# This wheel is taken from the Break4change toolkit



Recognising the needs of others
Thinking through how your attitude, behaviour and language affects others; being aware of other's needs and how you interact.

Being accountable

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Being trustworthy

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Respect

behaviour, taking responsibility for your behaviour; taking steps to make your behaviour right, communicating truthfully.

### Respecting property and household items

Valuing your home; respecting other family members' property, contributing to the care of the home.

### IT and social media

Agreeing with family how to and when to use and share, being aware of the impact of your abuse on others, not looking at Choosing to stay non-violent

Being open and honest when negotiating family agreements, doing what you say you will do; being reliable and honest.

## Communication

Expressing needs and feelings directly, clearly and calmly. Being assertive; being willing to compromise; talking to family members the way you would want to

### Problem solving respectfully

Being willing to listen, to value each other's position and to work towards compromise.

be talked to.