





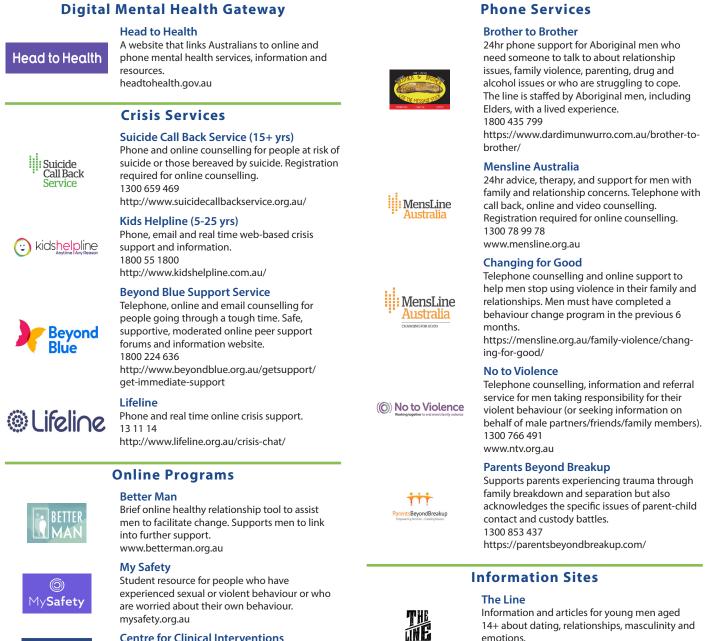




Worried About Your Own Behaviour

Are you worried by something that you have said or done to hurt someone that you care about? It can be hard to admit when you have used violence, threats or put others down, or used controlling actions in a relationship. You might find it difficult to admit what you have done or how it has impacted others. Learning about how to change behaviours that you are concerned about is your responsibility and you can change by engaging in support options.

The following programs are digital interventions for men and women who are worried about their own behaviour within their relationship. Digital interventions can be used alone or in combination with face-to-face support and offer information, support and tools to improve your relationships in a discreet manner.





Worksheets on interpersonal problems, assertive communication and other coping tools. https://www.cci.health.wa.gov.au/



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14+ about dating, relationships, masculinity and emotions. https://www.theline.org.au/

Relationships Australia