

Living with Aggression

Please answer the following questions. It is not necessary to write out long answers, just notes to remind you of what you will have to say. Fill in the questionnaire if your current or past partner has used any violence or threats or coercion against you. Once you have finished the questions talk it over with your group members.

- Can you describe when and how your partner becomes aggressive or coercive or violent?
- How does your partner explain (justify) his aggression / intimidation or violence?
- Do you think there is any merit to your partner's justification?
- Does your partner fully admit to his aggression and violence or does he minimize how much of it he is using?
- Does your partner ever apologize? How? If not why would you say he doesn't apologize?
- Does your partner yell at you and the kids? Why? Often? What about?
- Do you think your partner may seriously injure you or your children?
- Is your partner's aggression getting worse, staying the same or reducing?
- Describe the time you were most afraid of your partner?
- What do you think would have to change for your partner to not use any more violence?
- Are you afraid of your partner?
- What is it like to disagree with your partner?
- What do you think about the ways your partner disciplines the children?

Relationship Expectations Worksheet

Complete the following chart. You may have several responses for each category.

	<i>My partner should...</i>	<i>My partner would say I should...</i>
When it comes to my family...		
When it comes to money...		
When it comes to spending time with other people...		

	<i>My partner should...</i>	<i>My partner would say I should...</i>
When it comes to housework...		
When it comes to buying groceries, cooking, and doing dishes...		
When it comes to raising our children...		



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