**MEN’S PROGRAM (Grey/Bruce)**

*W E E K L Y R E F L E C T I O N S*

Self Reflection on **SEXUAL RESPECT**

NAME: DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This **SELF** **REFLECTION on SEXUAL RESPECT** is intended to allow you get a better understanding of your thoughts and behaviours towards your partner or ex-partner and women in general; and how you can change these thoughts and behaviours.

Think of a particular event where you treated your partner or another woman with sexual disrespect (any form of unwanted sexual behaviour, degrading words, sexual jokes, sexual put down, non consensual sex, touch etc)

**Please circle the suggestions in each category that reflect your and your partner’s experience, and add your own thoughts to the best of your knowledge.**

**Actions:** I sexually disrespected her; made sexist remarks about her body – called her sexually degrading names - insisted on having sex however and whenever I wanted it - threatened to have an affair - accusing her of having affairs – touched her against her will - made her feel guilty when she said “no” to sex or sexual practices - violated her personal space (i.e. watching during personal routines) - used pornography – didn’t take “no” for an answer - withheld sex - forced her into prostitution; exposed her to sexually transmitted diseases other….

**Intents:** With my actions I wanted her to; do what I wanted - comfort me - give in - act the way I expected her to - act like women in porn movies - submit - other…

**Beliefs:** My actions and Intents were based on my thinking that; all women like to be treated like that - I have the right to treat my wife/girlfriend that way – women are responsible to satisfy men’s needs - women do not mean what they say - other women like it so she should as well - men deserve to get sex whenever / however they want it - women need to loosen up – women ask for it - other…

**Effects on her:** My behaviour had the following effects on her: She felt violated - she felt degraded - she felt raped - she felt depressed - she lost trust in me - she was angry - she was afraid of saying “no” in the future, she didn’t want to be intimate anymore - she cried – isolated herself – she was reminded of past abuse - she called the police – she left me other…

**Effects on me:** Afterwards; I felt satisfied, I felt justified - I felt I got what I deserved - I felt ok - I felt guilty - I felt ashamed - I felt depressed – I asked for forgiveness - I didn’t get what I wanted - I became more isolated - my self esteem went down - I started drinking/use drugs - I felt suicidal - other…

**Effects on our children (family):** They noticed that something is wrong - they worried about their mother – they distrusted me -other…

**Alternative Beliefs:**  In the future I will tell myself; I am responsible for my own sexual needs and satisfaction – She has the right to say “no” and “yes” whenever she wants – because she is my wife / girlfriend doesn’t mean I can touch her against her will – her sexual needs are as important as mine – popular culture and pornography may tell me that women can be used as sex objects but I will treat her as an equal – other…

**Alternative Behaviour:** In the future I will; not tell sexist jokes - stop using sexually degrading language – talk about my needs respectfully – I will talk respectfully with her if I think she has an affair – I will not accuse her of having an affair - take no for an answer - stop viewing women as sex objects – challenge other men when they act sexually disrespectful to women – stop using pornography