

We invite you to sign this
**Personal Peace
Agreement**
as a step toward
promoting peace at
home and in the
community.

A mixture of **education,**
changing relationships,
negotiation, and
dialogue
is necessary to
achieve the
personal and **societal**
transformation
reflected in
this **Personal**
Peace Agreement.

PERSONAL PEACE AGREEMENT

Starting today I will:

- 1) Acknowledge and accept responsibility for not always practicing healthy behaviors in all my relationships.
- 2) Immediately end any form of physical violence that I may have been committing.
- 3) Educate myself about all forms of domestic violence and abuse outlined as the PEEVS (Physical, Emotional, Economic, Verbal, Sexual, Spiritual, and Stalking forms of abuse). *[See Reverse]*
- 4) Learn more about my own behaviors and how they may appear unreasonable, abusive, or threatening to others, respecting those who offer me insights.
- 5) Eliminate any form of the PEEVS toward my partner, former partners, children, and others.
- 6) Hold myself accountable and make amends to others, if appropriate, for the harm my behavior has caused.
- 7) Seek assistance to stop my behaviors if I begin to falter in this Peace Agreement.
- 8) Educate others (my partner, children, co-workers) about this Peace Agreement and invite them to sign.
- 9) Promote social policies and practices that create more opportunities in support of domestic peace for youth and adults.
- 10) Contact Center for Domestic Peace if violence occurs in my interpersonal relationships or community and if I need assistance understanding what to do "take action."

Expand my commitment to equality in all my relationships by valuing and respecting diversity inclusive of gender, race, age, class, and sexual orientation.

By making these agreements and living by them, I create and maintain healthy, loving, and equal relationships for myself, my partner, my family, and my community.

SIGNATURE

DATE

WITNESS

P

Physical abuse to someone includes hitting, restraining, blocking, spitting, squeezing, shaking, drowning, strangling, or locking someone out. Physical abuse around someone also includes throwing, striking, breaking, or disrupting objects.

Pet or animal abuse is threatening or inflicting physical pain, suffering, or death on an animal for revenge, to control, or to frighten. Pets may suffer unexplained injuries, health problems, permanent disability, or disappear from home.

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E

Emotional abuse is deliberately withholding the 4 A's (Acceptance, Appreciation, Attention, and Affection) for the sole purpose of controlling or coercing. Other strategies of emotional abuse include putting someone down, calling one names, telling one that s/he is crazy, using mind games, jealousy, or manipulations, treating one like a servant, making all the "big" decisions, invading someone's privacy, giving someone the "silent treatment" or the "evil eye," and using body postures such as folded arms, hands on hips, a scowling face, and/or rolling eyes. Using isolation by controlling what someone does, who one sees or talks to, and where one goes, or using children to make a parent feel guilty and manipulating visitation as a way of harassment, are also forms of emotional abuse.

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Economic abuse is controlling another's financial resources against their will. It includes preventing one from getting or keeping a job, making one ask for money or only giving one an allowance, taking one's money, or forbidding one to handle his/her own money.

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E

Verbal abuse can be described as the 5 T's: Threatening, Teasing, Taunting, "Thingifying," and Trivializing. To threaten is to imply that harm will be done to someone or his/her children. Teasing and taunting include name-calling, jokes, sarcasm, and exclusion. Thingifying is calling someone a name that makes him/her seem like an object unworthy of respect. To trivialize is to imply that one is inferior, to mimic or imitate another's tone of voice, or to repeat oneself as if the other is too stupid to understand.

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V

Sexual abuse includes raping, pressuring, or forcing one to have sex when s/he doesn't want to, or to do sexual things that s/he doesn't like. It can be verbal, such as talking about sex when one doesn't want to, or using sexual words one doesn't want to hear. It also includes emotional manipulation, such as flirting, threatening to have an affair, or violating a commitment to monogamy.

Spiritual abuse involves draining or even demeaning one's spirit, will, or morale. It includes mocking one's spiritual beliefs and customs, denying practice of these, or using improper interpretation of spiritual doctrines to control someone or his/her family members.

Stalking is repeated harassing or threatening behavior, such as following a person, appearing at his/her home or place of business, making harassing phone calls, leaving written messages or objects, or vandalizing someone's property or possessions.

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