Rules for good cooperation

Sammen på vei
Nurse-Family Partnership©

There are several important ground rules for good cooperation in a relationship

1. Listen. What is the other person trying to tell you?
   Be positive, curious and ask questions, to find out what the other person thinks.

2. Try to consider the other person's input without prejudice and try to understand your partner's intentions.

3. Try to capture the emotional content of what the other person is saying.

4. Show a willingness to explore and listen to the other person without interpreting everything through your own perspective.

5. Acceptance. Accept the other person’s invitations, suggestions, thoughts, feelings and needs.

6. This “rule” may be the most important in all relationships – to accept the other person and not shut them off or reject them. Acceptance can also mean accepting an apology if the other person has hurt your feelings. This is an important repair mechanism in a relationship – the willingness to accept each other's outstretched hand after an argument or a rocky patch in the relationship.

7. Be flexible. “You were right and I was wrong.” Be willing to change your plans, your opinion or your attitude. Make an effort to understand the other person and don’t be afraid (or too stubborn) to change your point of view. Be patient and tolerate each other's attempts to change their opinions or attitudes.

- What does good cooperation with your partner look like for you?



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