This ***REFLECTION on ACCOUNTABILITY***  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 in any way and used Minimization, Denial and Blame.

***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 Minimization, Denial and Blame; I called her names – I hurt her physically – hurt her feelings - did not respect her space – didn’t take NO as an answer – threatened her – isolated her – other……

**Self Talk:** Before I acted I told myself; It was her fault – she always does this – there is no way out – I need to make her stop - other…

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

**Actions:** I minimized, blamed, denied, made light by; telling her it was her fault – if she hadn’t done that I wouldn’t have…. - I hardly touched you – she bruises easily – I only hit the wall – I didn’t mean it – she exaggerated – I only threw something – other men would do the same - other

**Intents:** With my actions I wanted to; shut her up - teach her a lesson – make her feel guilty - change her behaviour - do what I want – get away with what I was doing - make her afraid - defend myself - 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 - she should not say know to sex when we are a couple – it was not a big deal – women are irrational - other…

**Effects on her:** As result; she was confused - 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 I 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; I fess up to my actions - she has the right to disagree with me – even when I believe I am right I don’t have the right to hurt her – 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 – hurting her is always wrong - 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 take responsibility: Apologize – make amends – listen to her – think what I can learn from this situation and make changes – commit to respect my partner’s opinion - share my feelings with her – use “I’ statements – treat her as a human being even when I am disappointed or feel hurt - other…