Self-Reflection on **Non-Threatening Behaviour**

This ***REFLECTION on Negotiation and Fairness***  allows you get a better understanding of your thoughts and behaviours towards your partner or ex-partner, and how you can make personal changes. Think of a ***particular situation*** where you used ***intimidation and threats*** to get what you wanted. ***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 used intimidation and threats; she disagreed with me – she didn’t do what I wanted her to do – I felt cornered by her - she would not talk with me – she said / I thought she was going to leave me - other …

**Self Talk:** Before I acted I told myself; she doesn’t care about me – she wants to hurt me - if she does this then I have the right to hurt her - I can’t allow this - I need to defend myself - I hate her – I need to stop her - other…

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

**Actions:** I used intimidation and threats by; telling her, if she behaves like this I will hurt her – threatening to kill / hurt myself – driving carelessly – breaking things – leaving threatening messages on her phone – threatening her family –calling her frequently - following her – telling her nobody would believe her –threatening to leave her– threatening to kill myself – threatening to take the children, other…

**Intents:** With my actions I wanted to; stop her what she was doing or saying – make her dependent on me – change her behaviour / opinion - do what I want – not listen to certain people – stay with me - show her that I am right - 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 who she talks to – it’s ok for men to behave like that - she deserves it – I show her my love by acting that way - other…

**Effects on her:** As result; 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 went for help - she called a friend (family member) - she isolated herself from friends and family - other…

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

**Effects on our children (family):** They were scared – they were worried about their mother - they lost trust in me – they were confused - 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 can talk with whom she wants to - I respect her choice of friends even when I don’t like them – my jealousy is for me to deal with – I can stay cool even when I disagree with her – she has the same rights that I do - our relationship is more important that the argument - I do not need to win or get what I want - I respect her as a human being no matter what - other…

**Alternative Behaviour:** In similar situations I will do the following to respect my partner: Think before I act- breath - 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) - Use STOP (Slow Down–Talk–Open UP–Be Positive), share my feelings with her – use “I’ statements – treat her as a human being even when I am angry with her - other…

There are some steps we can take to make negotiation easier:

1. Pick a good time (when you have time, everyone is calm, you’re in a space where it’s possible)
2. Be clear about what the issues is. Saying ‘I’m mad’ doesn’t give your partner anything to work with. Say how you feel and explain why but stay focused on the issue rather than blaming.
3. Come with a potential solution and be willing to adjust it. Identifying the problem is the first step but if you have a potential solution it gives you something to talk about.
4. Stay focused. Don’t bring other issues in to distract from the issue at hand.
5. Use a calm voice and body language. Think about how your actions might cause fear. Sitting down can help to lower the energy.
6. Listen to the other person’s verbal and physical communication.
7. Remember that you’re a team and the solution needs to be okay with everyone.
8. Be **H**onest, **O**pen, and **W**illing to find a solution that works