



Relapse,  
Reuniting,  
and  
Progress

*Workbook 5 in The Way to Change  
Series for Men Who Have Abused  
Their Women Partners*

Edward W. Gondolf

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## **About the Author**

Edward W. Gondolf, Ed.D., MPH, has been developing men's programs around the country for over 20 years. As research director for the Mid-Atlantic Addiction Training Institute and Professor of Sociology, Indiana University of Pennsylvania, he conducts research on the response of the courts, mental-health practitioners, alcohol-treatment clinicians, and batterer treatment programs. He has authored several books on domestic violence, including *Man to Man: A Guide for Men in Abusive Relationships*, *Assessing Women Battering in Mental Health Services*, and *Men Who Batter: An Integrated Approach for Stopping Wife Abuse*.

# **Workbook 5 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 responses 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**

***Relapse, Reuniting, and Change*** is the fifth and last workbook in *The Way to Change* series. It is designed to achieve several goals. It will help you should you slip-up or relapse. It will help you should alcohol misuse or someother trigger cause you to slip up. And it will help you, should the case may be, to get back together. It will assist you in undoing any left over felt need to be abusive toward women who challenge you. You will be better able to take care of yourself and thereby overcome the need to govern the women in your life.

Each of these goals begins with something to think about — "think pieces." Following 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 a 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’ll 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 pull out and look at during the day. This will help bring a new way of looking at things and keep you moving ahead.

### **How Change Happens**

- There are no shortcuts to change, only shortfalls.
- If you think you’re cured, you are probably not.
- A commitment to a long-term process of change will shorten the time it takes to get results.
- Keep your eye on the long-term goal one day at a time.
- The determination to change ourselves opens us to receive help from other people.
- Talking incessantly about how we’ve changed may show others that we haven’t.
- We reach a point where we need to do more than change the spark plugs; we need to overhaul the engine.
- We have to wrestle with our soul in order to be able to play with life.
- Responding to an unchangeable Higher Power helps to change us.

# Relapse, Reuniting, and Progress

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The road to change has many bumps and turn-offs. It has twists and turns as well. We may take some detours or side trips along the way, or seem to breakdown or hit a wall. But as long as we know where we are headed and realize we have to keep going, we find our way.

Many men before you have faced these problems and kept going. The map they leave behind points to a number of special issues. These are things that can pull us off the road. If we are on the look out for them, they can keep us going. We can learn from them as well, and be bothered by them less and less.

The first issue is acting abusive again. We are slipping back into old familiar ways. The second is heavy drinking which can quickly undo our good intentions and progress. A third is the push and pull of our relationship. We get caught up in how much time to spend together or apart, what we want versus what is best for us, what our partners need and what is best for them. But knowing where we have come from, what we have accomplished, and where we are headed can move us through and beyond these issues.

In this workbook, we take a closer look at these special issues and stumbling blocks. These are issues that don't come at any particular time or place. So this is the kind of workbook that you should be referring to periodically throughout your change efforts. It should accompany any of the other four workbooks in this series, and be something you refer to as the need arises.

*Let no one be deluded that a knowledge of the path cannot substitute for putting one foot in front of the other. —M. C. Richards*

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

## ❖ Goal 1: Responding to More Abuse

### Something to Think About

*The art of living lies not in eliminating but in growing with troubles.* —Benard M. Baruch

Yes, there are going to be times when you feel tested. You are bound to have close calls and may even have a relapse. The tendency is to make either too much or too little of these incidents. On one hand, we may just let them slide by telling ourselves that we really are different now. On the other hand, we may be totally devastated. A sense of failure and guilt may overtake us. We lose our motivation with a “what’s-the-use” attitude and fall back on our old ways.

Instead, we can build on our close calls or relapses for they hold important lessons. In any educational venture, it is the tests that show us what we have gained and possibilities for further growth. Tests can actually be a form of instruction in themselves showing us new ways to apply what we have learned. Above all, the close calls and relapses keep us humble and open to change. They prompt more honesty, hard work, and love of others and ourselves.

*May I have the strength to face my close calls and relapses and learn from them.*

### Put Your Reaction or Comments Here:

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### ☰ Exercise 1: Reassessing Our Abuse

This goal of responding to close calls or more abuse is a little different than the goals in other workbooks. It is something we should turn to when we are having a tough time with our partner or have been abusive in what we say or do. There are exercises here that we might repeat several times or review now and then just to keep on track. All of us have had at least one close call when we nearly became abusive, or wanted to abuse somebody. You can begin by thinking about such a time by getting started and practicing moving ahead instead of falling behind.

1. Think about a close call or re-abuse you recently had. What brought on the re-abuse or close call?
  - What was the situation?

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- What issue or problem brought it on?

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- What were you saying or thinking at the time?

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- How were you feeling?

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2. The list below has some steps that you might have taken in response to a relapse or close call. Check the steps you have taken in response to your most recent relapse or close call.

- Assure the safety or well being of your partner by not interfering with her seeking help.
- Separate yourself from your partner by leaving the house to stay at another place or cool off. (Be sure to tell your partner what you are doing, where you are going, when you will be back.)
- Call friend or a hotline for men and talk about the incident.
- Review this workbook and your responses in it to re-establish the lessons you've learned.
- Attend a counseling session or group meeting to discuss the incident and what you can learn from it.
- Other \_\_\_\_\_
- Other \_\_\_\_\_

3. Circle any items on the list that you think might be helpful to you in the future.

4. In what way did you respond differently to this relapse or close call — different from previous abusive incidents or close calls?

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5. How did you feel about yourself after this close call or re-abuse?

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## **☰ Exercise 2: Learning the Lessons**

It is important to think seriously about what you've learned from close calls or re-abuse. The lessons we get from these close calls or re-abuse often can have a bigger impact on us than a lot of talk or education. Let's size it up — and build on these lessons.

1. What did you feel you accomplished prior to the re-abuse or close call? (Were you taking better care of yourself? Were you recognizing and avoiding potential abuse? Were you looking at your partner more as a friend?)

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2. Are there any goals in these workbooks that you've forgotten about or neglected to practice? What are they and why have you forgotten or neglected them? (Have you not taken the time to review the workbooks, or do all of the exercises? Have you skipped the assignments or not thought about what you learned?)

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3. What can you do differently to reduce the risk of re-abuse in the future? (Are there goals or steps that would especially help you? If so, what are they?)

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4. What is the main thing you have learned from this re-abuse or close call? (That you have to think more about what is going on with you, instead of your partner? That you have to think before you act? That you have to do something to avoid abuse before it is too late?)

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## Assignments

1. Be sure to challenge the self-pity, depression, or sense of failure that may happen after re-abuse or a close call. These feelings can lead to future abuse to yourself or others. Also, don't over apologize or make false promises to your partner. Speak with your new non-abusive actions.
2. Over the next week after re-abuse or a close call, make a list below of your non-abusive behaviors and positive accomplishments. Note how you feel after them.

### Accomplishment Log

Date	Nonabusiveness or Accomplishments	Feelings

**Caution:** If your re-abuse resulted in your hurting or beating up your wife or partner, punching or kicking her, or using a weapon against her, be sure she receives the care that she needs, first of all. Also, you should separate from her in order to assure her future safety. Furthermore, you should re-enter a more structured and highly supervised program, if you are not already in one. Talk to a counselor individually and in a group about this abuse. This is serious stuff — it is a crime. It can land you in jail and put your partner in the hospital — or grave. **And**, don't give up your efforts to change.

## ❖ Goal 2: Preventing Alcohol Misuse

### Something to Think About

*I drink not from mere joy in wine nor to scoff at faith — no, only to forget myself for a moment, that only do I want of intoxication, that alone. —Omar Khayyam*

Drinking alcohol is the fastest way back to abuse and violence. It clouds our thinking, distorts our perceptions, and exaggerates our feelings. It puts us in bad situations, and sometimes with people that get us into trouble. If we are serious about stopping our abusive behavior — and staying stopped — we have to continue to avoid heavy drinking and all that goes with it. This is usually harder than it sounds, especially when we are trying to change. The tendency is to reach for a beer or go out with the guys when we feel stressed or angry. We think we are avoiding being abusive toward our partners or children by doing this, but we can be making things worse.

We can, however, apply lessons we are learning about our being a “real man” to our drinking behavior as well as to our abuse toward others. As we continue to take care of our drinking, we are taking care of ourselves. Our better selves makes staying stopped easier — and more fun.

*I know that I can face up to my drinking like a man, and not let it ruin the progress I am making.*

**Put Your Reaction or Comments Here:**

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**☰ Exercise 1: Doing Things Differently\***

The experts tell us that we need a strategy to prevent alcohol misuse and the problems that come with it. We need more than will power or hope. We need to plan some strategies and put them into action, just as we would when tackling any major job or project. Here is a list of strategies to put into practice. Apply each one to your life by responding to directions below.

1. Work a disciplined *alcohol recovery plan*. You need to do several things differently. Do them regularly and consistently — and even when you don’t want to. What are four disciplined steps you are taking or want to take to prevent heavy drinking (e.g., going to an AA meeting, checking-in with a non-drinking friend, writing a daily log of “ups” and “downs”).

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\*Adapted with permission of Learning Publications from *Relapse Prevention Workbook: For Recovering Alcoholics and Drug-Dependent Persons*, 3rd ed., by Dennis Daley. © 2000 by Learning Publications.

Put a check in front of those items you have done in the last week.

2. *Seek support* and help from other men and women in recovery for alcohol misuse. They can be friends, family, and professionals. Don't recover alone. List four people that can give you help, support, and an example.

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Put a check in front of each person you have talked to in the last week.

3. *Avoid situations* that influence you to use alcohol or drugs, and practice ways to say no to offers to use or party. Each of us has certain people, places, events, and things that lead us to alcohol misuse. What are some of the people and situations you need to avoid?

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Put a check in front of each situation you have avoided in the last week.

4. *Keep busy* and have fun. Build alcohol-free activities into your life. Name some of the new activities you are doing or want to do more of.

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Put a check in front of activities that you have done in the last week.

## **Exercise 2: Dealing With Alcohol-Related Feelings\***

Most people slip into heavy drinking in response to certain feelings. Some of these feelings become more intense when we stop drinking. We may have to dig out other feelings to deal with them. Let's take a look at some of those feelings so they don't get the best of us.

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1. **Accept the ups and downs of recovery from alcohol misuse. You will have strong cravings, bad days, and lose motivation from time to time. Accept these as normal and have a plan to help you through the rough spots. List four things you can do to help you in the rough spots.**

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**Put a check in front of things that you have done in the last week.**

2. **Manage your upsetting feelings. Don't let anger, anxiety, boredom, depression, guilt, or loneliness provide you with a reason to use alcohol or drugs. What feelings are most associated with your drinking.**

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**Put a check in front of feelings that you have had in the last week.**

3. **Take an inventory of yourself. Self-examination increases you self-awareness and self-awareness helps you change. List three things you have become aware of by not drinking.**

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**Put a check in front of the things most important to you.**

4. **Appreciate and reward your efforts at recovery. Don't take yourself for granted and don't overlook positive changes, no matter how small. How have you rewarded or congratulated yourself for your efforts and positive changes?**

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Put a check in front of rewards that you have used in the last week.

## Assignments

There are many temptations, opportunities, and excuses to drink — or drink more. Over the next week, be on the look out for situations and feelings that might have led you to drink — or did lead you to drink. List what they were below.

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What did you do — or could have done — to avoid the situations and deal with the feelings?

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Check the item that worked the best for you.

## ✂ Goal 3: Getting Back Together

### Something to Think About

*Love doesn't just sit there, like a stone; it has to be made, like bread, remade all the time, made new.* —Ursula K. Le Guin

If we have abused someone, we have no doubt hurt him or her and our relationship — oftentimes more than we imagine. Many of us will experience separation and divorce as a result of our being abusive. And many of us will hope to get back together and rebuild our relationships or make new ones. Doing so takes much patience, effort, and caring. It cannot be made to happen; in fact, it is likely not to happen if you push it.

The hardest thing to deal with, beside our pride, is the expectation that things should be “the way they were.” Even though you may think you’ve changed, your wife or partner is liable to be suspicious and even afraid of you. Even if you are clearly a different person, your wife or partner may hold too much resentment and fear of the past to accept you. She may, as well, not know how to deal with the person you’ve become or are becoming. In either case, you have to be prepared to start over with your wife or partner — or with someone new.

*I pray that I may be patient in getting back together and willing to start over.*

**Put Your Reaction or Comments Here:**

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**☰ Exercise 1: Sizing Up the Situation**

“Getting Back Together” is a special goal because it may not apply to all of us. It may not apply to us now but could later. It is something to consider as needed. Many relationships go through times of separating and returning. Abuse makes these changes more complicated. Many men become more abusive when their partners leave or separate. They try to make them come back or punish them for leaving. Getting back together may return to old abusive ways when we think we have stopped. Should you get back together with your partner? Should she get back with you?

1. What signs are there that your wife or partner **is** ready to come back to you? (Does she say she feels safe and trusts you now? Does she notice some big changes in you for the better?)

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2. What signs are there that your wife or partner is **not** ready to return to you? (Is she still scared of you at times? Does she want to meet or date other men?)

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3. What signs are there that you **are** ready to return to your wife or partner? Have you stopped pressuring her or trying to control her? Do you appreciate her more and take more responsibility for things?

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4. What signs are there that you are **not** ready to return to your wife or partner?

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**Caution:** If you have not been abusive for at least six months, you may be ready to return to being together. If you have been abusive in any way, you may still need more time apart.

**☰ Exercise 2: Planning the Return**

You have to prepare for getting back together, just as much as you would for a long trip or a move to another state. The more you prepare and plan, the more likely you will avoid falling back into old patterns and problems. Let's think through what lies ahead.

1. What problem areas in your relationship need the most work (e.g., disciplining the children, paying bills, and having enough money)?

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2. What steps can you take to address these problem areas (e.g., negotiate some plans for discipline now, plan a budget together)?

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3. What steps might you take to "start over" again? (You might begin by trying a dating relationship, or by seeing a family counselor who is acceptable to your wife or partner and versed in the issues of domestic violence.)

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### **☰ Exercise 3: Facing Separation**

Sometimes trying to get back together shows us we should not be together. Disagreements may surface in planning or preparing to get back together. We may have some “close calls” or even be abusive. We might get back together and need to separate again. Let’s think about these possibilities so we are ready to do the right thing.

1. Under what circumstances should you separate again or for good? (If you are abusive again? If you can’t agree on finances?)

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2. What should you do if your wife or partner does not want to return? (Should you see a counselor on your own? Should you move to another place?)

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3. What can you do to avoid becoming angry or abusive when you separate again or for good? (Participate in a men’s group? Review certain parts of this workbook?)

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4. How do you know you are ready to go out with other women without being abusive to them or to your former wife or partner? (Sometimes after men separate they are still angry towards their former partner and may take out that anger on their new partner. Sometimes they go out with a new partner to try to hurt or get back at their former partner.)

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 **Assignments**

1. If your wife or partner is willing, review Exercises 1 and 2 in this special goal with her. Have her answer the questions and compare her answers to yours. Write the major agreements and disagreements below.

- Agreements

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- Disagreements

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2. Talk a separation plan with your partner by reviewing Exercise 3 together. Remember take it slow and easy — for your own sake as well as hers. Summarize the main points of your plans below.

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**Caution:** Many of us give up our efforts to change if our wife or partner leaves us or divorces us. It is important to remember, therefore, that you need to change for your own good, not just to get your wife or partner back. In fact, **not** manipulating her, pressuring her, or begging her to come back may be evidence that you are changing. Be sure not to use this assignment or other exercises as a means of trying to control her or get your way. Also, it may be helpful to know that

most abusive relationships go through numerous separations before they are resolved. So “letting go” with patience is needed whether we like it or not.

## ❖ Goal 4: Checking Our Progress

### Something to Think About

*Yea, thou shalt be steadfast, and shalt not fear. —Job 11*

The temptation is to slack off, especially if we see some improvements. But it is a trick! There can be no let up. We must continue to do a little each day, grow a little each day, and change a little each day. We must live differently each day, otherwise we will slip back into our old ways.

It is important, therefore, to stick to it. We “stay stopped” by daily participating in our program, following this workbook series, and by thinking about the lessons we’ve learned. We do it by drawing on the inner strength we have as a gift from our Higher Power.

Part of this entails us really being honest with ourselves. Have we done our share? Have we done what we told ourselves we would do? Have we done what we promised others we would do? We have to honestly address such questions daily.

*God, please help me to stick to and follow through on my commitment to change.*

### Put Your Reaction and Comments Here:

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### ☰ Exercise 1: A Staying-Stopped Checklist

This is a “Special Goal” because it is one that we need to work on regularly through our course of change and return to periodically after we finish this workbook. Just as in the first workbook, we learned to check our behavior. We have to systematically check our change. Are we progressing as we hoped and should? Are there areas or things we have become lax about? On a monthly basis, review the checklist below to find out. Check all those items that you have done during that one-month period. (Follow the numbered boxes for the months after each statement.) “I have . . .”

1. Put a check in the first month box of any behaviors you have done. For month two, review the list again and put checks for any behaviors you have done. Repeat each month.

◆ Item: Referred daily (at least five days a week) to this workbook.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Thought at least weekly about some of the paradoxes of change.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

## Part 1: Checking Our Behavior

◆ Item: Not been psychologically abusive.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Employed stopping strategies to avoid physical abuse.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Consciously “let go” of something I previously felt in charge of.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Recognized my hurt feelings and took care of them.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Exercised or done leisure activities to take better care of myself.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Not abused alcohol, drugs, or caffeine.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

## Part 2: Discovering Our Self

◆ Item: Consciously considered my separateness from my father.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Offered some specific mothering to someone else in my family.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Identified at least one new hero that is worth admiring.

✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

◆ Item: Used “I-feel emotion” statements with my wife or partner.

- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Taken some quiet time daily to affirm my spiritual nature.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

### **Part 3: Appreciating Women**

- ◆ Item: Not used any negative expressions about women in my conversations.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Used “fair behavior” instead of “unfair behavior” in disagreements with my wife or partner.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Discussed openly my sexual fears and need for intimacy with someone.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Inquired about an aspect of my wife or partner that we never talked about before.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Shared a major financial decision and some major household chores with my wife or partner.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

### **Part 4: Reaching Out to Others**

- ◆ Item: Played with someone in a game that did not have any winners or losers.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Called a friend to discuss a problem or fear.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Talked to another man about my abuse and questioned him about his.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Spoke to a fellow worker about some means of making the work place less abusive.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- ◆ Item: Gave some service to others in my community.
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12

- ◆ Item: Completed the relapse exercise in the event of a close call. (Also check if there were not relapses or close calls.)
- ✓ Months:  1  2  3  4  5  6  7  8  9  10  11  12
- 2. Size up your progress by totaling the number of checks you have for each month. Write the total next to the appropriate month number below.

Month Number	Total Number of Checks
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____
11	_____
12	_____

### ☰ Exercise 2: Are You Progressing?

The challenge with change is to not just size up what we have done, like we would by stepping on a scale during a diet. We need to also take a look at the areas where we have made headway and the areas where we have not. Then decide what we could do differently in the next month. In this way we become in charge of our change and guide our course like a driver in a race car.

1. What does your total for the first month say about your progress this far?

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- Are you doing as much as you thought to stay stopped? Why or why not?

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- 
- Are you doing what you need to? Why or why not?
- 

- 
- Are there areas where you want to do more next month?
- 

2. How does the current total compare with your total for the previous month? (For month 1, compare the total to what you expected it to be.) Note whether it is *more*, *less*, or the *same* and why you think there was a difference or a consistency.

	More	Less	Same	Reason for this Result
Month 1:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 2:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 3:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 4:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 5:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 6:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 7:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>
Month 8:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<hr/> <hr/>



Month 9:                 

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Month 10:              

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Month 11:              

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Month 12:              

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3. Consider the items that you did not do each month. What is the most serious let-down? Why did you let down in that area? What are the possible consequences for that let-down?

• Month 1:

Let-down: \_\_\_\_\_

Reason: \_\_\_\_\_

Consequences: \_\_\_\_\_

• Month 2:

Let-down: \_\_\_\_\_

Reason: \_\_\_\_\_

Consequences: \_\_\_\_\_

• Month 3:

Let-down: \_\_\_\_\_

Reason: \_\_\_\_\_

Consequences: \_\_\_\_\_

• Month 4:

Let-down: \_\_\_\_\_

Reason: \_\_\_\_\_

Consequences: \_\_\_\_\_

- Month 5:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 6:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 7:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 8:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 9:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 10:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 11:  
Let-down: \_\_\_\_\_  
Reason: \_\_\_\_\_  
Consequences: \_\_\_\_\_
- Month 12:  
Let-down: \_\_\_\_\_

Reason: \_\_\_\_\_

Consequences: \_\_\_\_\_

### Exercise 3: Accomplishments and New Goals

We all have accomplished more than we realize. We have dared to consider new ideas. We have looked hard at ourselves. We have done some things differently. We should take stock of these things and build on them. They give us a foundation, as well as a reminder that we can change. Take a look at what you **have** accomplished. Good job and keep going!

1. What do you consider your major *accomplishment* in the past month? (List positive things that are not on the checklist in Exercise 1 next to each month below.)

• Month 1:

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• Month 2:

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• Month 3:

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• Month 4:

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• Month 5:

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• Month 6:

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• Month 7:

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• Month 8:

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• Month 9:

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• Month 10:

---

• Month 11:

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- Month 12:
- 

2. What additional *goals* have you set for yourself over the next month?

- Month 1:
- 

- Month 2:
- 

- Month 3:
- 

- Month 4:
- 

- Month 5:
- 

- Month 6:
- 

- Month 7:
- 

- Month 8:
- 

- Month 9:
- 

- Month 10:
- 

- Month 11:
- 

- Month 12:
-

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# A Poem on Staying Stopped\*

by David Russell

I need to get things going  
I need to stop to get things going  
I need to stop to start my journey

Though  
I don't need her to come back to stop me  
I don't need it all figured out to stop me  
I don't need to fire her to stop me  
But  
I do need you, my Brother, and a place to sit in council

Though  
I don't need me above her to stop me  
I don't need to put her down to stop me  
I don't need to find her or find her out to stop me  
But  
I need your words, my Sister, even though I hate to listen

Though  
I don't need to beat the rap to stop me  
I don't need to shut her up to stop me  
I don't need her to be nuts to stop me  
But  
I do need you, my Memory, and the sting of recognition

Though  
I don't need to harass her to stop me  
I don't need to feel better to stop me  
I don't need her to act right to stop me  
But  
I do need you, my Brother, and the vision that we hold to:  
Vision of peace above me  
Vision of peace below me  
Vision of peace around me  
Let her find the path of freedom  
And please, then let me follow

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A Workbook Series for Stopping Abusive Behavior

## About the Author

Edward W. Gondolf, Ed.D., MPH, has been developing men's programs around the country for over 20 years. As research director for the Mid-Atlantic Addiction Training Institute and Professor of Sociology, Indiana University of Pennsylvania, he conducts research on the response of the courts, mental-health practitioners, alcohol-treatment clinicians, and batterer treatment programs. He has authored several books on domestic violence, including *Man to Man: A Guide for Men in Abusive Relationships*, *Assessing Women Battering in Mental Health Services*, and *Men Who Batter: An Integrated Approach for Stopping Wife Abuse*.