

Twenty-one Principles and Rules *for* **Healthy Living With Others**

- 1. If you care for someone, show it!**
- 2. If someone speaks to you, listen and respond!**
- 3. If you have something to say, be sure you have their attention first!**
- 4. If you want to help someone, be sure to get their permission first!**
- 5. If you cause someone to hurt, apologize for it and mean it!**
- 6. If you are presented someone's anger, receive it gratefully as a trust, i.e., trusting it with you!**
- 7. If you see someone crying – even if only inwardly – touch or hug and love that one!**
- 8. If you want to grow in maturity, seek in all life events the possibilities for growth!**
- 9. If it is yours – a thought, a feeling, a decision, an observation, a commitment, or a personal item, you be responsible for it!**
- 10. If you use it, take care of it!**
- 11. If you sleep on it, make it up!**
- 12. If you wear it, put it where it belongs!**
- 13. If you make a mess, clean it up!**
- 14. If you turn it on, turn it off!**
- 15. If you open it, close it!**
- 16. If you empty it, fill it up or throw it away!**
- 17. If you move it, put it back!**
- 18. If you borrow it, return it!**
- 19. If you break it, repair it!**
- 20. If you can't repair it, find someone who can or replace it!**
- 21. If you don't know how to operate it, leave it alone!**