Nonviolence

Negotiation and Fairness

Seeking mutually satisfying resolutions to conflict • accepting change • being willing to compromise

Non-Threatening Behavior

Talking and acting so that she feels safe and comfortable expressing herself and doing things

Respect

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions

Economic Partnership

Making money decisions together • making sure both partners benefit from financial arrangements

Equality

Trust and Support

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions

Shared Responsibility

Mutually agreeing on a fair distribution of work • making family decisions together

Responsible Parenting

Sharing parental responsibilities • being a positive, non-violent role model for the children

Honesty and Accountability

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully

Nonviolence

Beyond Power and Control: