

Welcome to Our Webinar! We Will Be Starting Soon

Webinar Guidelines

- Please mute your microphone
- If you wish to maintain anonymity, please:
 - Change your name to “Anonymous” in the settings
 - Please turn off your camera
- We will have Q & A after the presentation, and will try our best to answer your questions and/or provide resources
- This presentation, plus related resources, and other such webinars will be available on our webpage



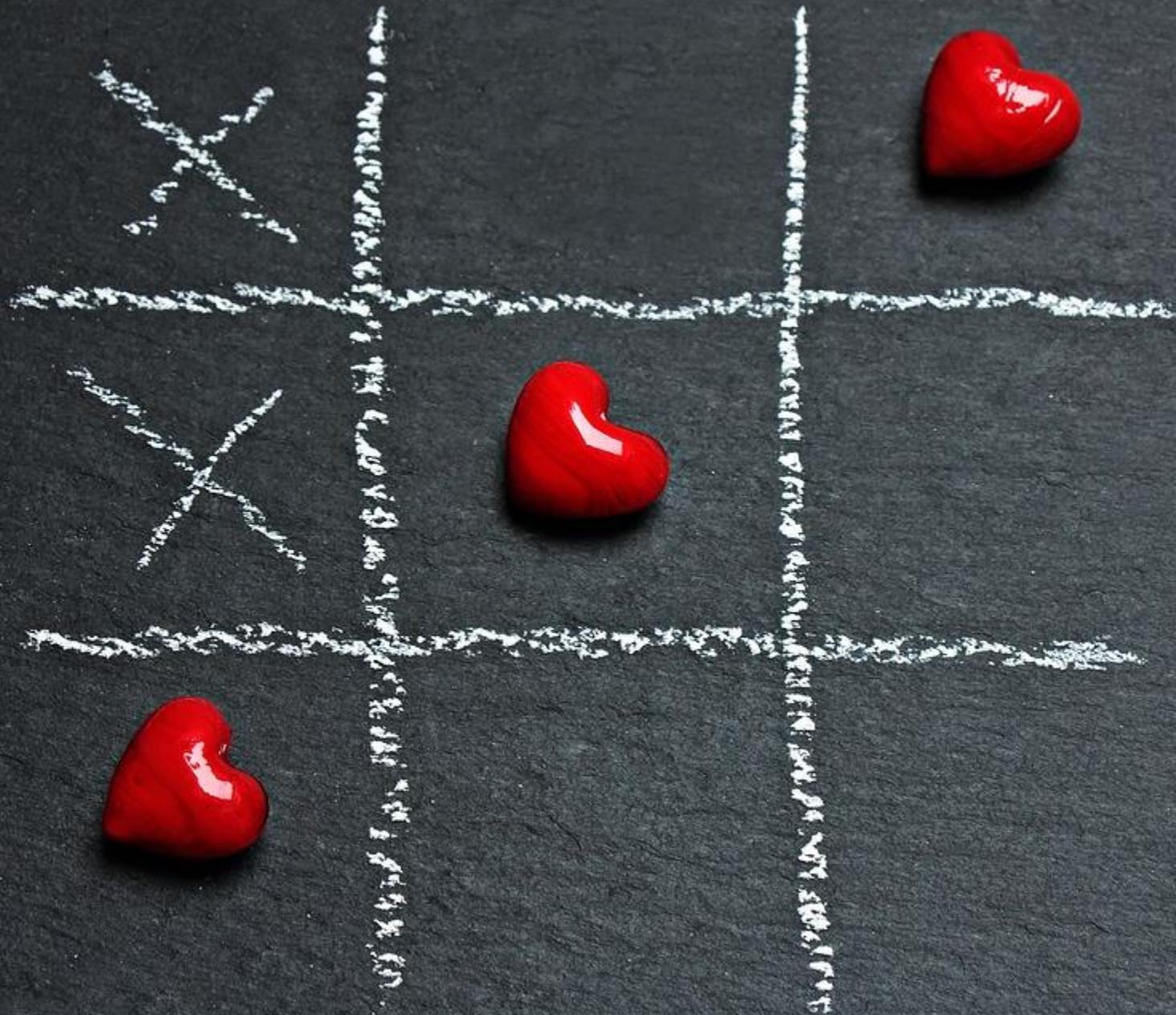


LOVE & CONFLICT

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Domestic Abuse
Prevention Program



“We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.”

~ Brene' Brown

What to Expect

- Connection
- Conflict Styles
- Escalation
- Conflict Management:
 - Non-verbal communication techniques
 - Verbal communication techniques
 - Strategies of De-Escalation

Need for Love, Safety & Connectedness



Autonomy and Interdependence



Love & Connection



Key Questions:

- “Are you there for me?”
- “Do I matter to you?”
- “Will you turn towards me and respond to me?”

~Johnson, S. (2008).

What is your conflict style?

- **Constructive engagement.** The couple focuses on solving the problem, expressing their grievances but also accepting responsibility for their transgressions.
- **Destructive engagement.** These couples know how to push each other's buttons. Do not focus on the problem, they bring up past grievances, and nothing gets resolved.
- **Conflict avoidance.** Partners withdraw at the first sign that a conflict is coming. Sometimes both couples avoid discussing the issue by ignoring it.

The Underlying Cause of Escalation = Feeling Unsafe

- History of abuse, trauma
- Losses
- Environment
- Isolation
- Mental health issues



Feeling Unsafe

- Avoidance
- Cries a lot
- Blaming
- Demanding
- Sad appearance
- Expressionless
- Angry
- Refuses to engage
- Distracted
- Flinches
- Arguing
- Complains

Escalation - An increase in the level of conflict

Escalation includes:

- Anger, Fear
- Hostility
- Tension
- Agitated or violent behavior
- Need for control

DE-ESCALATION - A reduction in the level of conflict

Connectedness can be established through verbal and nonverbal techniques that emphasize managing one's own emotional response to threat while guiding communication.

What are your emotional triggers?

acceptance

be understood

be in control

attention

peacefulness

order

safety

fun

respect

be needed

be right

comfort

balance

predictability

feel included

new challenges

be liked

be valued

be treated fairly

freedom

consistency

love

autonomy

independence

Tuning inward – Self Awareness



How we react in return determines whether the situation escalates, deescalates, or becomes tolerable.

Safety Cues

Awareness

Body language

Positioning

Tone



SAFE PLACE

Deescalate – Bring the temperature down. -REMEMBER TO BREATHE!

- Breathe
- Act Calm
- Maintain Eye contact
- Neutral Facial expression
- Relaxed Body
- Keep gestures to a minimum
- Reassure yourself:
 - Positive self talk
 - Focus on Success
 - Ask for help
 - Stay in safety zone
 - Use natural barriers

An hourglass with brown sand, positioned vertically on the left side of the page. The top bulb is mostly empty, while the bottom bulb is partially filled with sand. The narrow neck in the middle shows a thin stream of sand falling.

Couple Negotiated Time Out

Awareness

Learning to recognize internal cues that anger is escalating.

Staying Within the Safety Zone

Deciding that anger may escalate past the safety zone and a time-out is needed.

Signaling

The initiator signals a time-out using a hand gesture, such as a “T” symbol saying in a calm voice "I am going to take a time-out".

Acknowledging

The other partner acknowledges the time-out.

Disengaging & Cooling Off

Partners physically separate and find calming and soothing activity.

Returning to Repair

Partners reconnect and continue discussion if calm.

Coronavirus **COVID-19**

Important information
relating to domestic
abuse



care understanding emotional
accept
receptive
acceptance
understand
emotions concern
listen



Feeling Safe

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Couples Exercises for Connection

Music Sharing

- Take turns with your partner to choose three songs that are significant for you and explain why. Music is deeply personal and meaningful so it's a good way to express some vulnerability with each other.
- You can also choose songs that remind you of each other or find other categories like "heartbreak".

Game of Truth

- As the title says, this game helps couples work on honesty and connection. All you need to do is ask your partner questions and answer their questions honestly.
- A few starter questions you might like are:
- What is your biggest fear?
- If you could be anywhere else right now, where would it be and why?
- What was your favorite childhood dream?

7-Breath Forehead Connection Exercise

- When things get overwhelming, it's good to do this exercise with your partner to calm down and breathe.
- Face your partner and put your foreheads together, making sure your chins are tilted down so your noses don't collide.
- Take seven slow, deep breaths in sync. If you enjoy the exercises, you can prolong it for 20-30 breaths or a set amount of time.

Five Things... Go!

- This exercise exhibits the power of positive words over your relationship. Simply think of a theme like "what I appreciate in you," or "what I want us to do this month" then list five things within this theme for each other. Don't be afraid to be creative or silly with your partner for this exercise..
- Go back and forth telling each other what you love and appreciate about them with no interruptions. If possible, spend the whole night unplugged and just take the time to bond.

Couples Exercises On Working Through Problems Together

The Good Qualities List- Sometimes, couples need to be reminded of why they love each other.

You and your partner can identify and share at least three responses to the four questions below:

- I appreciate my partner because...
- My partner shows me they care by...
- The memories I cherish the most of our time together include...
- The qualities that first drew me to my partner are...

The Naikan Reflection is a Japanese method of self-reflection that reminds the writer not to take their partner for granted.

- It focuses on the recognition of give-and-take in the relationship. To do the Naikan Reflection, think back on the past 24 hours and reflect on the following questions with your partner in mind:
- What have I received? – List everything you received from your partner over the last 24 hours in terms of support, care, or attention.
- What have I given? – List everything that you have done for your partner over the last 24 hours, even for the most minor things like calling them to say hi.
- What troubles have I caused? – List anything you think which might have hurt or hassled your partner throughout the day.

The Appreciative Inquiry can remind a couple that they are a team with common desires, goals and traits.

- Describe the relationship: Write down the current state of things between you and your partner, as well as the feelings you have towards them.
- Discover: This part is divided into two steps: Celebration and Maintenance.
- Celebration: Recall a shared experience that you want to celebrate. What made it so positive? What qualities did you and your partner bring to that moment?
- Maintenance: Reflect on your and your partner's positive contributions to the relationship. What do you each bring to the relationship that keeps its development healthy? What makes your contributions work?
- Dream: Envision your perfect future together and describe the dreams you both have for the relationship.
- Design: Plan out the concrete steps you could take so you both work towards your dream future.
- Destiny: Use this space to lay out your respective intentions and put your commitment in writing. Include the reasons for any commitment you write down and keep your rationale meaningful.

Domestic Abuse Prevention Program



**Domestic Abuse
Prevention Program**

- Specialized and confidential counseling and case management services to prevent the escalation of domestic abuse
- Emphasis on early intervention and assistance for individuals who may already be impacted by an abusive relationship
- Prompt referrals to specialized services to assure safety and security
- Coordinated access to the Bank Group's and IMF's information (e.g., HR) relevant to individual situations; and to other internal resources as necessary (e.g., Staff Association, Internal Justice System, Health Services, Security)
- Ongoing, relevant, and prevention-oriented educational outreach via seminars, printed materials, and internet resources

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