for common ground when there are differences of opinion
- By participating actively while reserving the right to pass
- By expecting and accepting unfinished business
- By expressing a spirit of gratitude toward members and friends.

We will communicate with autonomy to preserve our personal and collective integrity

- By speaking from our own experiences
- By practicing forgiveness and finding our own absolution
- By recognizing there is a time to let go of unfinished business
- By maintaining clear boundaries and monitoring our own status within this covenant
- By not holding grudges with those with whom a disagreement exists
- By acknowledging human fallibility and forgiving mistakes

We will communicate to resolve conflict

- By listening attentively, with an open mind and heart
- By addressing the disagreements directly with the specific person(s) involved
- By avoiding hurtful and/or damaging language
- By being open, direct, and honest about hurt feelings and disagreements

(In the event that individuals are unable to resolve conflict with each other within the above guidelines, they will seek assistance from the UUFL board to resolve the issue. If the board becomes involved with such conflict resolution, the involved individuals will accept a fair resolution and respect the process with patience and optimism.)

FURTHER, WE RESOLVE THAT IN OUR INTERACTIONS WITH ONE ANOTHER THERE IS NO ROOM FOR ASSUMPTIONS, JUDGEMENTS, ACCUSATIONS, SIDE CONVERSATIONS, OR TRIANGULATED COMMUNICATION. WE WILL STAY IN RELATIONSHIP, EVEN IN DISAGREEMENT OR CONFLICT, BY FOLLOWING THE GUIDELINES OF THIS BEHAVIORAL COVENANT TO THE BEST OF OUR ABILITY.