

# APENDIX A

## TWELVE RULES FOR MY LIFE –COMMUNICATION RULES FOR PROFESSIONALS

BY JEANEEN BURGESS

1. I will be 100% responsible for myself and to others 100% of the time. For each will have to bear his own load. *Galatians 6:5*
2. I will have fun. Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our Salvation. *Psalms 95:1*
3. I will not ask why. Why is not important (only for learning concepts). Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. *Proverbs 3:5-6*
4. I will stay current with my feelings: Mad - Sad - Glad - Afraid.
5. I will be direct and confront in a loving and gentle manner. Argue your case with your neighbor himself, and do not reveal another's secret.
6. I will tell the undisputable truth. If I cannot do that, I will be honest. Better a little with righteousness than much gain with injustice. *Proverbs 16:8*
7. I will solely do my work and no one else's. When a man's ways are pleasing to the LORD, He makes even his enemies to be at peace with him. *Proverbs 16:7*
8. I choose a Win-Win mentality. I will not support or play the Victim Game. *Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. Ephesians 4:29*
9. I will forgive. For if you forgive other people when they sin against you, your heavenly Father will also forgive you. *Matthew 6:14 Or For I will forgive their wickedness and will remember their sins no more. Jeremiah 31:34;*
10. I will use "I" statements, be specific and use the listening model at all times. I can do all things through him who strengthens me. *Phillipians 4:13*
11. I will maintain the confidentiality rule at all times. Whoever covers an offense seeks love, but he who repeats a matter separates close friends. *Proverbs 17:9*
12. I will remove any blocks keeping me from loving myself and others. If we say we have no sin, we deceive ourselves, and the truth is not in us. *Proverbs 17:9*

