

Activity

#03

Positive and negative acts: constructive or destructive behaviours

This activity will help you to identify the positive and negative elements in your relationship.

In every relationship, both partners will act in ways that can be positive (or constructive) for their family and also in ways that are negative (or destructive). During this activity you will think through the moments when you act in these ways – both as an individual and as a partnership.

How to use this tool

1

Cut out the behaviour cards and decide whether they fall within positive or negative behaviours – place them in two piles [positive and negative]

2

Think about whether you recognise the behaviour in yourself, in your partner and in your relationship

3

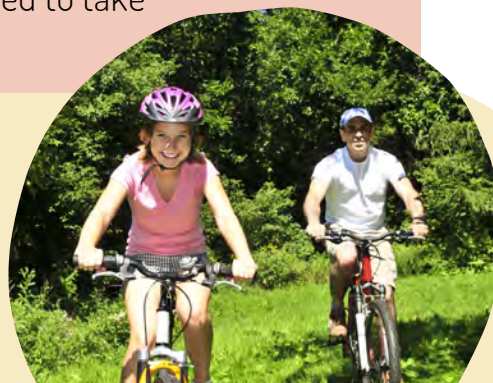
Share your responses with your partner – and ask them to share their responses with you.

4

Look at the areas where you agree and the areas where you disagree.

5

Use this knowledge to consider what actions you need to take – both individually and jointly.



Cut out the cards

Being respectful

Treating the other person the way you would like to be treated

Acting with control

Trying to control the other person

Scoring points

Always wanting to 'win' discussions and arguments.

Using "I" messages

Owning your own feelings - not blaming someone else

Building trust

Saying what you mean and meaning what you say

Talking critically

Being critical of the other person directly to them or someone else

Searching for problems

Asking questions to uncover what might be hidden

Taking turns

Sharing equal access and proactively sharing things

Bringing it up

Continuing to use historic events, actions or comments

Being the loudest

Shouting and screaming over the other person to be heard

The cold iron

Taking time out when things get heated

The big stuff

Focusing on the bigger issues and letting the small things slide

Learning

Thinking about what you can do differently in the future

Reaching out

Saying sorry or making a peace offering

Keeping it hidden

Maintaining secrets and hiding feelings, thoughts and worries

Positive acts

Put the positive cards here

Negative acts

Put the negative cards here

List any positive acts that you recognise in your relationship

List any negative acts that you recognise in your relationship



What have you learnt?

Has anything surprised you? Has anything disappointed you? Have you spotted any unknown strengths or positives? Write down what you learnt.



What do you need to do or change?

Write down a few actions that you need to take, either individually or together.

In partnership with

