



Reflection Statements:
I KNOW THAT I AM NOT...

I know that I am not selfish.

I know that I am not too sensitive.

I know that i am not attacking.

I know that I am not judgmental.

*I know that I am not trying to have the
last word.*

*I know that I am not always trying to start
a fight.*

"The Verbally Abusive Relationship:
How to recognize it and how to respond",
Patricia Evans, Adams Media Corporation, 1992