

## Human Systems Relational Growth Model

**Individual Mindful Growth (IMG)** is the foundation for **Relational Mindful Growth**. The components of **IMG** work together to enable us as individuals to create positive, sustainable change in ourselves while ensuring that our needs are met. [Learn more about IMG](#). Strong **IMG** practices enable us to practice **Relational Mindful Growth**, even if others cannot.

**Unconditional Respect** for others creates a containing space for **Relational Boundaries** and **Empowering Practices**. Unconditional respect means treating other people equally because they are human beings; with the same kindness, care, and respect that we give to ourselves, regardless of their age, social status, or other physical or demographic characteristics. When we treat each other with **Unconditional Respect**, we are grounded in the belief that *everybody is doing the best they can with what they have and what they know* ([HS Operating Principle](#)). It means respecting our own and others' boundaries, making space for inclusion, and being thoughtful about how we communicate *with* and *about* each other.

We use **Relational Boundaries** to protect and maintain our **Principles** ([see the IMG Model](#)), our priorities, and our well-being. Our **Relational Boundaries** are dynamic and determined by our **IMG** practices and the current requirements of our environment. We use respectful communication to inform others of our boundaries and reinforce them when necessary.

When two people treat each other with **Unconditional Respect** while maintaining strong and consistent **Relational Boundaries**, our relationship holds space for **Empowering Practices**, which include transparency, honesty, authenticity, resource sharing, respecting others' autonomy, and creating space for others to learn and grow. **Empowering Practices** require mental and emotional strength, so strong **IMG** practices are required.

