

# Self-reflection: Relationship Aggression

**Relationship aggression is getting others to do something that is wrong, mean, or hurtful to another.**

Have you ever been a victim of relationship aggression? \_\_\_\_\_ Describe what happened:

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How did it make you feel? \_\_\_\_\_

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How did you try to deal with it? \_\_\_\_\_

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Is there anything you would do differently now? \_\_\_\_\_

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Have you ever made someone else a victim of relationship aggression? \_\_\_\_\_

How did that make you feel? \_\_\_\_\_

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

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