

# Values of Equity and Respect

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- If I feel uncomfortable emotionally, I will manage my own discomfort and remain safe and respectful towards you.
- I believe that your well-being is as important as mine.
- I value and respect equally people of all races/ethnicities, abilities, age, sexual and gender expression, sexual orientation, etc. I believe that traits culturally associated with the “feminine” (vulnerability, caretaking) are worthy of respect. All interactions with you are made from this premise.
- I believe that I must always promote and embody safety and respect in all my relationships; I accept that your trust in me is based on an expectation of a safe and non-threatening connection.
- I believe that I must act with humility and curiosity if you point out something about me that I think threatens my self-concept.
- I believe that your point of view about my growth is valuable, even and especially when it shows me how little I have changed.
- I believe that I must act with humility and curiosity, rather than hostility and defensiveness, if you point out what I forget or don't know.
- I believe that in a healthy relationship we are answerable to one another within our roles. This applies also in hierarchical power relationships.
- I believe in the importance of honesty and integrity. I value others' time and emotional energy so I will not spend time denying, minimizing or lying about what I said or did. I believe it is my responsibility to share equally in the nurturing of relationship.
- I believe that relationship is meant to benefit and strengthen each person involved, making our lives richer and easier.
- I believe that if our relationship ends, it is my responsibility to maintain my commitment to safety and respect during and after the separation.

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