**Reflection on Violence**

1. How has violence that you experienced impacted your life?

1. How has violence that you inflicted impacted your life and the lives of those around you?

This ***REFLECTION on Non Violence***  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 hurt your partner or almost hurt her physically*.*

***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 – she cornered me - 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 wants to get me - I need to defend myself - I hate her – she is wrong – she always does this - other…

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

**Actions:** I hurt her physically; pushed her – shoved her – hit her - threw something at her – put my hands on her neck – stopped her from leaving – other

**Instead of hurting her I;** hit walls or things – kicked the pet – threw things – yelled – walked away – 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 had 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 - other…

**Effects on me:** Afterwards; I felt justified – I got what I wanted - 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 - 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 - 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) - other…