## 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 expressing herself •Being willing to 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** TRUST AND SUPPORT **SEXUAL RESPECT** 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** Sharing parental Accepting responsibility responsibilities for self-Acknowledging past use of violence Admitting •Being a positive non-violent role model being wrong for the children. Communicating openly and truthfully. NONVIOLENCE CHECK IN **ACTION:**

ACTION.

**INTENT:** 

**BELIEF:** 

## **NO LOG - NO CREDIT**

| Topic:                            | Date:               |
|-----------------------------------|---------------------|
| Name:                             | Group: M T W Th F S |
| 1. A positive change I am making: |                     |
|                                   |                     |
|                                   |                     |
| How I plan to do this:            |                     |
| Α.                                |                     |
| В.                                |                     |
| C.                                |                     |
| D.                                |                     |
| 2. A positive change I am making: |                     |
|                                   |                     |
|                                   |                     |
| How I plan to do this:            |                     |
| A.                                |                     |
| В.                                |                     |
| C.                                |                     |
| D.                                |                     |
| 3. A positive change I am making: |                     |
|                                   |                     |
|                                   |                     |
| How I plan to do this:            |                     |
| A.                                |                     |
| В.                                |                     |
| C.                                |                     |
| D.                                |                     |
| 4. A positive change I am making: |                     |
|                                   |                     |
|                                   |                     |
| How I plan to do this:            |                     |
| Α.                                |                     |
| В.                                |                     |
| C.                                |                     |
| D.                                |                     |