



## Common Grounds

### 1. Active participation

I recognize that an important task to interact with and for the community; this may also enhance my personal development.

### 2. Growth

I recognize that an important aspect of community life is to engage myself in experiments with courage, spontaneity and humor, thereby learning and growing together with others. I am open to constructive criticism by others and, if helpful, I will offer others constructive feedback.

I realize that I am responsible for my own personal development.

### 3. Integrity

I aim for high standards of personal integrity and authenticity and strive to have my thoughts, words and deeds conform.

### 4. Respect

I endeavor to respect my own boundaries and the boundaries of others.

I do my best to see others as unique beings and to treat them with respect, tolerance, care and patience. I appreciate their diversity.

### 5. Resources

It is important for me to be conscious and to act consciously in my consumer behavior (energy, water, food, consumer goods).

I connect myself with and maintain the place where I live and respect and care for humans, animals and nature.

### 6. Communication

I am willing to listen actively and to communicate directly.

I can only speak for myself and about my own needs.

I try to express myself clearly, honestly, lovingly and considerately.

In public and in private I do not talk about other people in a way that maligns or demeans them.

I am aware that by speaking about others, I may solidify thereby a reality, which may be incorrect.

### 7. Reflection

I am aware that anything I perceive as being outside of myself – criticism, aggravation, or appreciation – may also be a reflection of what is inside of me. I commit to look within myself before projecting on to others.

### 8. Responsibility

I take responsibility for my actions.

### 9. Nonviolence

I will not (consciously) intrude on others with my behavior or needs. I will intervene, if I see that someone is being manipulated, intimidated or abused by another person.

### 10. Solidarity

I see myself as a part of the whole and reflect upon what I can do for the growth and the well-being of the community.

### 11. Cooperation

Openness, transparent communication and solidarity are important to me in cooperation.

I will clearly communicate my intentions and activities that involve other people.

I will consider the opinions of others carefully and respectfully.

I respectfully recognize that the decisions made by others were elaborated with care, integrity, thoroughness and love.

### 12. Conflict resolution

If someone or something annoys me, I will go within to see whether I can develop a constructive and solution-oriented proposal for it.

I will make an effort to resolve personal or material conflicts as rapidly and directly as possible. If necessary, I will ask for assistance from third parties. (Mediation)

### 13. Commitment

I commit myself to fulfill the tasks which I take on. If, at some point this is not possible, it is my responsibility to communicate this immediately and to help finding a new solution.