

# Reflections on Right Relationships

*by Rev. David A. Miller*

1. Am I assuming the good intentions of the other?
2. Am I communicating directly with the person with whom I am having an issue?
3. Am I resolving issues or am I spreading them through gossip, anger and/or frustration?
4. Am I reflecting on what personal wounds, issues and tendencies of mine are contributing to the issue?
5. Am I willing to be an active participant and to work in good faith to clear up issues?
6. Am I projecting on to someone else through my own framework what they are thinking or doing vs. engaging them and asking them to share their thoughts and story?
7. Am I actually trying to live the principles and values of Unitarian Universalism by acting with compassion, respect and a high value of our interdependence?
8. Am I actively listening to what others are saying and not formulating a response or the next comment or question while they are talking?
9. Can I let go of my need to control the situation?
10. Can I graciously leave space for others by letting someone else speak first or by not speaking my mind if the point has been made already?
11. Can I help lift up the life of another or the group in my words and actions?
12. Can I have disagreements with an individual or group, do so in love and respect and continue to stay in community?
13. Can I take into account the importance of the task in relation to the importance of the relationship?
14. Can I reflect on how my attitude and actions contribute to the tone of our community?
15. Am I willing not to have to be right?
16. Am I being the change I wish to see in the world and really acting the way I would like others to act?
17. Am I willing to be changed?
18. And finally, can I remember to ask the question, "What is the most loving thing I can do or say right now?"