

Self-reflection: Physical Aggression

Physical aggression is using physical force against someone on purpose.

Have you ever been a victim of physical aggression? _____ Describe what happened:

How did it make you feel? _____

How did you try to deal with it? _____

Is there anything you would do differently now? _____

Have you ever made someone else a victim of physical aggression? _____

How did that make you feel? _____

Why do you think you did it (be honest with yourself)? _____
