

### **REFLECTION QUESTIONS**

Do I feel I had healthy relationships modeled f	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.
  - o Strongly Agree
  - o Agree
  - o Neutral
  - o Disagree
  - o Strongly Disagree
- 2. I am able to do things as well as most other people.
  - o Strongly Agree
  - o Agree
  - o Neutral
  - o Disagree
  - o Strongly Disagree
- 3. I take a positive attitude toward myself.
  - o Strongly Agree
  - o Agree
  - o Neutral
  - o Disagree
  - Strongly Disagree
- 4. On the whole, I am satisfied with myself.
  - o Strongly Agree
  - o Agree
  - o Neutral
  - o Disagree
  - o Strongly Disagree
- 5. I wish I could have more respect for myself.
  - o Strongly Agree
  - o Agree
  - o Neutral
  - o Disagree
  - o Strongly Disagree
- 6. I certainly feel useless at times.
  - o Strongly Agree
  - o Agree
  - o Neutral
  - o Disagree
  - o Strongly Disagree



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

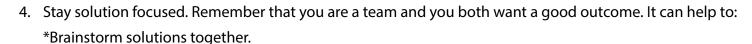
## **Conflict Resolution Guidelines: How to Fight Fair!**

- 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





- \*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%20 live%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.