

Guidelines for "fair fighting"

1. Argue by mutual consent:

Don't insist on an argument at a time when one of you can't handle this type of strain. An argument demands two ready participants.

2. Stick to the present:

Don't dredge up past mistakes and faults which you can do nothing about.

3. Stick to the subject:

Limit the fight to this subject. Don't throw every other problem into it; take them at a different time.

4. Don't hit below the belt:

In your lives together you discover each other's sensitive areas. Don't throw them at each other.

5. Don't quit - work it out:

Bring the fight to a mutual conclusion. Otherwise, it will just recur again & again.

6. Don't try to win - EVER:

If one wins, the other loses and begins to build resentment about this relationship. That destroys rather than builds a relationship.

7. Respect crying:

It is a valid response to how we feel, but don't let crying sidetrack you. It is a response for men as well as women.

8. No violence:

Physical violence violates all of the above rules for fighting by mutual consent.

Source: NQDVRs MenTER program

Where can I get help?

NQDVRs-MenTER Program

Ph - 4721 2888

Mensline Australia

Ph - 1300 789 978

Lifeline

13 1114

Relationships Australia

Ph - 1300 364 277

Veteran and Veteran's Families Counselling Service

(Must be a veteran of conflict or peacekeeping mission)

Ph - 4723 9155

Defence Community Organisation

Ph - 4771 1539

Parentline

Ph - 1300 301 300

NQDVRs

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program
- ◆ Community education & Training

TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810

Phone: 07 4721 2888 Fax: 07 4721 1794

nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825

Phone: 07 4743 0946 Fax: 07 4743 7999

minqdvrs@nqdvrs.org.au

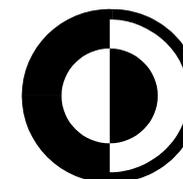
The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

Against Violence #31



The Challenge to Change Information for men who wish to change their violent behaviours



"It hasn't been easy by any means for me. It is a long, hard process with some slips and falls along the way. I have to think about it every day. It's (the abuse) been such a part of your life for so long it doesn't just suddenly go away. You have to think about how and what you are going to do this day to be different and stay different from the past. You have to really change the way you think and what you expect and how you treat other people. But at least I can look back now and say I've come a long way." (Anon -1989)

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Domestic violence can be:

- ◆ **Physical** - hitting, slapping, pushing, punching...
- ◆ **Sexual** - rape, indecent behaviour without consent...
- ◆ **Verbal** - put-downs, name calling, mind games...
- ◆ **Social** - isolation from friends and family...
- ◆ **Emotional** - minimising your behaviour, blaming the victim...
- ◆ **Economic** - taking control of the family income and not allowing access to money

Domestic Violence is a crime

Domestic violence not only includes personal attacks, but can include damage to property, attacks on others and pets.

Domestic violence is an abuse of the basic trust, respect and love we expect to find when we enter into a relationship. Nobody deserves to be beaten or put down. Violence can never be justified.

**Domestic Violence
is about
power and control**

TAKING RESPONSIBILITY

Admitting that someone else could be right or that you are wrong is often difficult therefore, many violent men try to explain the violence they have used as being someone else's fault, such as "she made me do it" or "she deserves everything she gets". Once men are able to take responsibility for their use of violence and do things to stop the behaviour, many more women, children and men will be able to live more peaceful lives.

If you stay as you are and make no effort to change what do you stand to gain - or lose? If you do change your behaviour, what then do you stand to gain - or lose? By taking responsibility for your actions and changing your behaviour, you can gain power and control over your own life. **Ask yourself** -

- ◆ If I decide I won't change, what would I need to do to convince myself that abusive behaviour is okay?
- ◆ Are others more likely to stick around if I stay the same, or if I change?

RESPECTFUL COMMUNICATION AND CONFLICT RESOLUTION

You have the right to say what you want to say, but you cannot do it in an abusive way by using intimidating or harsh language.

In order for communication to be effective, both parties must listen to what the other person is saying, and not try to convince the other of your position.

Good communication requires negotiation and compromise. If somebody has to win the argument, then somebody has to lose it and you've lost good communication. No single issue is as important as your overall goal of remaining non-violent and non-abusive in your relationship.

WORDS WORDS WORDS WORDS

"NO" WORDS	"YES" WORDS
"you never"	"I'm sorry"
"I told you so"	"I need you"
"you always"	"Please help me"
"I don't want to discuss it"	"I did wrong"
"when will you ever learn"	"Thank you, I love you"

When you find yourself becoming angry, you have the option of talking things through or becoming violent.

By communicating with your partner through words, you can discuss how you are feeling, your thoughts and desires.

Good communication requires both negotiation and compromise.

"Men are not naturally violent, but they learn that violence is an appropriate male response to settling disagreements. We can teach our sons and daughters that men and women are equal, that relationships should be respectful, and that violence is not an acceptable way to solve conflicts"

Michael Paymar