Self Reflection on **Non Threatening Behaviour**

What forms of intimidation do you use most frequently?

This *REFLECTION on* ***Non Threatening Behaviour*** allows you get a better understanding of your thoughts and behaviours towards your partner or ex-partner and how you can change yourself.

Think of a *particular situation* where you controlled your partner by using Intimidation*.*

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

**Situation:** Before I intimidated my partner; we argued – I disagreed with her - I was drinking - she was angry with me – she disagreed with me – she was late – she had an affair – I felt she had an affair - other…

**Self Talk:** Before I acted I told myself; she doesn’t care about me - I don’t deserve this - she wants to get me - I need to defend myself - I hate her – she is wrong – she always does this - she needs to learn – She never cares for me…other…

**Feelings:** Before I acted; I felt angry – helpless – hurt – lonely – confused - rejected – abandoned – stuck – other….

**Actions:** I intimidated her, I; yelled at her – accused her – called her degrading names - pushed her – shoved her – hit her - threw something at her – put my hands on her neck – stopped her from leaving – kicked her – threatened to hurt her (hurt myself, kill myself, kill her) – made threatening gestures – made her do things she didn’t want – had sex when she said no – forced her to watch pornography – left her alone – hit walls – threw things – hurt pets – destroyed things …other

**Intents:** With my actions I wanted to; stop her what she was doing or saying - teach her a lesson - intimidate her - change her behaviour - do what I want – her to listen to me - make her afraid - show her who is right – teacher her a lesson - other…

**Beliefs:** My actions and Intents were based on my thinking that; she doesn’t have the right to act the way she does - I have the right to control her - all men behave like that - she deserves it - what is a man to do - that’s the only thing I could do - other…

**Effects on her:** As result; - she had physical injuries - she cried - she got angry - she said she’ll leave me - she left - she got depressed - she became suicidal - she lost trust in me - she called the police - she went for help - she called a friend (family member) - she isolated herself from friends and family – she would not talk to me - other…

**Effects on me:** Afterwards; I felt justified – I got what I wanted – I felt ashamed - I didn’t get what I wanted – I was scared - I felt depressed - my self esteem went down - I felt guilty - I started drinking/use drugs - I felt suicidal – I realized I need to change - other…

**Effects on our children (family):** They were scared - they lost trust in me – they got angry – they got out of control - they acted out - they needed counseling - other…

**Alternative Beliefs:**  In the future I will tell myself; she has the right to disagree with me - I am responsible for my feelings and actions – I can stay cool even when I disagree with her – I will not hurt her - our relationship is more important that the argument - I do not need to win or get what I want – women have the right to assert themselves - other…

**Alternative Behaviour:** In similar situations I will do the following to respect my partner: Think before I act- breathe - use positive self talk - watch my early warning signals - take a time out - talk to a friend / family member/ colleague - use STAR (Stop-Think-Act-Review) – talk to someone at the Men’s Program - other