

REFLECTION QUESTIONS

Do I feel I had healthy relationships modeled for me as I grew up?

What made these relationships healthy or unhealthy?

Have I ever been in a relationship that I considered abusive?

Have I ever had someone tell me that they were worried I was in an abusive relationship?

ATTRIBUTES OF A HEALTHY RELATIONSHIP

Respect

Safety

Support

Individuality

Fairness & Equal Partnership

Acceptance

Honesty & Truth

Communication

Laughter

Enjoyment

REFLECTION QUESTIONS REVISITED

Did you have healthy relationships modeled for you as you grew up?

Have you ever been in a relationship where unhealthy behaviors took place?

SELF ESTEEM ASSESSMENT

*Questions are modeled from the Rosenberg Self-Esteem Scale

Instructions:

For each statement below, please indicate how much you agree or disagree with it by selecting one of the following options: "Strongly Agree," "Agree," "Neutral," "Disagree," or "Strongly Disagree."

1. I feel that I am a person of worth, at least on an equal basis with others.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

2. I am able to do things as well as most other people.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

3. I take a positive attitude toward myself.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

4. On the whole, I am satisfied with myself.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

5. I wish I could have more respect for myself.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

6. I certainly feel useless at times.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

Intimate Partner Violence: Recognizing & Responding to Relationship Abuse

7. At times, I think I am no good at all.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
8. I feel confident in my abilities.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
9. I often compare myself unfavorably to others.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
10. I feel that I have a number of good qualities.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree

Scoring the Questionnaire

To interpret the results, assign points to each response as follows:

- **Strongly Agree = 5 points**
- **Agree = 4 points**
- **Neutral = 3 points**
- **Disagree = 2 points**
- **Strongly Disagree = 1 point**

Statements 5, 6, 7, and 9 should be reverse scored:

- **Strongly Agree = 1 point**
- **Agree = 2 points**
- **Neutral = 3 points**
- **Disagree = 4 points**
- **Strongly Disagree = 5 points**

CONTINUED ON PAGE 4

Total Score Interpretation

- **40-50 points: High self-esteem.** You have a strong sense of self-worth and confidence in your abilities.
- **30-39 points: Moderate self-esteem.** You generally feel good about yourself but may have some areas to work on.
- **20-29 points: Low self-esteem.** You may struggle with self-worth and confidence in certain areas.
- **10-19 points: Very low self-esteem.** You likely have significant challenges with self-worth and may benefit from support or counseling to build a more positive self-image.

Conflict Resolution Guidelines: How to Fight Fair!

1. Choose the right time to talk. This should be a peaceful time in a private place.

Where and when will you talk about this?

2. Set your ground rules. These can include:

*Violence is never ok

*No name calling.

*No raised voices.

*No interrupting.

*Each person has the right to call a time out.

What would you add?

3. Practice effective communication. This could mean:

* Actively listening to each other.

* Using "I feel" statements to explain emotions

*Stay on topic and avoid bringing up old arguments or hurts.

*Stay calm.

What would add to this list?

CONTINUED ON NEXT PAGE

4. Stay solution focused. Remember that you are a team and you both want a good outcome. It can help to:

*Brainstorm solutions together.

*Think about the pros and cons of these solutions.

*Practice compromising.

*Avoid personal attacks.

What does finding solutions look like for you?

5. Seek mediation if needed. This could be from a counselor, religious leader, or mentor. Sometimes a third party is needed in order to find a peaceful conclusion to a disagreement.

Where could you go to find mediation?

References:

1. Gershoff, Elizabeth, and Robert Larzelere. "Is Corporal Punishment an Effective Means of Discipline?" Apa.Org, American Psychological Association, 2002, www.apa.org/news/press/releases/2002/06/spanking. Accessed 06 Jan. 2025.
2. "Child Sexual Abuse Facts & Resources." Children's Assessment Center, cachouston.org/prevention/child-sexual-abuse-facts/#:~:text=Children%20who%20live%20with%20two,live%20with%20both%20biological%20parents. Accessed 06 Jan. 2025.
3. "Signs & Symptoms." Child Abuse, Stanford School of Medicine, childabuse.stanford.edu/screening/signs.html. Accessed 06 Jan. 2025.
4. "National Statistics on Child Abuse." National Children's Alliance, 10 Oct. 2024, www.nationalchildrensalliance.org/media-room/national-statistics-on-child-abuse/. Accessed 06 Jan. 2025.
5. Vehling, Sarah. "Why Strangulation in Domestic Violence Is a Huge Red Flag." Naplesshelter.Org, The Shelter for Abused Women and Children, Oct. 2019, naplesshelter.org/strangulation/. Accessed 06 Jan. 2025.