

GUIDELINES FOR **MUTUALITY**

“TRY ON”

It is **OKAY** to **DISAGREE**

It is **NOT OKAY** to **BLAME**,
SHAME, or **ATTACK** — **SELF**
or **OTHERS**

PRACTICE “SELF-FOCUS”

**PRACTICE “BOTH/AND”
THINKING**

**NOTICE BOTH
PROCESS and CONTENT**

BE AWARE
of **INTENT** and **IMPACT**

MAINTAIN CONFIDENTIALITY

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These “Guidelines for Mutuality” are intended to facilitate meaningful conversations across differences. Each of us, uniquely created in the image of God, have different gifts and unique life experiences. Together, in the fullness of God’s good creation, we reflect the richness of God’s diversity as we look, react, respond, think, imagine, and act in ways different from one another.

To help us recognize, understand, and appreciate the fullness of God’s diversity, we must strive to provide space for each person to contribute fully from their different God-given gifts. These guidelines help create a space for such deep and meaningful interactions across our differences.

The bishops, canons, and staff of the Episcopal Church in Connecticut (ECCT) use the “Guidelines for Mutuality” in gatherings, meetings, and trainings across ECCT. We invite and encourage you to “try on” these guidelines in your parish, vestry, region, and personal interactions.



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