



Honest, Direct, Respectful

FPA basis its communication culture on being Honest, Direct and Respectful (HDR). As we work together with volunteers, the Board, and staff, this is our blueprint for how we will engage with each other. The basic tenants are that when dealing with others we commit to the following:

Be Honest - Being truthful about your thoughts and feelings

Be Direct – Being truthful in simple and straightforward terms

Be Respectful – Being truthful without blaming, confronting, or trying to control

These agreements are based on the book “Honest, Direct, Respectful – Three Simple Words that will Change your Life,” by Dennis D. Adams. A quick read of 112 pages, we encourage you to explore these agreements further and learn more about how our communication culture works.

Book Overview

No one is born with perfect communication skills. This practical guide offers a rare balance of wisdom and humor; unlike more complicated and theoretical books on **assertion, communication, and conflict resolution**, the principles are easy to apply, and are useful for all ages. Discover the ways in which experiences from the past, such as hurt, anger, and bitterness affect how you communicate today. Incorporate three simple words into your life-honest, direct, respectful-and change the way you communicate.

Author Bio

Dennis D. Adams is a Licensed Marriage and Family Therapist, and is an ombudsman for a major health organization. He is a highly sought-after seminar and workshop speaker. He holds a degree in Communication/Theology from Biola University and earned a Master's Degree, with honors, in Counseling Psychology from Saint Mary's College in Moraga, California.