NONVIOLENCE

NEGOTIATION AND FAIRNESS:
Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

COMMUNICATION:
Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

NON-THREATENING BEHAVIOR:
Talking and acting so that she feels safe and comfortable expressing herself and doing things.

SHARED POWER:
Taking mutual responsibility for recognizing influence on the relationship. Making decisions together.

RESPECT:
Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

SELF-CONFIDENCE AND PERSONAL GROWTH:
Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.

TRUST AND SUPPORT:
Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

HONESTY AND ACCOUNTABILITY:

SELF-CONFIDENCE AND PERSONAL GROWTH:
Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.

Produced and distributed by:
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Adapted from:
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