

Part Three

Mirrors of Myself

Mirrors of Myself II

Living with Aggression

Relationship Expectations Worksheet

Mirrors of Myself

Inside the mirror on the left write 10 words or phrases that describe you. Next check the box in front of five of your words or phrases that someone just getting to know you would quickly discover.

In the mirror on the right write down what you think your partner would write about you.

A large oval mirror graphic with a thick, dark border. Inside the mirror, there are ten horizontal lines for writing. To the left of each line is a small square checkbox.

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Mirrors of Myself II

Inside the mirror on the left, write down 10 words or phrases that you would have used to describe yourself during the first month of your relationship.

Inside the mirror on the right, write down 10 words or phrases that your partner would have used to describe you during the first month of your relationship.

A decorative oval mirror frame with a scalloped top and bottom. Inside the mirror, there are ten horizontal lines for writing. Each line is preceded by a small square box, likely for a date or a checkmark.

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Ask yourself the following questions:

- How has his mirror changed over time?
- How have the changes in how he talks about you impacted your sense of who you are?
- Why did his mirror change over time? When? What social conditioning, events or circumstances caused the change? Did you change? How has his perception of you changed you?
- Is the way he talks about you and his use of violence or abusive tactics connected? Please explain.