

**Communicate without  
violence.**

*Awareness Booklet Via  
L'anse.*

## **Learn to know yourself in non-violence.**

### Index

#### 3. What is violence?

- Self-evaluation of violent acts.

#### 5. Why change?

- Self-evaluation of fear of change.
- Self-evaluation of the negative impacts of violence.

#### 8. Break the cycle.

#### 9. What is anger?

- Self-evaluation of the risks of anger against your partner.
- Self-evaluation of the risks of anger against children
- Self-evaluation of other risk factors.

#### 13. Tools

- Thermometer
- Moment of silence

## What is violence?

*If you do not take care of yourself, you are neither happy nor at peace, you cannot make the other happy. You cannot help neither love them. The ability to love someone else depends entirely on the ability to love yourself and take care of yourself.*

Thitch Nhat Hanh

Violence is the opposite of an act of benevolence, of an expression of goodness. Violence is to act against someone in a way that hurts them, in a way to force them to behave against their will without respecting their rights.

### Self-evaluation of violent acts:

	Never	Once	Several times	Often
<b>Throughout my life, I ...</b>				
Have used an aggressive, despising, or arrogant tone of voice				
Expressed my anger or frustration by yelling				
Criticized or admonished someone by belittling them.				
Made menacing gestures				
Systematically blamed others when I felt frustrated or upset.				
Pushed someone out of my way				
Gave orders or made demands				
Voluntarily ignored someone and pouted				
Manipulated or lied to get what I wanted				
Monitored, followed or spied on someone				
Looked through someone's personal belongings				
Made decisions that include someone without their consent.				
Tried to prevent someone from making their own choices or actions				
Kept someone from disposing of their belongings as they saw fit				

Tried to impose my point of view onto others by force				
Imposed sexual acts upon someone				
Slammed doors, hit objects or hit walls				
Praise and encourage violence, or incite others to be violent				
Threw objects				
Drove aggressively				
Expressed racist, homophobic or sexist opinions				
Threatened either verbally or with gestures				
Threatened using an object or a weapon				
Ridiculed, humiliated, or belittled someone				
Pushed or shook someone				
Restrain someone physically				
Hit someone				
Slapped someone				
Held someone by the throat				
Hit someone with an object or weapon				
Restrained someone from leaving				

You will have understood that violence can take many forms, by speech, gestures and even facial expressions and attitude.

The impacts of this violence on the other person can, of course, be physical but they can also be psychological. They can harm many aspects of the person's life (social, financial, sexual, or other.)

# Why should I change?

*Look inside yourself, that is where you will find the source to inexhaustible happiness.*

Marc-Aurele.

It is possible that, to protect one's self-image and try to avoid the consequences of violent behaviours, one minimizes the impact of violence in their life. It is never easy to see one's mistakes or bad habits. It is tempting to see violence as something normal, that is not that bad; or even believe that it is not one's fault and instead put its responsibility on others.

## Self-evaluation of the fear of change.

### **I fear stopping using violence because without it...**

(tick the sentences that applies to you)

- I would lose a way to defend myself when attacked
- I would be less respected.
- I would not know how to assert my rights
- I would become more likely to be betrayed or cheated
- That would make me lose some authority
- Others would be less attentive to me and my needs
- I would not know what to do when I am overwhelmed
- I would not get what I want as easily
- I would receive more blame and criticism

Violence always brings negative repercussions, even when we do not see them right away, either because it creates more violence from others, or because the harm it does leads to mental health problems, and sometimes even traumas, which in turn will affect us, one way or another, or will affect our loved-ones, especially children.

## Self-evaluation of negative impacts of violence.

I am making a point on the consequences of using violence for myself and the others.

### **Negative consequences for myself**

- When I think back of some of my violent acts, I feel ashamed.
- I cannot repair the wrongs created by my violent acts.
- I realise that some people that I love fear me.
- I realise that some people dodge me or lack natural in my presence.
- I realise that violence never settles conflicts in the long term.
- I fear judiciary consequences due to my violent acts.
- I often hold hostile thoughts towards others.
- I lack affection, harmony, and confidence.
- I often fear being reproached things.
- I fear violence in other in retaliation or during conflicts
- Sometimes, I scare myself.

### **Negative consequences for others**

#### *My close ones...*

- Also react with violence.
- Are sad, anxious, or worried.
- Fear/ do not trust me
- Were wounded physically or psychologically
- Are detaching themselves more and more from me
- Do not have the possibility to resolve conflict with me
- Are leaving me or are considering it.
- Fear to leave me alone with their children
- Do not confide in me because they fear my reactions

#### *My children*

- Copy my violent behaviors
- Feel insecurity/anxiety
- Fear me
- Feel shame/ they isolate themselves
- Have long term injuries from the physical wounds I inflicted upon them
- Have health issues, physical or psychological, that could originate from violence: (growth delay, allergies, headaches, stomach aches, sleeping or eating disorders, suicide attempts, low self-esteem, trouble with concentration, difficulty at school etc.)
- Have behavioral issues or social difficulties that could originate from violence: (drug/alcohol abuse, runaways, delinquency, prostitution etc.)

### **Self-evaluation of motivation toward change**

If I ended my violent behaviors, according to me, would there be positive changes? Advantages?

- I would receive more love and affection from my partner.
- My children would feel safer.
- My children would not fear me anymore.
- The ties with my children would be better.
- I would be a better example for my children
- I would be proud of myself
- I would feel at peace with myself
- I would not feel guilty as much
- My partner would feel better
- My romantic relationship would be better
- I would not have trouble with the law

# **Break the Cycle**

*Love is the only thing that doubles every time we share it.*

Albert Schweitzer

To change a behavior is never easy. We grow used to repeat the same acts when submitted to similar situations or emotions.

At the beginning of our romantic relationship, we want to be in harmony with our partner. With time, frustration and dissatisfaction surfaced and we needed to put in place a way to settle the conflicts that happened. Sometimes, the need for harmony is replaced with a need for control, which instead of finding ways to deal with conflict in the respect of both partners, we implanted a way to impose our solutions and needs. Over time, the need for harmony became harder and harder to satisfy, violence created wounds who themselves created mistrust. The desire to control can even grow bigger over time, like if we believe an act even more aggressive could deal with the situation instead of finding new ways to settle the conflict. Violence then became cyclic.

# What is anger?

*What trouble men is not the things, but the judgement they have on those things.*

Epictete, stoician philosopher.

No one acts violently all the time. When we are happy and that everything is going fine there is no room for violence. But life does not hold only good times. We all live frustration, worry, sorrow, exhaustion and we all risk ending up in a situation of conflict with someone else.

The moment where we chose to end violence, we do not only have to work on our impulsivity not to fall in the cycle again, but also to find new ways to deal with frustration and anger. We can succeed by learning new ways that allow self-affirmation and good communication.

Anger is one of the emotions we feel when we feel unsatisfied. It is always directed against what seems to be, wrongly or rightly, the source of said dissatisfaction. Anger itself, does not trigger violence. But, if we chose not to deal with anger in a good way, by being respectful of others, violence might surface back.

## Self-evaluation of risks of anger against my partner

	Never	Sometimes	Often
The risks of anger rises when...			
My partner maintains relationships with people I dislike			
My partner is in a bad mood or angry			
My partner seems to enjoy themselves more with other people than with me			
My partner does not share my opinion on important matter (Having children, move, buy a vehicle etc.)			
I am unsatisfied with my partner's behavior towards children			
I am unsatisfied with my partner's reaction towards their ex, boss, family members or other people.			
My partner does not participate in tasks like I would like to			
I am unsatisfied with my partner's expenses or their financial contribution			
My partner takes decisions that concerns me without asking me beforehand			
My partner is late			
My partner questions living with me			
My partner confides or asks for help in someone I do not trust			
I am unsatisfied with our sexual life			
My partner belittles me			

My partner pushes/hits me			
My partner hurts/hits the children			
My partner threatens me			
My partner consumes drugs or alcohol			
My partner seems distant			

**My partner reproaches me...**

- Our sexuality
- My work
- My role as a parent
- My expenses or my financial contribution
- My hobbies
- My housework
- My friends or family
- My drug or alcohol consumption
- My violent behaviors

**Self-evaluation of risks of anger with the children**

The risk of anger rises with...

- The child is in a bad mood or angry
- The child is loud or agitated
- The child throws a tantrum, screams, throws objects, hits.
- The child does not listen to what I say or disobeys a rule.
- The child is rude to someone
- The child is rude to me
- The child hits, bites, or assaults someone else
- The child hits, bites or assaults me
- The child asks me the same thing repeatedly
- The child does not succeed like I would want to (school, sports, other activities.)

**Self-evaluation of other risks**

The moments when I felt anger happened the most when...

- I was tired, or lacked sleep
- I had problems with work
- I was stressed, preoccupied or in a hurry

- I consumed alcohol
- I had financial problems
- I consumed drugs
- I was hurting physically
- I was already bothered by something else.

## Tools to deal with risk

*This mistreated love that is suffering in its bed instead of sleeping, and who thinks of vengeance, what would be left of its sorrow if it did not think of the past nor the future? This ambitious, bitten to the heart because of failure, where does he find his pain other than a past he brings back to life and in a future he invests in?*

Alain

By knowing the factors that make me angry or impatient, it is easier to control my impulsivity. To be attentive to what I feel and take a small moment of silence to decide on the best way to act to stressful situations is often enough to avoid me a lot of trouble.

### The thermometer:

Imagine a thermometer going from -10 to 10.

Let's say 10 is the happiest you ever were. -1 is a slight frustration and -10 is the worst frustration of your entire life.

- Where am I situated right now?
- Where is it considered the danger zone for me?
- At which degree should I retreat and take a moment to calm myself?

## Time of Pause

When I am tense, irritated, angry: take a deep breath and chose not to assault anyone. Decide to take a time of pause. I tell the other person that I need to be alone and that I will be back in around twenty minutes. I can, for example, take a walk or retreat to a place where I can be alone. A physical activity like walking can help reduce tension. You only need three to four conscious breaths to be in contact with yourself. During this time I can write, or even talk to myself.

Once alone, I observe what is happening in my body: my muscles are tense, my heart beats fast. I stay in contact with my emotions: anger, hatred, fear, sorrow, worry, shame, panic, rage...

I observe my thoughts: they take me back to the way I perceived the event: I am probably only seeing the wrongs of the other person; I judge the other and I think that their behavior is unacceptable. It is not the way I want it to be.

I then look to see which of my needs is unsatisfied. (need for love, calm, rest, warmth, comprehension, trust, security, to be listened to, intimacy, food, shelter... ) "I am angry because I need ..." By Identifying this need I give power back to myself; I stop being the victim of the event and I assume responsibility for what I live.

It is possible that many of my needs are not met and that it is impossible to solve everything quickly. "Which of my needs can I start to meet?" I identify what I could do that is constructive to help meet this need.

Then, I try to find how I can communicate my feelings and needs to the other person; how I could, eventually, ask for something precise without requirements.

I am then ready to resume the conversation when the other will also be available to do so.

If my anger persists through this moment of pause, I can keep thinking (do inform the other that you will need more time.) and possibly talk about it with someone that is not directly in the conflict and who will listen to me with good intentions, without stimulating or feeding my anger, so they can help me find a solution.