

# NONVIOLENCE

## NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

- accepting change
- being willing to compromise

## NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things

## ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from financial arrangements

## RESPECT

Listening to her non-judgmentally • being emotionally affirming and understanding

- valuing opinions

# EQUALITY

## SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together

## TRUST AND SUPPORT

Supporting her goals in life

- respecting her right to her own feelings, friends, activities and opinions

## RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children

## HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong

- communicating openly and truthfully

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