

Options

Tactics

Foundations

Discovery

**Orientation
Workbook Materials**



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Alternatives to Domestic Aggression
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Introduction

Each service participant is to introduce himself each week. The introduction is divided into three parts. After introducing yourself and all people you have battered, read one of the reasons from your DIHR, Why, or Core Belief sheet. The final part is choosing one (preferably the most significant) example from the preceding week of how you were either accountable or not accountable.

For Discovery

“My name is _____ and I have attended _____ sessions. I battered/abused _____ (list all that apply). Yes/No, I have/do not have a reason to be here, I _____ (reason from sheet). One way I was accountable/not accountable this week was _____. This was in the domain of _____”

For Foundations

“My name is _____ and I have attended _____ sessions. I battered/abused _____ (list all that apply). Yes, I have a reason to be here, I _____ (reason from sheet). I did this because _____. I used the following tactics _____. One way I was accountable/not accountable this week was _____. This was in the domain of _____.”

For Tactics

My name is _____ and I have attended _____ sessions. I battered/abused _____ (list all that apply). Yes, I have a reason to be here, I _____ (reason from sheet). I did this because _____. I used the following tactics _____. My core belief is _____. One way I was accountable/not accountable this week was _____. This was in the domain of _____ and was _____ base.”

For Options

My name is _____ and I have attended _____ sessions. I battered/abused _____ (list all that apply). Yes, I have a reason to be here, I _____ (reason from sheet). I did this because _____. The core belief that allowed me to be abusive is _____, the core belief I am working to live by is _____. One way I was accountable/not accountable this week was _____. This was in the domain of _____ and was _____ base.”

Domains of Accountability

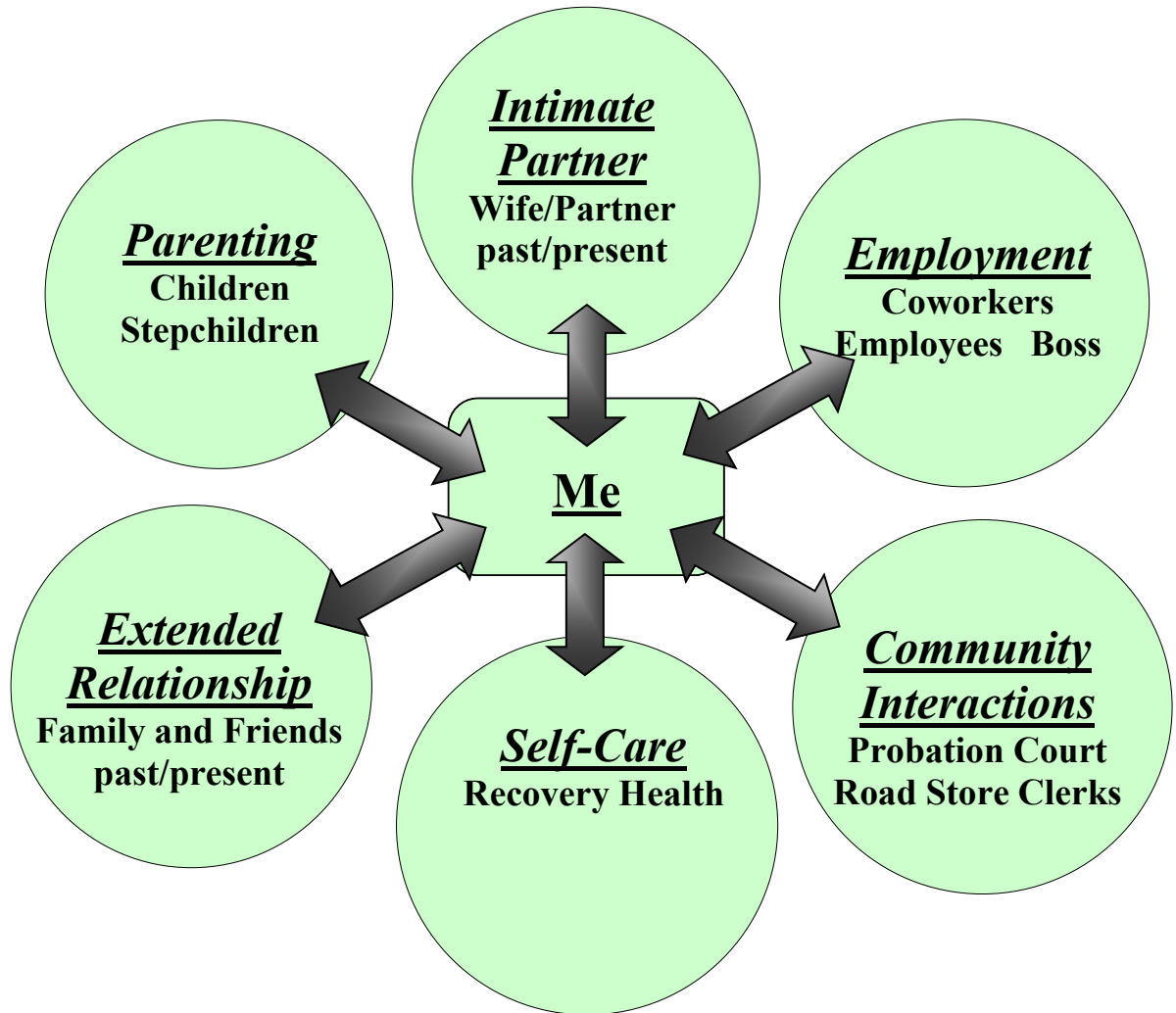
Accountability is something everyone has an opportunity to use every day. In this program we define accountability as: Actions toward or involving others that reflect the integrity of the person you want to be.

These actions can occur in many domains:

1. **Intimate partner:** This includes anyone you have dated with the intent of building a relationship (may or may not have included sex). Anyone you had sex with (whether you had a long-term relationship with them or not). This includes past and present partners.
2. **Community:** This includes people you interact with that you do not have a personal relationship with (store clerks, other drivers, etc.) or institutions you have a relationship with like parole, police, or the courts
3. **Extended relationships:** This includes your extended family; brothers, sisters, parents, aunts, uncles and friends
4. **Parenting:** This includes your children (whether you have custody of them or not), stepchildren or any other child where your role is primarily parental (a niece or nephew where you are the parental figure)
5. **Self-Care:** This includes anything that you do to take care of yourself physically, spiritually or emotionally (recovery, health care, spiritual involvement, etc.)
6. **Employment:** this include anything related to work or school

Domains of Accountability

Accountability: Actions toward or involving others that reflect the integrity of the person you want to be.



Do I have a Reason to be in this Program?

The first thing we want to decide is if the ADA Program is the right place for you. To answer the question, complete the following assignment. When completed put your name on the board. You will have ten minutes to present to the group and receive feedback based on the monitoring rules below. The group must vote to pass your five reasons in order for you to move on. On the pages following check either:

NO, I don't have a reason to be in this program.

Please write five reasons, which support your belief that you do not have a reason to be in the ADA Program.

or

YES, I have a reason to be in this program.

Please list five specific things *you have done in your lifetime* that make you believe you have a reason to be in the ADA Program. "Create a picture" about what you did, so that the listener can "see" exactly what you did. **Pick the most significant things from your life.**

Use the following formula as a model for writing your reasons.


I (abusive act)+(important details, where, how, witnesses, etc.)+(consequences/impact to victim)

Monitoring Rules for the "Do I Have A Reason?" Worksheet

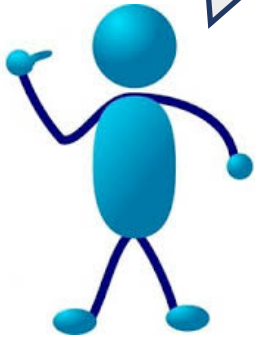
1. Were people's first names used? Pronouns may be used in direct quotes
2. Was the example specific of what he did and how he did it?
3. Is this example a reason to be in ADA?
4. No "Why's" ~ No "Because's"
5. Do not use words like "called", "told", or "said" without descriptive adverbs.
6. No breaking the same incident into separate examples
7. If some behavior occurred on multiple occasions it needs to be quantified in terms of length of time (e.g. for three weeks) or frequency (e.g. three times per week).

The first thing we want to discover is whether the ADA Program is the right Is


Tips from the Experts



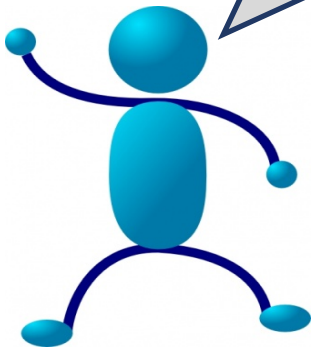
Use every other line so you have space to write feedback during group




Call mentors outside group and get help. This will save you time in group



Pick things from your adult life. Only use teen examples if it dramatically shows an abusive action



When quoting yourself write “I said {exactly what you said} {who you said it to} {how you said it}”



Bring extra paper so that you can write down feedback and changes you get in group

Is ADA the Place for You?

To answer the question completely the following assignment using the following examples as a guide:

YES, I have a reason to be in this program

- 1 *I slapped my wife Shardae in the face two times with an open hand across Shardae's face, yelling "you are a fat stupid cow, you're lucky I married you because no one else would want you", at Shardae standing 2 feet from Shardae in the living room of Shardae's and my home while Shardae's and my 3 children Elijah 5, Alisha 7 and Jamal 9 watched from the couch, causing Shardae to cry, be humiliated and scaring Elijah, Alisha and Jamal. I screamed "you stupid bitch" with my hands clenched, Standing 2 inches away from Karen's face with spit coming*

- 2 *I threw the TV remote control 12 feet across mine and Charmaine's family room toward Charmaine purposely missing Charmaine's head by 2 inches, while shouting "you have to be the stupidest person on earth" at Charmaine shattering the remote, leaving a dent in the wall which stayed there for three months and scaring Charmaine.*

- 3 *I yelled, "You stupid bitch. You are a cheating whore." at Maria at least three times a week for 2 years causing Maria to be upset and to cry and afraid to go out with friends.*

- 4 *I locked Jen in the basement for three hours while Jen pounded on the door and cried to have me unlock the door, then I dragged Jen by the back of Jen's hair up the stairs yelling, "you wanted to be up here, now shut the fuck up" at Jen and punched Jen with a right closed fist on Jen's left jaw knocking Jen's front tooth out, bruising Jen's back and causing Jen to cry, shake and need extensive dental work which I did not pay for.*

- 5 *I slammed the bedroom door every ten minutes for two hours starting at 11:00 pm, yelling, " I decide when people sleep in this house." at Karen keeping Karen from going to sleep, scaring Karen and causing my daughter, Brandy, age 3 and my stepson, Charlie age 8 to wake up and cry.*

- 6 *I stole Gina's car keys from Gina's purse without Gina's knowledge. I left the house with Gina's keys for the night, did not call Gina, ignored Gina's text messages; had sex with Janice and returned home at 12:00 pm the next day, causing Gina to be worried, upset and to be late to work.*

- 7 *I threw the car keys, with 4 keys on the ring, at Lisa from five feet away in the kitchen of mine and Lisa's house, yelling "I paid for the damn car, what makes you think you can tell me when to drive it!!" at Lisa. The keys hit Lisa on Lisa's back causing Lisa to cry and leaving a 4 inch red mark on Lisa's upper right shoulder. The next day I said "It was your fault because you knew I was drinking." to Lisa in a calm voice while standing in the kitchen four feet away. This caused Lisa to be confused and hurt.*

- 8 *I yelled "You will not go out with that slut" at Karen, referring to Karen's best friend, Samantha while standing two feet from Karen in the kitchen of mine and Karen's house . Samantha was waiting in the living room. This caused Karen to be embarrassed and stay home.*

- 9 *I drove the car 90 mph swerving from lane to lane on a two lane, 45 mph, icy, city road with Krystal in the front passenger seat, yelling "You want to die, you want to die bitch" at Krystal, causing Krystal to cry and be scared.*

- 10 *I stole \$20.00 out of Lupe's purse and then while standing two feet from Lupe at K-Mart I said "how dare you accuse me, when you can't keep track of your money." at Lupe in a calm condescending tone, with my eyes narrowed looking into Lupe's eyes, causing Lupe to be upset, embarrassed and spend two hours looking for Lupe's money at home.*

“Do I Have A Reason?” Worksheet

NO, I don't have a reason to be in this program.

YES, I have a reason to be in this program.

1

2

3

4

5

“Do I Have A Reason?” Worksheet

NO, I don't have a reason to be in this program.

YES, I have a reason to be in this program.

1

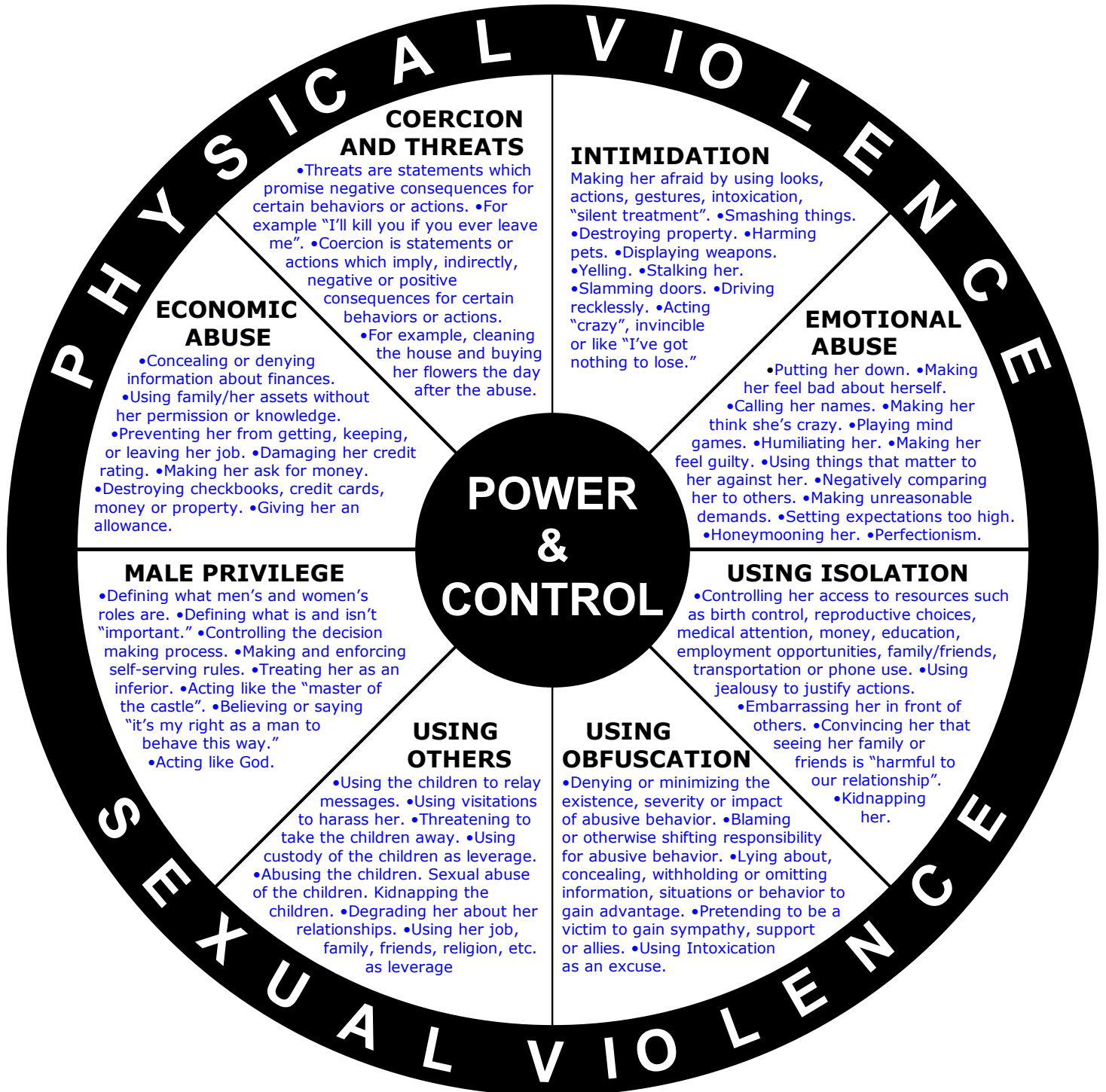
2

3

4

5

Power and Control Wheel



Originally created by
The Domestic Abuse Intervention Project
202 East Superior Street, Duluth, MN 55802
218-722-2781

*Revised courtesy of,
Catholic Social Services of Washtenaw County
Alternatives to Domestic Aggression

Definitions

Physical Abuse: Any unwanted physical contact, especially that which may cause fear, pain or injury whether done directly or indirectly.

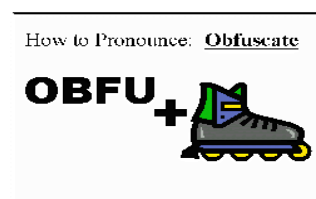
Sexual Abuse: Any contact, statements, or actions which are intended to cause or result in physical, emotional or psychological sexual injury to another person.

Intimidation: Any physical action taken or omitted which invokes a fear of negative consequences.

Threats: Statements which promise negative consequences for certain behaviors or actions.

Coercion: Statements or actions which imply, indirectly, negative or positive consequences for a certain behavior or action.

Emotional abuse: Any statements, actions or lack of action, which is intended to or results in a partner experiencing any emotional or psychological injury.



Obfuscation: Any action of obscuring, concealing or changing people's perceptions, which result in your advantage and/or her disadvantage.

Isolation: Any actions intended to or resulting in her physical, psychological, emotional or social disruption or separation from those people, places or things she is attached to or enjoys.

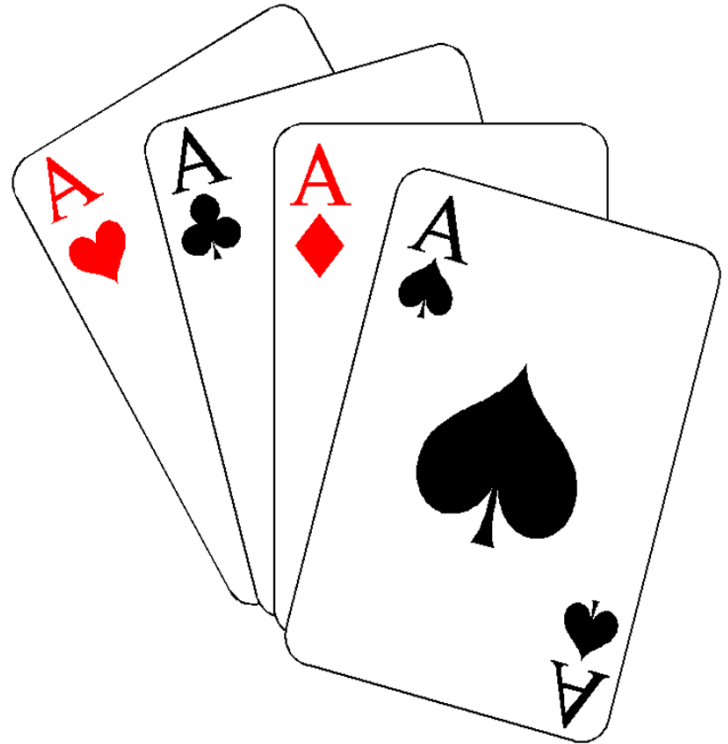
Economic abuse: Any action, which limits her ability to earn, have access to or manage the economic resources in her life.

Using others or children: Any direct or indirect action involving children, other people, pets or social institutions used as leverage to gain advantage.

Male Privilege (privus = private; leg = law): Any action or inaction based on attitudes or beliefs that you have special or exalted status over others, particularly women.

Myths: Ill-founded beliefs held uncritically, especially by an interested group.

Four Aces: Who Am I



Actions
Characteristics
Emotions

On the following pages write all the actions characteristics and emotions (ACE) that you can think of for each role (man, father, son, husband/partner). These should be positive and negative and may or may not apply to you. When you are finished draw a line underneath the last word and date it.

Coding

After completing each sheet go through and use the following code to identify which words describe you.

- Possess
- Possess want less
- Possess want more
- Do not possess but want

Putting It Together

Go through all sheets and everything that has a check next to it (including circled and crossed out) write on the, I am... sheet.



In the space below write all the actions characteristics and emotions (ACE) that you can think of (These should be positive and negative and may or may not apply to you.)

A Man is....

Actions
Characteristics
Emotions



Continuation of...

A Man is....

Actions
Characteristics
Emotions

Son is...



In the space below write all the actions characteristics and emotions (ACE) that you can think of (These should be positive and negative and may or may not apply to you.)

A Son is....

Actions
Characteristics
Emotions



Continuation of...

A Son is....

Actions
Characteristics
Emotions

Father is...



In the space below write all the actions characteristics and emotions (ACE) that you can think of (These should be positive and negative and may or may not apply to you.)

A Father is....

Actions
Characteristics
Emotions



Continuation of
A Father is....

Actions
Characteristics
Emotions

Partner is...



In the space below write all the actions characteristics emotions (ACE) that you can think of (These should be positive and negative and may or may not apply to you.)

A Partner is....

Actions
Characteristics
Emotions

and



Continuation of...

A Partner is...

Actions
Characteristics
Emotions

Color Symbolism Chart



Red: Excitement, energy, passion, love, desire, speed, strength, power, heat, aggression, danger, fire, blood, war, violence, all things intense and passionate.



Pink symbolizes love and romance, caring, tenderness, acceptance and calm.



Beige and ivory symbolize unification. Ivory symbolizes quiet and pleasantness. Beige symbolizes calm and simplicity.



Yellow signifies joy, happiness, betrayal, optimism, idealism, imagination, hope, sunshine, summer, gold, philosophy, dishonesty, cowardice, jealousy, covetousness, deceit, illness, hazard and friendship.



Blue: Peace, tranquility, cold, calm, stability, harmony, unity, trust, truth, confidence, conservatism, security, cleanliness, order, loyalty, sky, water, technology, depression, appetite suppressant.



Turquoise symbolizes calm. Teal symbolizes sophistication. Aquamarine symbolizes water. Lighter turquoise has a feminine appeal.



Purple: Royalty, nobility, spirituality, ceremony, mysterious, transformation, wisdom, enlightenment, cruelty, arrogance, mourning.



Lavender symbolizes femininity and grace.



Orange: Energy, balance, enthusiasm, warmth, vibrant, expansive, flamboyant, demanding of attention.



Green: Nature, environment, healthy, good luck, renewal, youth, spring, generosity, fertility, jealousy, inexperience, envy, misfortune, vigor.



Brown: Earth, stability, hearth, home, outdoors, reliability, comfort, endurance, simplicity, and comfort.



Gray: Security, reliability, intelligence, staid, modesty, dignity, maturity, solid, conservative, practical, old age, sadness, boring. Silver symbolizes calm.



White: Reverence, purity, birth, simplicity, cleanliness, peace, humility, precision, innocence, youth, winter, snow, good, sterility, marriage (Western cultures), death (Eastern cultures), cold, clinical.



Black: Power, sexuality, sophistication, formality, elegance, wealth, mystery, fear, evil, unhappiness, depth, style, evil, sadness, remorse, anger, anonymity, underground, good technical color, mourning, death (Western cultures).

Eastern World:

Marriage: White and pink are favorites as in the western world.

Green: Eternity, family, harmony, health, peace, posterity

Red: Happiness

Gray: Helpful

Blue, Gold, Purple: Wealth

White: Children, helpful people, purity, marriage, mourning, peace, travel

Gold: Strength, wealth

Black: Evil or sadness- just like in the western world.

Creating Peacock The Symbol of Integrity

- Look at all the words on your 'I am...' sheet.
 - Decide what color(s) you want each word to be
 - Place the words on the peacock in the way that you feel accurately reflects who you are now.
 - More than one word can be in the same feather
 - You can use more than one color on the same word
 - Be creative about how you place the words in the feathers
 - Presentation to group
 - Explain the placement and color choices of key words
 - Identify what you are hoping to see more/less of in the future
- Due at session 3**



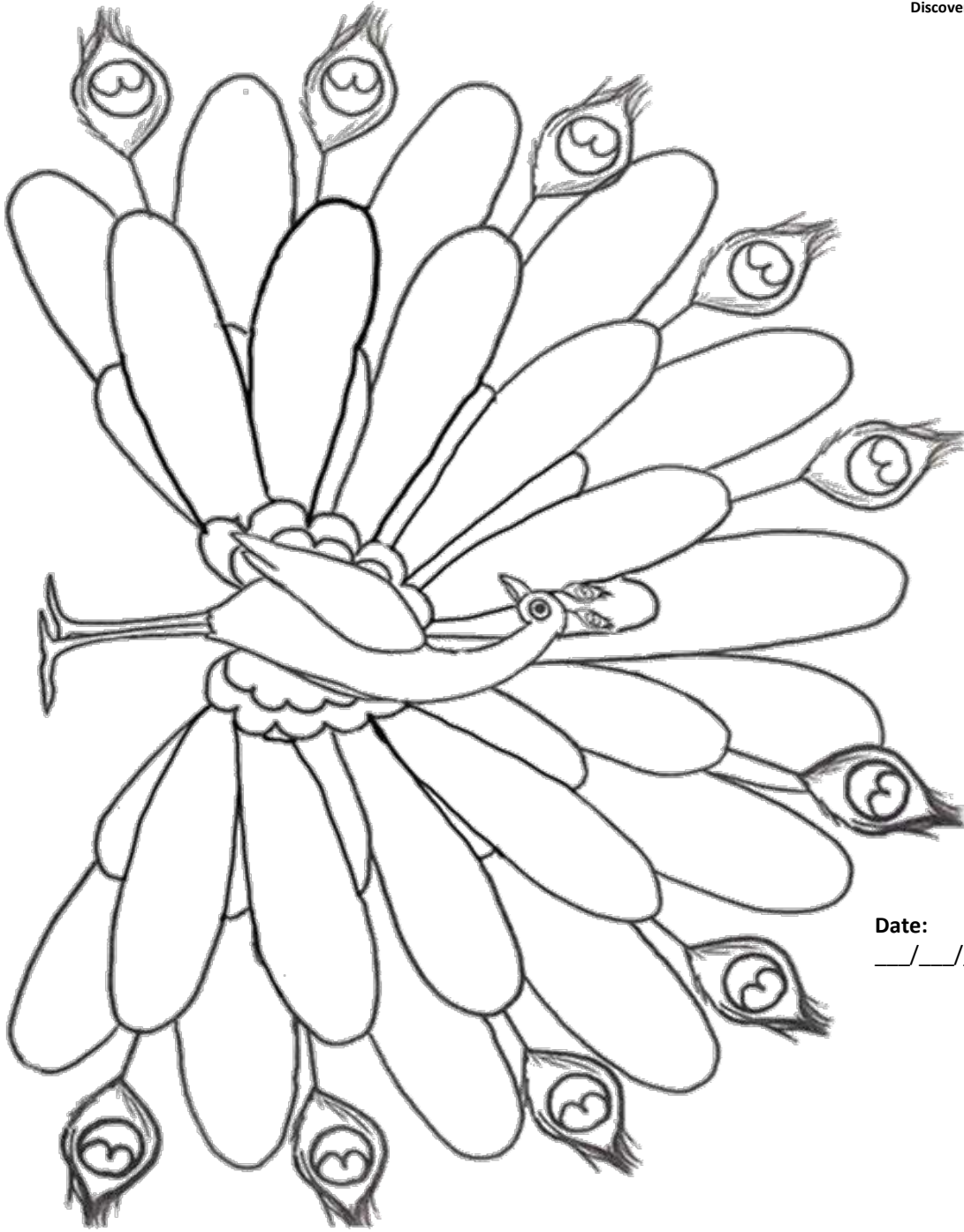
Actions
Characteristics
Emotions

I AM...

In the space below write all the words that have marks from your ACES sheets.
Use this to create your Peacock.



check



Date: ___/___/___



Catholic Social Services of Washtenaw County
 Alternatives to Domestic Aggression
 4925 Packard Road
 Ann Arbor, Michigan 48108-1521
Phone: 734.971.9781 **Fax:** 734.971.2730
Identifying My Power and Control Tactics

Name: _____

Date: ____ / ____ / ____

<i>On this side of the worksheet check boxes to indicate you believe you have used this tactic</i>	<i>On this side of the worksheet write comments about how you used this tactic.</i>
Uses Intimidation: <input type="checkbox"/> I have instilled fear with looks, actions and gestures <input type="checkbox"/> I have broken or smashed things. <input type="checkbox"/> I have destroyed her property <input type="checkbox"/> I have abused pets/animals <input type="checkbox"/> I have displayed weapons in order to intimidate.	
Uses Emotional Abuse: <input type="checkbox"/> I have put her down, belittled her, or criticized her. <input type="checkbox"/> I have made her feel bad about herself. <input type="checkbox"/> I have called her names. <input type="checkbox"/> I have humiliated her. <input type="checkbox"/> I have made her feel guilty. <input type="checkbox"/> I have attempted to make her feel crazy, or she was “losing it”.	
Uses Isolation to Control the victim: <input type="checkbox"/> I have attempted to control what she does, who she sees and talks to, what she reads and where she goes. <input type="checkbox"/> I have attempted to limit her outside involvement/activities. <input type="checkbox"/> I have used jealousy to justify my actions.	
Uses Obfuscation: <input type="checkbox"/> I have made light of my abuse or have not taken her concerns about it seriously. <input type="checkbox"/> I have said the abuse didn’t happen. <input type="checkbox"/> I have shifted the responsibility for my abusive behavior. <input type="checkbox"/> I have told her she caused my abuse.	
Uses Children/Others To Gain An Advantage: <input type="checkbox"/> I have made her feel guilty about the children. <input type="checkbox"/> I have used children to relay messages. <input type="checkbox"/> I have used visitation as a way to harass her. <input type="checkbox"/> I have threatened to take the children away.	
Exhibits Male Privilege and Entitlement Beliefs: <input type="checkbox"/> I have treated my partner like a servant. <input type="checkbox"/> I have believe I should make all the “big” decisions. <input type="checkbox"/> I have acted like the “Master of the Castle.” <input type="checkbox"/> I have defined and enforced men’s and women’s roles.	

<input type="checkbox"/> I have used physical and/or sexual violence.	
Uses Economic Abuse: <input type="checkbox"/> I have prevented her from getting or keeping a job. <input type="checkbox"/> I have make her ask for money. <input type="checkbox"/> I have given her an allowance. <input type="checkbox"/> I have taken money from her. <input type="checkbox"/> I have kept information about the family finances from her.	
Uses Coercion and Threats: <input type="checkbox"/> I have made and/or carried out threats to hurt her. <input type="checkbox"/> I have threatened to leave her, commit suicide, report her to welfare, etc.. <input type="checkbox"/> I have made her lie about my abuse, kept her from going to the police or court.	
Uses Physical Abuse: <input type="checkbox"/> I have used physical force with her. <input type="checkbox"/> I have forcefully grabbed her. <input type="checkbox"/> I have pushed, shoved, snatched her. <input type="checkbox"/> I have harmed her physically. <input type="checkbox"/> I have restrained her. <input type="checkbox"/> I have physically beat her.	
Uses Sexual Abuse: <input type="checkbox"/> I have pursued sex after she indicated No. <input type="checkbox"/> I have made her feel guilty about unwillingness to have sex. <input type="checkbox"/> I have her feel bad/inadequate about herself sexually. <input type="checkbox"/> I have suggested if she did not give me sex, I could get it elsewhere. <input type="checkbox"/> I have forced her to do sexual things she did not feel comfortable with.	

Service Participant Name: _____ Date: ____ / ____ / ____

Instructions: Please circle all that apply to you and use the center section to briefly explain or comment on each item you circled.

Arrest and Police Contact		Mental State Indicators
1. My arrest incident involved use of weapons		21. I have threatened to or attempted suicide.
2. My arrest incident involved alcohol		22. I have fantasized about homicide or suicide
3. My arrest incident involved amphetamines, speed, or crack.		23. I have had thoughts and desires of hurting my partner.
4. I have had police contacts/arrests for domestic violence.		24. I am obsessed with controlling my partner.
5. I have had police contacts/arrests for other crimes.		25. I have exhibited paranoid thoughts or fantasies.
		26. I have/had acute mental health problems.
Previous Uses of Violence		
6. I have made threats to kill my partner, family members or pets.		27. I am currently depressed/history of depression
7. I have killed or abused pets.		28. I feel highly distraught, desperate, or hopeless.
8. I have committed previous incidents of significant abuse.		29. I notice that I am increasingly indifferent to legal consequences.
9. I have assaulted my partner during or before sex.		Violence Prone Circumstances and Relationship Factors
10. My assaults have involved biting, Choking, or strangling		30. I have violated court/probation orders or failed to appear in court.
11. I have used or displayed weapons during assaults.		31. I have no apparent desire to stop violence or controlling behaviors.
12. I have a history of hostage taking or stalking.		32. I have access to guns
13. I have been unwilling to turn victim(s) lose.		33. I have access to victim(s) or her family.
		34. My threats of abuse or homicide are taken seriously by my partner.

Violence Prone Attitudes/Behaviors		
14. I have smashed, broken, or destroyed victim's things.		35. I have threatened or complained about my victim's children.
15. I have objectified my partner; called her names, body parts, animals, food		36. I have a history of alcohol or drug abuse.
16. I have blamed my victim(s) for injuries to herself.		37. I feel an excessive dependence or attachment to my partner.
17. I have exhibited hostile/angry/furious reactions.		38. I feel socially isolated and I have minimal social skills/outlets.
18. I have blamed my victim(s) for all types of promiscuous behavior.		39. My relationship with my victim is extremely tense or volatile.
19. I feel my victim(s) "belongs" to me for life.		40. My victim has initiated separation or divorce.
20. I have made jokes about homosexuals or have issues about them.		41. My victim has begun a new relationship.

Accountability Pledge

I commit all my efforts to seek accountability in my thinking and actions and to provide safety and respect to everyone in my life.