

# *freedom*

## WHAT I WANT **MORE** OF

I am free to be me.

I am free to have my own time and space.

I am free to have my own opinions and interests.



# **M****RE**

# *decisions*

## WHAT I WANT **MORE** OF

My partner values my opinion.

My partner supports my decisions.

I'm an equal part of decisions that affect our family.



**M****RE**

# ***communication***



## **WHAT I WANT MORE OF**

My partner listens to me.

My partner speaks respectfully to me.

My partner speaks well of me to others.

**M****RE**

# *sexuality*



## WHAT I WANT **MORE** OF

I feel safe to say no to sex.

My partner respects my gender identity, sexuality and unique body.

My partner wants to share closeness and affection not just sex.

**M****RE**

# *honesty*

## WHAT I WANT **MORE** OF

I can trust my partner.

My partner believes what I say.

My partner respects my views and version of events.



**M****RE**

# *other people*



## **WHAT I WANT MORE OF**

My partner encourages me to learn and grow.

My partner encourages me to spend time with others.

My partner is respectful towards to my family and friends.

**M****RE**

# *safety*



## WHAT I WANT **MORE** OF

My partner values and respects me.

I feel safe with my partner physically and emotionally.

I can be myself, make mistakes or disagree without being scared.

**M****RE**

# *equality*



## WHAT I WANT **MORE** OF

My partner treats me as an equal.

My partner and I share the load fairly.

My partner and I encourage our children to be free of gender stereotypes.

**M****RE**

# *finances*



## WHAT I WANT **MORE** OF

My partner and I share responsibility for the children.

My partner respects my role at home as a valuable contribution.

My partner and I share control of finances and agree on big purchases.

**M****RE**

# *turning points*



## **WHAT I WANT MORE OF**

My partner and I work our way respectfully through changes.

My children and I are safe regardless whether or not my partner and I split up.

My partner supports a fair division of finances and assets regardless of roles.

**M****RE**

# *freedom*



## **WHAT CONCERNS ME**

Does my partner control my use of the car or phone?

Does my partner make it difficult for me to see family and friends?

Does my partner agree to mind the children, then refuse at the last moment?

# **CONCERN**

# *decisions*



## **WHAT CONCERNS ME**

Does my partner often say I'm wrong or stupid?

Does my partner treat me more like a child than an equal?

Does my partner make big decisions without talking to me?

**C****NCERN**

# *communication*



## **WHAT CONCERNS ME**

Does my partner give me the silent treatment?

Does my partner put me or the children down?

Does my partner deliberately say things to hurt me?

**C****NCERN**

# *sexuality*



## **WHAT CONCERNS ME**

Does my partner put their needs above mine?

Does my partner criticise my body or appearance?

Does my partner make it a problem if I say no to sex?

**CONCERN**

# *honesty*



## **WHAT CONCERNS ME**

Does my partner lie?

Is my partner charming in public but different at home?

Does my partner say I'm imagining things, exaggerating or over-reacting?

**C****NCERN**

# *other people*



## **WHAT CONCERNS ME**

Do I find myself defending my partner's behaviour to others?

Does my partner repeatedly ring or text when I'm not with them?

Does my partner make it difficult for me to socialise without them?

**C****NCERN**

# *safety*



## **WHAT CONCERNS ME**

Am I 'walking on eggshells' with my partner?

Does my partner hurt me when they're 'just kidding'?

Do I feel safer with my partner when other people are around?

**CONCERN**

# *equality*



## **WHAT CONCERNS ME**

Does my partner have rigid views about gender or sexuality?

Does my partner think cleaning or caring for children is not 'their job'?

Are my partner's friends disrespectful to me, their own partners, or others?

**CONCERN**

# *finances*



## **WHAT CONCERNS ME**

Does my partner get angry when I talk about money?

Do I know what my partner spends money on and how much?

Does my partner hide income, debts, assets or bank accounts from me?

**C****NCERN**

# *turning points*



## **WHAT CONCERNS ME**

Am I constantly on guard?

Do I wonder how long before my partner gets abusive again?

Does my partner's behaviour get worse at big times like pregnancy or ... ?

**CONCERN**

# *freedom*



## WHAT I WANT **NONE** OF

My partner controls what I and the children do.

My partner controls the money, medication, transport or ...

My partner controls the time I spend with friends and family.

**NONE**

# *decisions*



## WHAT I WANT **NONE** OF

My partner tells me what to do.

My partner becomes angry when I question their decisions.

My partner ignores or undermines my desires and decisions.

**NONE**

# *communication*



## WHAT I WANT **NONE** OF

My partner uses silence to control or hurt me.

My partner uses sarcasm and jokes to put me down.

Yelling, insulting, name-calling, shaming, ridiculing or ...

**N****NE**

# *sexuality*



## WHAT I WANT **NONE** OF

My partner reveals private information or photos.

I have no choice about what happens in our sex life.

Force, blackmail, sexual assault, shaming, rape, coercion or ...

**NONE**

# *honesty*



## WHAT I WANT **NONE** OF

My partner cheats on me.

My partner tells me I'm crazy.

My partner undermines my judgement, confidence or memory.

**NONE**

# *other people*



## WHAT I WANT **NONE** OF

My partner accuses me of cheating.

My partner undermines my relationship with others.

Isolation—being denied access to people, money, transport, phone ...

**NONE**

# *safety*



## WHAT I WANT **NONE** OF

My partner breaks or destroys things.

My partner hurts or threatens me, the children or pets.

Strangling, hitting, pushing, stalking, imprisoning, dangerous driving, or ...

**NONE**

# *equality*



## WHAT I WANT **NONE** OF

My partner puts themselves before me or the children.

My partner uses religion or culture to 'put me in my place'.

My partner believes that gender determines roles and worth.

**N****NE**

# *finances*



## WHAT I WANT **NONE** OF

My partner denies me access to, or controls, the money.

My partner makes me responsible for debt, damages, fines ...

My partner makes me beg for food or other things for the family.

**NONE**

# *turning points*



## WHAT I WANT **NONE** OF

My partner takes it out on me or the children when stressed.

My partner is abusive, promises 'never again', then does it again.

My partner threatens to harm me, the children, pets or themselves if I leave.

**NONE**