

UNCONDITIONAL HIGH REGARD

WE STRIVE TO:

Accept each individual as valuable in their own right

Accept each individual unconditionally without judgement

Trust in the ability of each individual to discover their own solutions to their situation

Recognize individual strengths and efforts to change

Focus on the individual, not on the behaviour

Provide feedback and comments that are validating and focus on observable situations rather than judgments

Use language and communication that focuses on strengths

Treat each individual as equal, with dignity, compassion, and mutual respect

~ Adapted from Wellness Recovery Action Plan