This ***REFLECTION on EMOTIONAL RESPECT*** 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 treated your partner in ways that were disrespectful (emotionally hurtful) without using physical violence (yelling, name calling, threats, put downs, blaming, humiliating, playing mind- games etc.)

***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 acted disrespectfully; We argued -I had stress at work - I was drinking - she was angry with me – she disagreed with me – she was late – other…

**Self-Talk:** Before I acted I told myself; she doesn’t care about me - I don’t deserve this - She is the problem - I can’t allow this - I need to defend myself - I hate her – she is wrong – she always does this other…

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

**Actions:** I hurt her emotionally; called her names - threatened her - monitored her whereabouts – checked her cell phone / computer –called her frequently - put her down – yelled - I broke things - hit walls - threw things, threatened – stalk her -hurt a pet - 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 - 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 - 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 called the police - 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 got what I wanted - I didn’t get what I wanted - I became more isolated - 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 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 respect her opinion – I am responsible for my feelings and actions – I can stay cool even when I disagree with her – she has the same rights that I do - I will not hurt - her, 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 - I will stop the cycle of violence - 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…