NONVIOLENCE **NEGOTIATION NON-THREATENING AND FAIRNESS BEHAVIOR** Seeking mutually satisfying Talking and acting so that resolutions to conflict she feels safe Accepting change and comfortable •Being willing to expressing herself compromise and doing things. **ECONOMIC RESPECT** Listening to her **PARTNERSHIP** non-judgmentally Making money decisions Being emotionally affirming together • Making sure both and understanding partners benefit from financial ·Valuing opinions. arrangements. **EQUALITY SEXUAL RESPECT** TRUST AND SUPPORT Considering her needs Supporting her goals in life •Treating her as an equal •Respecting her right to her own partner feelings, friends, activities and •Respecting her right to say opinions. **RESPONSIBLE HONESTY AND PARENTING ACCOUNTABILITY** Accepting responsibility Sharing parental responsibilities for self-Acknowledging past •Being a positive use of violence Admitting non-violent role model being wrong for the children. Communicating openly and truthfully. NONVIOLENCE

CHECK IN

Action:

Intent:

Belief:

NO LOG - NO CREDIT

Topic for this week:

| | Name: |
|------------------------------------|------------|
| | Group Day: |
| | Date: |
| 1. A positive change I am making: | |
| 1. A positive change I am making. | |
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| How I plan to do this: | |
| A. | |
| В. | |
| C. | |
| D. | |
| &. A positive change I am making: | |
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| How I plan to do this: | |
| Α. | |
| В. | |
| C. | |
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| ' . A positive change I am making: | |
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| How I plan to do this | |
| How I plan to do this: A. | |
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| D. | |
| (. A positive change I am making: | |
| (1.74 positive change I am making. | |
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| How I plan to do this: | |
| A. | |
| В. | |
| C. | |
| D. | |