# Choosing

### Choosing To Stay Non-Violent

Stopping yourself when you feel like hurting a family member. Staying respectful when you have

conflict.

Respecting Other Family Members' Needs

Thinking through how your behavior affects others; being aware of others' needs.

#### Nonthreatening Behavior

Talking and acting so that all family members feel safe and comfortable expressing themselves and doing things.

Being Trustworthy

Developing/accepting guidelines; being reliable and honest.

#### NONVIOLENCE

## Being Accountable to Family

Accepting responsibility for your behavior, admitting being wrong, communicating truthfully.

Respecting Your Home

Valuing your home, respecting other family members' property, problem-solving respectfully when you're having conflict.

# Communicating Respectfully

Expressing your needs and feelings directly and respectfully. Being willing to compromise.

Solving Respectfully

Problem-

Being willing to listen, to value each other's position, and to work towards a compromise.

> Step Up Program, (206) 296-7841 Adapted from the Domestic Abuse Intervention Project