DOMESTIC VIOLENCE ACTION CENTRE

SAFE PEOPLE VS UNSAFE PEOPLE

EMOTIONS & Behaviour

SAFE PERSON

Regulates their emotions & thinks before they react.

UNSAFE PERSON

Chooses not to regulate their emotions & are

DIFFICULT Conversations

SAFE PERSON Has difficult conversations without being offensive or name calling.

UNSAFE PERSON

Gets frustrated, rude & disrespectful when having difficult conversations.

NAVIGATING CONFLICT

SAFE PERSON

Respectfully & calmly navigates conflict.

UNSAFE PERSON

Defensively & aggressively deals with conflict.

impulsive.

CONFLICT

SAFE PERSON

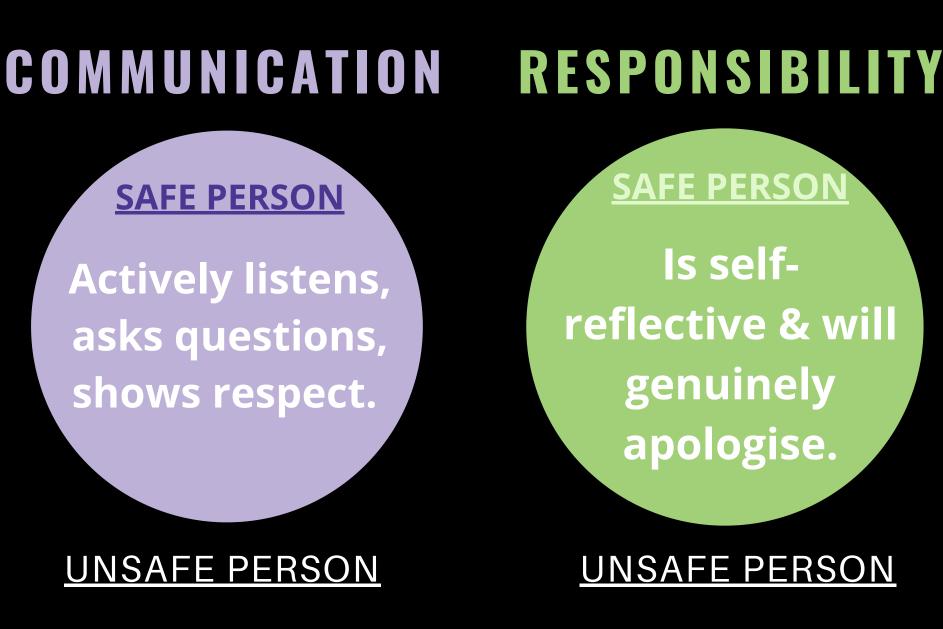
During conflict,

will focus on

the present

moment.

UNSAFE PERSON



During conflict, will be hurtful, brings up the past, keeps score. Doesn't listen, talks over others, is self-centered. Takes no accountability for actions & must always be right.



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