NONVIOLENCE

FAIRNESS Seek mutually satisfying resolutions to conflict • Accept change • Be willing to shift priorities ECONOMIC PARTNERSHID & expectations to respect everyone's needs Make Learn & use nonviolent financial communication decisions together • Avoid enti- Recognize healthy tlement, victim thinking, compromise or using money as a tool for Remain off of power & control · Make sure all the Drama benefit from financial arrangements Triangle · Honor & conserve resources that others may rely on • Acknowledge personal issues around money to self & others · Work collaboratively to find solutions

EQUALITY Share parental responsibilities • Be a positive non-violent role model for children · Give kids trust respect, & support • Be honest & accountable • Be willing to learn new skills & parenting styles to meet children's needs • Nurture Agree on self & children (see Nurturing Children an equitable Wheel) · Practice empathy & under distribution of standing before judgment • Remember who is the adult: tasks · Make deci-ARENTING support children sions together to meet before expecting people's needs · Follow support from through on commitments · them Acknowledge your part in conflict & success · Be willing SHARED RESPONSIBILITY to request & offer help • Take responsibility for your

thoughts, feelings &

actions

RESP

RESPECT Listen nonjudgmentally · Be open emotionally, compassionate, considerate & understanding · Value others' right to their own feelings, needs, views & decisions • Allow time & act so others space for others to exeel safe, comfort press feelings & needs able, & free to express Say what you mean themselves • Share your feelings, needs, decisions, & mean what you views in a way that communicates say, don't say respect rather than acting them out or it mean

BEHAVIOR holding back out of fear or spite • Use body language & non-verbal communication that is congruent with compassionate thoughts, words, & actions • When triggered or in danger of triggering, disengage & use the Tools of VA

NONTH

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Talk 8

Actions & behavior express honesty, reliability & accountability · Consistently live off the Drama Triangle • Own & amend negative behavior · Be honest & compassionate when ' SUPPORT you cannot give support • Express genuine care & concern without Rescuing • Sup-

esources

port goals & interests without expect truth • Accept ing payoff • Trust others to ask responsibility for help when they need it, for self • being open to requests

Acknowledge past use Let others decide of violence and drama how to use Neutralize triggers before communicating • Practice emotional self-management,g.nents HONESTY & ACCOUNTABILITY

Tell the

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