

## **FLOW Ethos of Interaction**

The foundation of the FLOW Ethos of Interaction is the FLOW Principles, which include commitments to:

- Human flourishing
- Non-violence, non-coersion, and peaceful, voluntary exchange
- Diversity and radical tolerance

Other principles core to FLOW relationships are:

- Transparency and openness in communications
- Respect and consideration for others
- Truthfulness
- Humility

Some of the derivative principles, in the form of questions we can ask ourselves, to assess the quality of our interactions include:

- Are my speech and actions consciously directed to supporting those I am interacting with to flourish?
- Might I be exposing others to risk and potential harm, and, if so, am I explicit with them about this?
- Are my means and ends consistent, or am I justifying means with prospective ends, and possibly causing harm in the process?
- Am I listening deeply – with my heart – to others and truly hearing their message and intention?
- Am I responsive or reactive, defending a position, or open to learning and co-creating meaning and understanding?
- Am I building trust through authentic communication or building a case and trying to convince, coerce, or manipulate others?
- Do I stand up to my truth, yet acknowledge that it is my truth, and may not be the whole truth or truth to someone else?