Exercise

Personal Profile
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Purpose:

☐ To provide the opportunity for participants to reflect on power relations through exploring behaviours and interactions in violent relationships.

Materials required:

☐ Copy of either Gary & Bronwyn’s Story OR Tony & Jessica’s Story
☐ Copy of Discussion Notes for each small group (attached below)

Process:

1. Show one of the suggested stories to the whole group.
2. Ask participants to work in small groups of 3 – 5.
3. Using the discussion notes outlined below, ask the small groups to examine the personal profile of either Gary or Tony:
   - Reflect on their behaviour in relation to their ex-wife
   - Reflect on their behaviour in relation to their children
4. Discuss issues raised as a whole group.

Variation:

Ask the participants to write a report for their supervisor using the discussion notes as a guide.
Discussion Notes:

Note: Begin by reflecting on Gary or Tony’s relation to his ex-wife and then reflect on Gary or Tony’s relation to his children.

Think about Gary or Tony’s:

☐ Level of certainty of his own rightness
☐ Level of empathy for the other’s position
☐ Degree of ability to manage his own anger and express frustration appropriately
☐ Capacity to react with violence to his own frustrations
☐ Level of respect for boundaries of the other
☐ Level of respect for physical and psychological autonomy of the other
☐ Quality of attention to his children’s needs and his ex-wife’s needs
☐ Ability to create a life for himself independent of his ex-wife
☐ In particular, reflect on the extent to which Gary or Tony has the ability to engage in a dialogue to resolve difference. Can they talk through different perspectives and come to an agreed position in the interests of the children?