

# **Seven Guidelines for Effective Communication**

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1. Do not keep score. We are not on opposing sides; we are on the same team.
2. Do not assign blame.
3. Do not lecture. Instead, share your perceptions and feelings.
4. Do not judge the perceptions and feelings of your partner.
5. Always distinguish between behavior and being.
6. Treat your partner with unconditional positive regard.
7. No matter what happens – hang in there. Do not give up.