

Speaking in a loud raised	Speaking in a loud raised
No eye contact and body facing away	No eye contact and body facing away
Thinking your feelings are not important	Thinking your feelings are not important
Clear, level voice	Clear, level voice
Thinking you are both important	Thinking you are both important
Clenched fists, tensed body	Clenched fists, tensed body
Not respectful of other people's space	Not respectful of other people's space
Expressing how you feel clearly	Expressing how you feel clearly
Using insults and swear words	Using insults and swear words
Thinking the other persons feelings are not important	Thinking the other persons feelings are not important
Criticising or humiliating others	Criticising or humiliating others
Not showing how you feel	Not showing how you feel
Listening to others and showing respect	Listening to others and showing respect
Over apologising	Over apologising
Showing empathy	Showing empathy
Using insults and swear words	Using insults and swear words
Excessive head nodding and agreeing	Excessive head nodding and agreeing