

LISTENING RESTORED MY DIGNITY

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My name is Siphwe Mzobe. I live in Ekholindela, block H, In KwaZulu-Natal. I started attending the Stepping Stones sessions because I wanted to improve my quality of life and to change my way of thinking. I needed to learn how to communicate better with the person I was in a relationship with. I was the kind of man who could never be told by any woman what to do. I always believed that I was right as a man and a woman needed to listen to me at all times. If this didn't happen, I would be upset and sometimes even resort to violence.

Since I started attending the Stepping Stones sessions, I learned that it is important to listen to my partner and let her share her opinions and thoughts with me. 🙏

Since I started attending the Stepping Stones sessions, I learned that it is important to listen to my partner and let her share her opinions and thoughts with me. Nowadays, when we have a disagreement, instead of raising my voice to her, I go out and sit with my friends for a short while so I can calm down. Then I come back into the house and we have a decent conversation. Back then, I would just raise my hand her. However, I realised that I was wrong. Such behaviour could have even landed me in prison and I would have a criminal record now.

After attending sessions on my own, I invited my partner and she agreed to come along with me. One of the activities that had a big impact on me was when we did a role play on communication skills. There were other couples in the room. We were paired with our relationship partners to go away and solve a certain



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problem using communication. Couples had to come back and do presentations to the whole group after they've had a discussion. Some couples came back not getting along. Fortunately, for my partner and I, it improved our relationship.

Having respect for my partner has made me respectable in my community. It brought back my dignity. It is important to listen and not believe that you are always right.

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