



Checking
Our
Behavior

*Workbook 1 in The Way to Change
Series for Men Who Have Abused
Their Women Partners*

Edward W. Gondolf

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Workbook 1 in *The Way to Change* Series for Men Who Have Abused Their Women Partners

The way to change is a series of five workbooks for men. Each workbook takes men another step away from abusive behavior and towards better relationships. The workbooks together show men not only how to stop abuse but also how to change the thinking and attitudes behind their abuse.

Workbook 1: Checking Our Behavior focuses on monitoring one's behavior. It is designed to help men realize their ability to stop abusive behavior. ***Workbook 2: Discovering Our Self*** exposes the distorted notions of manhood that pull men down and shows what it means to be a "real man." ***Workbook 3: Appreciating Women*** is about respecting women more and not fearing their feminine nature. This kind of appreciation is the basis of healthy male-female relationships. ***Workbook 4: Reaching Out to Others*** points men toward their community and society at large. It shows how men can counter those social pressures that so often misguide them. ***Workbook 5: Relapse, Reuniting, and Progress*** addresses the stumbling blocks, like alcohol use, that often get in the way of progress. This workbook can be used with other workbooks or as a "refresher" along the way. (See the back cover for ordering information.)

These workbooks are meant to be used in a counseling program where response to the exercises can be discussed with other men. The workbooks can give direction to a group, increase participation, and deepen the discussion. The workbooks might also be used as homework to help keep men on track between counseling sessions. It is important for men to get some basic knowledge about abuse and how to avoid it, as soon as possible. The short book, *Man to Man: A Guide for Men in Abusive Relationships*, is a good place to turn for this. Also, men who heavily use alcohol or drugs, are severely depressed or have uncontrollable thoughts, have physically abused their children, or have been violent outside the home usually need extra specialized help in addition to these workbooks. They may need addiction treatment, psychiatric care, parent counseling, or additional restraint and supervision.

How to Use this Workbook

Checking Our Behavior is the first workbook in *The Way to Change* series. This workbook is designed to make you more alert to abusive behaviors and to your capacity to stop them. Even if you have already been told about some of these things, you need to review and practice them. As we become more aware of our own behavior, we can manage and direct it. In the process, we become less concerned about trying to change others, and worry more about ourselves.

This workbook presents several goals to help you check your behavior. It will show you how to 1) face up to your abuse, 2) assert your capacity to stop abuse, 3) shift the focus of your control, 4) become responsible when you feel hurt, and 5) take better care of yourself.

Each of these goals begins with something to think about — "think pieces." After each "think piece" is a place to respond. Write some comments about how the "think piece" applied

to you in the past, and what it says about your future. When you have finished the workbooks, you will have a diary to review, especially in tough times. Exercises of four to five questions are next. The exercises help apply each goal to yourself. There are no “right” answers to the exercise questions, just honest thoughts. An assignment at the end of each set of exercises will help you to put the goals into practice.

The activities for each goal are designed to be completed on a weekly basis. You may want to spend one day responding to the “think piece,” one day after that on each exercise, and the “assignment” on the next day. At the end of the week’s time, you can share your responses and assignments with others in your counseling group. Then take a day’s break before starting the next goal.

The Challenge of Change

Achieving the goals in this workbook will not be easy. You need to take them on as a challenge. As Abraham Maslow once said: “Self-knowledge and self-improvement are very difficult for most people. They usually need great courage and long struggle.” There may be some aches and pains along the way. But if you keep going, you will also discover a strength that you didn’t know you had. When you are finished, you will look back with a good feeling. Things that do not make sense at the start will make sense. And you will be a better person.

Change often goes against our common sense. It means looking at things in a different way. To get started, think about the statements below. They twist some of our “common sense” to show things in a new light. They can help open us up to the goals of this workbook and move us toward change.

Read through the statements and put a star (*) by a couple of statements that stand out to you. Write them on a card and keep them in your pocket to pullout and look at during the day. This will help bring a new way of looking at things and keep you moving ahead.

The Nature of Abuse

- In the eyes of the victim, we only need to abuse once to become an abuser.
- The most important question is: not “why we abuse?” but “how we stop?”
- The worst part about abuse is that its impact doesn’t stop when we do.
- Being confused about what is abusive and what is not often helps us become non-abusive.
- Acting non-violently may at first heighten our non-violent abuse.
- Anger is a symptom of abuse — not its cause.
- An abusive man who abuses alcohol does not have a problem; he has two problems.
- Letting go of control is the best way to see our behavior become controlled.
- You must accept your own powerlessness before you attain true powerfulness.
- Being non-violent or peaceful makes us more of a man, not a wimp.

Checking Our Behavior

The first and most important step in our efforts to change is to stop our abusive behaviors. Many of us have already admitted our wrongs, faced the consequences of our behavior, and learned techniques to interrupt our abuse. This is, however, only part of the process of staying stopped. We also have to learn to better monitor ourselves and our behavior. In a sense, it is developing a better radar screen.

This part of the workbook is designed to make us more alert to our abusive behaviors and our capacity to stop them. Even if you have been told about some of these things in a previous program or learned them on your own, you need to review and practice them. The objective is to become more aware of our own behavior so we can manage it constructively. At the same time, this means being less preoccupied about others' behavior and what they appear to do to us. The strength and capacity to do this is ours.

The sense of dignity comes from being able to say no to oneself. —Abraham Heschel

☰ Exercise 1 – Things We Do or Say That Are Abusive

Facing up to woman abuse starts with admitting the range of abuses you have done to your wife or partner. Think hard and be honest. Sometimes we forget about things we have done, or we do not think what we have done is abusive. Abuse is something that is said or done that hurts another's self-esteem, or their body. It can cause fear and self-doubt. It makes people feel bad — like they are not worth anything. We can't change if we don't think we have anything we need to change. So let's take a good look at our behavior toward our wife or partner. You may have done this sort of thing before but it is helpful to keep doing it to remind yourselves what you have to change.

Put a check by each type of abuse you have ever used on your wife or partner.

1. **Verbal abuse:** things we say to our partner that put her down or scare her.
 - call her names
 - put her down or insult her
 - accuse her of things you don't know for sure
 - threaten to harm her
 - threaten to hurt yourself
 - threaten to harm the children or to take them
 - threaten to kill her

2. **Psychological abuse:** things we do to make our partners feel bad, confused, or fearful without hurting her physically.
 - follow and check up on her
 - isolate her from her family and friends
 - manipulate her by misleading or deceiving her
 - not allow her to use the car or phone
 - not allow her to have money
 - question her expenses
 - drive recklessly to frighten her
 - harm pets to hurt her
 - break things, or pound or kick something

3. **Physical abuse:** things we do to our partner that can hurt her physically.
 - hold her against her will
 - grab or carry her
 - push or shove
 - slap or spank

- bite or scratch
- pull hair
- choke or burn
- punch
- kick, beat up
- throw something at her
- use a weapon

4. **Sexual abuse:** things we do or say about sex that may make our partner feel uncomfortable.

- accuse her of having an affair
- have sex with another woman
- withhold sex because you are mad
- make kinky demands
- force sex on her when she is not willing
- make threats or accusations if she is not willing
- use hitting or other violence to force sex

☰ Exercise 2 – How Our Abuse Affects Others

One reason that abuse continues is because we tend to deny it, excuse it, or not accept responsibility for it. We say or think things like: “It wasn’t my fault, she asked for it.” Until we take responsibility for our behavior, we can’t change it. It instead changes us. Let’s see to what degree you might be denying abuse or not taking responsibility for it.

1. Below is a list of some common things we often do to deny our abuse. Check the ways that you have denied your abuse or your responsibility.

- forget what happened
- blame your partner (“She called me a name first.”)
- blame something else (“I was drunk and didn’t know what I was doing.”)
- justify the abuse (“I needed to put her in her place or get back at her.”)
- distort the facts (“I didn’t hurt her that bad.”)
- minimize the facts (“All I did was grab her.”)
- omit information (“She just tripped [but after I shoved her].”)
- outright lying (“I never touched her.”)
- not care about it (“I didn’t give a darn how she feels.”)

2. Our behavior sometimes affects people in ways we don't think about or recognize. What has your abuse done to the woman you love? Check all that apply.

■ Caused her to feel:

- | | |
|--|--|
| <input type="checkbox"/> frightened | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> terrified | <input type="checkbox"/> ashamed |
| <input type="checkbox"/> unhappy | <input type="checkbox"/> isolated |
| <input type="checkbox"/> depressed | <input type="checkbox"/> worthless, used |
| <input type="checkbox"/> bitter | <input type="checkbox"/> self-blame or guilt |
| <input type="checkbox"/> degraded, dirty | <input type="checkbox"/> hate toward herself |
| <input type="checkbox"/> crazy | <input type="checkbox"/> hate toward you |

■ Caused her to lose:

- | | |
|--|--|
| <input type="checkbox"/> self-esteem | <input type="checkbox"/> confidence in herself |
| <input type="checkbox"/> control | <input type="checkbox"/> trust of you |
| <input type="checkbox"/> her happiness | <input type="checkbox"/> touch with her family and friends |

■ Caused her to have:

- | | |
|---|--|
| <input type="checkbox"/> emotional problems | <input type="checkbox"/> chipped teeth |
| <input type="checkbox"/> suicide feelings or attempts | <input type="checkbox"/> broken bones |
| <input type="checkbox"/> bruises or cuts | <input type="checkbox"/> miscarriage |
| <input type="checkbox"/> sprains or dislocation | <input type="checkbox"/> hospitalization |
| <input type="checkbox"/> hurt head or concussion | |

Exercise 3 – How Abuse Happens

Abuse doesn't "just happen." Things are going on before it happens. Things are going on within us. Abuse happens at a certain time and place. Think back to the most recent abusive incident and "size up" the situation.

1. How were you feeling several hours before the abuse? (Check all that apply.)

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> withdrawn | <input type="checkbox"/> restless |
| <input type="checkbox"/> nervous | <input type="checkbox"/> tired |
| <input type="checkbox"/> angry | <input type="checkbox"/> mean |
| <input type="checkbox"/> sad | <input type="checkbox"/> empty |
| <input type="checkbox"/> cocky | <input type="checkbox"/> other _____ |

2. What physical signs did you have just prior to the abuse?

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> panic | <input type="checkbox"/> pacing |
| <input type="checkbox"/> tight fists | <input type="checkbox"/> tight chest |
| <input type="checkbox"/> tight jaw | <input type="checkbox"/> bug eyed |
| <input type="checkbox"/> short breath | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> hot face | <input type="checkbox"/> other _____ |

3. What other circumstances might have contributed to the abuse?

- use of alcohol or drugs
- other people present
- time of day (e.g., late at night, early morning)
- place (e.g., the bedroom, kitchen)

4. What did you say or think just before the abuse?

5. How did you feel after the abusive incident?

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> relieved | <input type="checkbox"/> depressed |
| <input type="checkbox"/> more angry | <input type="checkbox"/> happy |
| <input type="checkbox"/> ashamed | <input type="checkbox"/> satisfied |
| <input type="checkbox"/> upset | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> fearful | <input type="checkbox"/> victorious |
| <input type="checkbox"/> other _____ | |

6. What did you do immediately after the incident?

- | | |
|---|--|
| <input type="checkbox"/> acted as if nothing happened | <input type="checkbox"/> denied it or said she wasn't hurt |
| <input type="checkbox"/> apologized | <input type="checkbox"/> said she deserved it |
| <input type="checkbox"/> acted affectionate | <input type="checkbox"/> threatened to do it again |
| <input type="checkbox"/> left the house | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> slept or passed out | <input type="checkbox"/> other _____ |

☰ Exercise 4 – How We Can Avoid Abuse

When we are aware of abuse, we can do something about it. We can see it coming and do something else instead. There are things we can do, as well, to avoid even getting into a situation that might turn into abuse. We do some of these things at least sometimes. Think about a recent abusive incident or close call, and answer the following questions. Be imaginative, be creative in your answers.

1. What might you have done just before the abusive incident in order to avoid it? (e.g., get out of the house, keep my mouth shut)

2. What might you have done just after the abuse to prevent further abuse? (e.g., called someone for help, stopped drinking)

3. Who are three people that you can readily call on for help? (Include phone numbers.)

4. What should you expect or allow your wife to do in response to any future abuse or close calls — without interference or revenge from you? (Check those that apply and add some more tailored to your situation.)

- hit you back
- call a women's shelter crisis line
- leave home
- call the police
- other _____
- other _____

Assignments

1. If your wife or partner is willing, review your responses to any of these exercises with her. Mark her responses to the questions with an “*.”
2. Redo Exercise 3 after any close call or testing time that occurs during the coming week. Put an “*” in front of the items that apply to the new “close call” and see if they are the same or different from your original checks.

Caution: If you are physically abusive, be sure to talk to a counselor about it as soon as possible. Learn something from it so that it doesn’t happen again. You might also look over the exercise “Responding to Relapse” in Part 5 of this workbook series.

❖ Goal 2 – Asserting Our Capacity to Stop

Something to Think About

There are things for which an uncompromising stand is worthwhile. —Dietrich Bonhoeffer

For many of us, a time came when we said, “I’m not going to live this way any more!” This was a deep, internal decision for change. We probably didn’t know how it would come about. Somehow we had reached bottom, and we no longer debated about whose fault our problems were. We quit negotiating over what we would change and what we would not change. We were willing to put all our energy into finding a better life, no matter what it would require. That is the kind of inner “guts” that finally makes real change possible.

Such willingness to take a stand and give ourselves totally to a worthwhile cause is a model for our lives. It’s the beginning of deep change. Many men and women have taken similar heroic stands for other causes like justice, world peace, helping the poor and hungry, human rights, and protection of the environment. We can take courage that what we have to do can be done.

On this day, I will take a stand for what is worthwhile.

Put Your Reaction or Comments Here:

☰ Exercise 1 – Ways We Stop Abuse

Not only does abuse not “just happen,” it doesn’t just stop. There are things we do, think, or feel to stop it. Let’s take a closer look at how we have stopped an abusive incident before it got worse or happened at all.

1. We have all stopped our abuse from escalating at some time in the past. Did you ever stop short of doing any of the following? In other words, were you about to do something more abusive and then stopped? Put a check by any item you were about to do but didn’t.

- push her hard against a wall or push her down
- hit her with your fists
- cause any marks or bruises
- really hurt her
- put her in the hospital
- try to kill her
- other _____

2. Think back to your most recent abusive incident or “close call.” Why did you stop the abuse or not abuse? (e.g., She called the police. I didn’t want to kids to see.)

3. On the flip side, we sometimes don’t stop our abuse when we could have. Excuses help keep us going. What excuses have you used to **not** stop your abuse? (Check all that apply.)

- she deserved it
- she hit me first
- I was drunk
- she insulted me
- she hit me back
- she disobeyed me
- she embarrassed me
- other _____

☰ Exercise 2 – Strategies for Stopping

There are a lot of ways we can stop our abuse. We are probably using a lot of those ways already to keep us from being more abusive than we are. Other times we could probably stand to use these ways of stopping more. Let's see what "strategies" for stopping abuse we have available to us and what we might draw on.

- Below is a list of some of the most common things men do to stop an abusive incident from happening. Look over the list below of "Stopping Strategies." Put a check in the "Used" column for *each strategy that you have used* in the last three months or so. Then put a check in the "Helped" column if that strategy helped you stop the abuse.

Stopping Strategies	Used	Helped
■ Avoidance Strategies		
stop talking or arguing	<input type="checkbox"/>	<input type="checkbox"/>
try to talk it out	<input type="checkbox"/>	<input type="checkbox"/>
go to another room	<input type="checkbox"/>	<input type="checkbox"/>
take a "time out"	<input type="checkbox"/>	<input type="checkbox"/>
go to a friend's house	<input type="checkbox"/>	<input type="checkbox"/>
leave overnight	<input type="checkbox"/>	<input type="checkbox"/>
■ Self-Control Strategies		
hold back your response/count to 10	<input type="checkbox"/>	<input type="checkbox"/>
think instead of react (e.g., "Do I really want to do this?")	<input type="checkbox"/>	<input type="checkbox"/>
talk to yourself in a positive way (e.g., "I can stop my abuse.")	<input type="checkbox"/>	<input type="checkbox"/>
think about how you are feeling	<input type="checkbox"/>	<input type="checkbox"/>
picture something good or peaceful	<input type="checkbox"/>	<input type="checkbox"/>
■ Coping Strategies		
do something relaxing	<input type="checkbox"/>	<input type="checkbox"/>
stop something stressful in your life	<input type="checkbox"/>	<input type="checkbox"/>
pray or meditate	<input type="checkbox"/>	<input type="checkbox"/>
do some physical exercise	<input type="checkbox"/>	<input type="checkbox"/>
call a friend or a counselor	<input type="checkbox"/>	<input type="checkbox"/>
tell your problems to someone else	<input type="checkbox"/>	<input type="checkbox"/>

- Circle those *strategies that you plan to use* over the next three months.

3. Are there any other strategies you have used to avoid being abusive that are not on the list above?

4. What are the “payoffs” or benefits for stopping your abuse? (e.g., I didn’t hurt her. The police didn’t come.)

 **Assignment**

1. Review the “strategies” in Exercise 1 with your wife or partner (if she is willing). Ask her which ones she thinks work the best. Ask her which strategies she prefers. Put an “*” beside them. If she is not available, try to imagine her answers. Which strategies do you agree on?

2. Find out her strategies for dealing with the abuse and write them below.

- My partner’s strategies for stopping abuse are:

3. Ask another male friend how he stops his abuse. Find out how to do the strategies and how they work.

- My friend's strategies for stopping abuse are:

❖ Goal 3 – Shifting the Focus of Our Control

Something to Think About

A controller doesn't trust his or her ability to live through the pain and chaos of life. There is no life without pain just as there is no art without submitting to chaos. —Rita Mae Brown

It is very hard for most of us to see how controlling we are. We may feel uptight or careful, but we haven't seen it as controlling ourselves or controlling how people respond to us. We may insist that we are worried about a loved one's behavior or safety, but not realize our hovering over that person is a controlling activity. We may be keenly aware of other people's controlling behavior with us, but unaware we have equaled their control by monitoring them and trying to change their behavior.

The reality is that we can't really control everything and we only frustrate ourselves in trying to do so. Eventually, we have to stop controlling and trust. And we are likely to do so, only to forget and take control back within minutes or within an hour. Then we must let go again. What a moment of discovery when we risk letting go! Sometimes the world works just fine without us controlling it.

*Today, I will submit to the insecurity of a changing world
and have faith that I can live through the insecurities and grow.*

Put Your Reaction or Comments Here:

☰ Exercise 1 – What Control Is and Does

Most abuse is really about control. It is about trying to be in control, to take control, or to control somebody else. In some cases, trying to control somebody is a kind of abuse itself. To get to the bottom of it all, we not only have to stop our abuse, we have to “let go” of things we can’t and don’t need to control.

1. What does it mean to be in “control” or to control someone?

2. List ways you’ve controlled your wife or partner in the last week. If you are separated, consider when you were last together. (e.g., “I didn’t give her the money she asked for.” “I made her stay away from me.”)

3. What negative effects does your control have on your wife or partner? (e.g., “It makes her not like me.” “She ignores me.”)

4. What negative effects does controlling someone else have on you? (e.g., “I get mad at them.” “I want to fight back.”)

Exercise 2 – Easing “Being In Charge”

We often feel that we have too many responsibilities. They weigh us down and make us feel “put upon.” But maybe we don’t have to always be “in charge.”

1. Make a list below of your responsibilities (e.g., getting money for your kids). Put the things in a column under “Responsibility.”

**Your
Responsibilities**

**Your
Reasons**

Letting Go

2. Why do you feel these responsibilities thing? Add the first reason that comes to mind in the column entitled “Your Reasons” (e.g., That’s what a man is supposed to do. Because it’s my job.)?
3. What would happen if you did not accept these responsibilities? Put what might happen if you “let go” of a responsibility in the column entitled “Letting Go.” (e.g., My kid would starve. My relatives would feed them.)
4. Circle one responsibility that you feel you most need to control.
5. Put a check by one responsibility that you could let go of.

Assignment

1. During the next week, let go of the responsibility you checked in Exercise 2, Question 5. Make a note below of how others responded and how you felt afterward.

Other’s response

Your feelings

2. List one more thing you could try to let go of for next week.

❖ Goal 4 – Being Responsible When We Feel Hurt

Something to Think About

It doesn't take much to see that something is wrong, but it takes some eyesight to see what will put it right again. —Will Rogers

There are so many times when we would like to blame somebody — wife, child, or parent, “the management” — for our feelings. When we get frustrated, overworked, or angry, we want somebody else to take responsibility. In truth, each of us has his own path and is responsible for his own feelings. One man said that living alone made it clear to him that his wife wasn't creating his feelings. Until then he thought she was responsible. Rather than feel like a “victim,” we can do something about whatever hurts and ultimately deal with our lives.

Today, help me be responsible for what I feel even if it hurts.

Put Your Reaction or Comments Here:

☰ Exercise 1 – Feeling Like a Victim

A lot of us, sometime or another, feel like we are a victim. We are the ones that have been abused or put upon. We got a bad deal. It can help to step back and take a look at this. Is it as bad as we think? Is there something we can do to stop feeling like a victim?

1. What abusive things has your wife or partner done to you in the last month?

2. What effect did each of these have on you? Did you feel angry, confused, frustrated, emotionally hurt, or fearful?

3. What injury, if any, did any of these “abuses” cause? Did any cause bruises, bleeding, broken bones, or head injuries?

4. Which “abusive” incident bothers you the most? Why?

☰ Exercise 2 – Responding to Abuse

We have to think we are a “victim” to be one. It can be our thinking that makes someone else’s behavior seem abusive, or that makes us feel hurt when we really aren’t. Let’s look at how we respond to abuse and how we might respond instead. This can “protect” us — and keep us from lashing back in abuse.

1. Think of a recent incident when you felt abused. Put a check by any items that you felt before the incident.
 - expectations of what should or was going to happen
 - you felt some pride or accomplishment
 - you were feeling down
 - you were pitying yourself
 - real tired from not taking care of myself
 - a little drunk from alcohol
 - other _____
2. How do you think your wife or partner was feeling at the time of this particular incident?
 - fearful
 - let down
 - run down
 - depressed
 - sad
 - other _____
3. Why do you think she responded to those feelings the way she did?
 - she was acting like me
 - she was brought up that way
 - she was acting out of desperation
 - she was deliberately testing me
 - she was acting out of fear
 - other _____
4. How might you have responded other than by totally withdrawing or by fighting back? Put a check by those that apply and add your own suggestions.
 - admit my mistake
 - say how I’m feeling
 - stop the argument until we’re both calm

- other _____
- other _____
- other _____

 **Assignment**

1. Compare the ways that you have been abused by your partner to the ways you abused her in Exercise 1 of Goal 1. How do your hurt feelings and injuries compare to hers? In most cases, men are the “winners” of the abuse contest. Why do you think this is the case?

2. Making a log or record of when we get our feelings hurt can help us deal better with them. During the next three days, use the log below to record a situation in which you get your feelings hurt — even in the slightest way. On the “response” line write how you responded to the feeling. What did you do about those feelings? (e.g., ignore them, talk about them, fight back, left to calm down). Put down something you might have done instead or in addition to ease the feeling next to “ideal response.”

■ **First Day**

Situation: _____

Response: _____

Ideal response: _____

■ **Second Day**

Situation: _____

Response: _____

Ideal response: _____

■ **Third Day**

Situation: _____

Response: _____

Ideal response: _____

☰ Exercise 1 – What We Do to Ourselves

Our bodies are us. When we treat them bad, they treat us bad. When we are drained, drunk or wired, it is harder to do our best — to do the right thing. We not only end up hurting ourselves more, but we end up hurting others as well. Let's check how we are taking care of ourselves. You may be surprised at how you are abusing yourself.

1. How many days in the past week have you overeaten, skipped a meal, or eaten fried fast food? _____

2. Why did this happen? Could it be avoided?

3. Which of the following have you consumed in the last three days? (Check all that apply.)

- | | |
|--|--|
| <input type="checkbox"/> junk food | <input type="checkbox"/> tranquilizers |
| <input type="checkbox"/> caffeine (coffee, cola) | <input type="checkbox"/> marijuana |
| <input type="checkbox"/> cigarettes | <input type="checkbox"/> uppers |
| <input type="checkbox"/> beer | <input type="checkbox"/> downers |
| <input type="checkbox"/> hard liquor | <input type="checkbox"/> cocaine |

4. Which of the above might cause problems for you? Circle those items.

5. Which of the above does your wife or partner think is a problem for you? Put an "*" by these.

6. What action will you take for any drug or alcohol problems? (Check all those that apply.)

- cut back to (amount): _____
- completely abstain starting: _____
- attend Alcoholics Anonymous starting: _____
- join a substance-abuse treatment program starting: _____
- use *Relapse Prevention Workbook: For Recovering Alcoholics and Drug Dependent Persons*
- other _____
- other _____

☰ Exercises 2 – Do We Drink Too Much*

Drinking seems to go hand in hand with a lot of abuse. It doesn't cause the abuse, but it can sure make it worse. It makes us misread things and overreact. Most of us, however, don't think we drink too much. We don't think we have a problem. It helps to know if that is really the case. To find out, answer each question below by checking either "yes" or "no." Be honest with yourself. Then score your answers with the instructions below.

1. Do you feel you are a normal drinker? (or drug user). By normal we mean you drink less than or as much as most other people? yes no
2. Does your spouse ever worry or complain about your drinking? yes no
3. Do you ever feel guilty about your drinking? yes no
4. Do friends or relatives think you are a normal drinker? yes no
5. Are you able to stop drinking when you want? yes no
6. Have you ever attended a meeting of Alcoholics Anonymous? yes no
7. Has your drinking ever created problems between you and your spouse? yes no
8. Have you ever gotten into trouble at work because of your drinking? yes no
9. Have you ever neglected obligations or work for two days or more in a row because you were drinking? yes no
10. Have you ever gone to anyone for help about your drinking? yes no
11. Have you ever been in a hospital because of drinking? yes no
12. Have you ever been arrested for drunken driving or driving while under the influence of alcohol? yes no
13. Have you ever been arrested, even for a few hours, because of your drunken behavior? yes no

Scoring: Give yourself a point for each of the questions 2, 3, and 6 through 13 that you checked "yes." Also, give yourself a point if you checked "no" for questions 1, 4, or 5. According to this well-established test, you probably are an alcoholic, or addicted to alcohol, if you got three or more points. If you got two points, you "possibly" have a problem. If you got zero or one point, you don't have an alcohol problem at this point. Be sure to seek help if you have two or more points. You don't need to face it alone, and don't deserve to face it alone.

*Reprinted with permission from Selzer, M., A. Vinokur, and L. Van Rooijen, "A Self-Administered Short Michigan Alcoholism Screening Test (SMAST)," *Journal of Studies in Alcohol* 36 (1975): 117-26.

Exercise 3 – Keeping Alive and Well

Exercise can do wonders for us. It not only can make us healthier, it can also help us relax and reduce stress. We are more likely to think straight, feel better about ourselves, and not over-react. But most of us don't exercise as much as we should or could.

1. In the past week, how many times have you done some physical exercise? (e.g., running, swimming, biking, exercises, long walks, etc.) _____
2. What exercise activities could you begin to do and when would you make time to do them?

Activity

Day(s) of week/time

3. How many hours of sleep do you need to feel well rested? _____
4. In the past three nights, how many nights have you slept that long? _____
5. What hobbies do you enjoy and will begin to do on a regular basis?

Hobby

Day(s) of week/time

6. When will you take some quiet time during the day for yourself? This can be in the form of a "Two-Minute Vacation" of relaxation, doing this workbook, or reading something inspirational. (The "Two-Minute Vacation" consists of consciously relaxing your whole body and taking several deep breaths to release tension. The book *Touchstones* offers a collection of short inspirational passages for men, one for each day of the week.)

Quiet time activity

Day(s) of week/time

Assignment

1. Take a brief body check right now. Rate the following items on a scale from one to five (5 = very high) in the “now” column. Then do some daily exercise, proper eating and sleeping, quiet time, hobbies, and abstain from drugs, alcohol, and caffeine over the next five days. On the sixth day, do another body check and rate yourself again in the “later” column.

	Now	Later
■ low energy	_____	_____
■ body tension	_____	_____
■ low muscle tone	_____	_____
■ sleepiness	_____	_____
■ general anxiety	_____	_____