



INEFFECTIVE CONFLICT BEHAVIOURS

WE VOW NOT TO USE ANY OF THE FOLLOWING CONFLICT BEHAVIOURS IN OUR CONVERSATIONS:

- 1. KITCHEN-SINKING**
- 2. SELF-SUMMARIZING**
- 3. PRESUMPTIVE ATTRIBUTIONS**
- 4. CROSS-COMPLAINING**
- 5. CLOSED-QUESTIONING**
- 6. PRESCRIPTIONING**
- 7. HIT-AND-RUNNING**

WE ALSO GIVE PERMISSION TO BE HELD ACCOUNTABLE TO THIS VOW, BY ANYONE, AT ANY TIME, WITHOUT REPERCUSSIONS.

SIGNATURES: