



Reaching  
Out to  
Others

*Workbook 4 in The Way to Change  
Series for Men Who Have Abused  
Their Women Partners*

Edward W. Gondolf

ISBN 1-55691-207-2

© 2001 by Edward W. Gondolf

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information or retrieval systems, without permission in writing from the publisher.

**Learning Publications, Inc.**  
5351 Gulf Drive  
P.O. Box 1338  
Holmes Beach, FL 34218-1338

Printing: 5 4 3 2 1

Year: 05 04 03 02 01

Printed in the United States of America

# Contents

Workbook 4 in *The Way to Change* Series for Men  
Who Have Abused Their Women Partners..... v

How to Use This Workbook ..... v

The Challenge of Change.....vi

**Goal 1: Being a Real Winner ..... 2**  
    Something to Think About • Exercise 1 – Are You a Real Winner? • Exercise  
    2 – When Rules Get Broken • Sports in Our Lives • Assignments

**Goal 2: Breaking Isolation With Friendship..... 7**  
    Something to Think About • Exercise 1 – Having Good Friends • Exercise 2  
    – Being a Friend to Others • Assignments

**Goal 3: Challenging Others With Our Change .....11**  
    Something to Think About • Exercise 1 – Talking About Your Abuse •  
    Exercise 2 – Confronting Others • Assignments

**Goal 4: Making A Man’s World More Humane.....15**  
    Something to Think About • Exercise 1 – Changing Work • Exercise 2 –  
    Women and Work • Exercise 3. Work Place and Home • Assignments

**Goal 5: Helping Myself by Serving Others.....19**  
    Something to Think About • Exercise 1 – Toward a Non-Violent Society •  
    Exercise 2 – Broadening Your Vision • Exercise 3 – Your Role in the World  
    • Assignments

Name: \_\_\_\_\_  
Program: \_\_\_\_\_  
Location: \_\_\_\_\_  
Phone: \_\_\_\_\_

## **Acknowledgments**

I would like to acknowledge the contributions of David Russell, founder of the Second-Step program in Pittsburgh. Many of the goals were developed by David. Also, Craig Norberg-Bohm and Don Long, founders of the RAVEN program in St. Louis, formulated several of the exercises. Bob Foster and Paul Burchfield of the Domestic Abuse Counseling Center in Pittsburgh helped test and ground many of the ideas in the workbooks. Bob Ackerman, an expert in working with alcohol-affected families, offered encouragement and guidance in the early stages, and Dennis Daley, who has authored several workbooks of his own in the alcohol and drug-treatment field, helped substantially revise and reformat the workbook series. Ellen Fisher and Barbara Hart are some of the many women who have alerted me to the women's issues inherent in working with men. Lastly, I am grateful to the men who have dared to face the issues raised in these workbooks and make substantial changes in their lives.

## **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 4 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**

***Reaching Out to Others*** is the fourth workbook in *The Way to Change* series. It will assist you in gaining support, help, and friendships by serving others. We all need to reach out to others.

Included are five goals that will help you to become 1) a real winner, 2) create strong friendships, 3) ably challenge others without aggressiveness, 4) make your world more humane, and 5) serve others. The attainment of these goals will help you to better deal with social pressure.

# 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.

## Reaching Out

- Playing too hard can make us lose a game we win.
- Always sticking to the rules can make others feel ruled out.
- Being a friend is the best way to get a friend.
- Talking about our problems makes us stronger, not weaker.
- Admitting our abuse to others helps stop abuse in us and them.
- Questioning our friends' abusive behavior is non-abusive behavior.
- Don't take work home.
- Being a slave to work makes us tyrants at home.
- We help ourselves most when we help others.
- We need a broader vision to see where to go.
- Hoping for a better world makes us better in the world.

# Reaching Out to Others

---

There is a world around us that, like it or not, we are very much a part of. It affects us if we don't affect it. For many of us, the world pushed and shaped us. It has reinforced our abuse — even if we are still the cause of it. As we better know ourselves and cultivate more respectful relationships, we develop a base from which we interact with the world and contribute to it. Our efforts to serve others and make things better may be small at first. But they are a part of taking charge of our lives, confirming our new self, and making up for some of our past.

This part of the workbook offers some first steps in this regard. It points us outward toward more genuine friendship, more community involvement, and ultimately toward a re-evaluation of our part in the world. If we are really to be and stay a “new man,” we must live in a new world.

*It is the greatest of all mistakes to do nothing because you can only do a little. Do what you can. —Sydney Smith*

*An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity. —Martin Luther King*



can be “good sports” sometimes and know that winning is **not** everything. Let’s see what kind of winners we are and whether we can be “real winners.”

1. Why is winning so important to you? (Does it just “feel good” to win? Is it because you don’t want to be a “loser” in life? It hurts your self-image to lose?)

---

---

---

---

2. How do you feel and act when you lose? (Do you feel depressed and act sullen and down?)

- Feel:

---

---

- Act:

---

---

3. What could you do instead when you lose and feel this way? (Shake hands and smile? Think about what you learned in the game or competition? Use some of the avoidance skills you’ve learned?)

---

---

---

4. What was the last time you had fun without winning? Describe the situation.

---

---

---

---

5. List several activities you could do for fun with others that do not involve winning?

---

---

---

## **☰ Exercise 2 – When Rules Get Broken**

Most of us want to play by the rules — especially when they are our rules. We can cause bad feelings and hurt the ones we love if we play too hard or overreact to “the rules.” We get upset when someone breaks “the rules” whether it is in a sport, on the highway, in a check-out line, or in the home. We want to impose a penalty or punishment. Let’s think about dealing with rules in a non-abusive way.

1. What do you do if someone doesn’t play by the rules? (Do you ignore it? Do you just mention it? Do you get angry inside? Do you call the person a cheater? Do you quit?)

---

---

---

2. What could you do instead?

---

---

---

3. What do you do if your wife or partner does not play by the rules of the home?

---

---

---

4. What could you do instead?

---

---

---

### Exercise 3 – Sports In Our Lives

Sports play a big part in men’s lives. From the basketball game on the playground or little league with our own kids, sports are there. They show us big-time players who are tough and get what they want. They show us tempers, fights, and egos, as well as sportsmanship, teamwork, and poise. What in sports is also in our home? What part of sports do we take into our lives?

1. How often do you watch sports?
  - On television during a month: \_\_\_\_\_
  - In person during a month: \_\_\_\_\_
  - Who else is generally with you: \_\_\_\_\_
2. What kind of mood are you in during the game? (Most of the time are you intense, relaxed, excited, up-and-down?)

---

3. After the game? (Most of the time are you relieved, tense, upset, psyched, or upbeat?)

---

4. Have you ever felt angry, hostile, or like hitting someone after or during a sports event?

- What was the situation in a recent event?

---

- How did you feel?

---

- What did you do about it?

---

- What else could you have done about it to avoid these feelings?

---

### Assignments

1. Take at least 30 minutes to play with a young child in a game that has no winners or losers and no planned goal. Note what feelings you had. Were you able to let go? How did the child feel and act?
  - What did you play?

---

- Your feelings:

- Letting go:

- Child's response:

2. The next time you are watching a game on television write down how many times you see *positive* examples of sportsmanship and *negative* examples of anger or ego. List the number of times and some examples below. Total the number of *positive* examples and the number of *negative* examples. Which one — the positives or the negatives — did you observe the most? Which — the positives or the negatives — do you usually remember and talk about after a game?

<b>Positive Examples</b>	<b>Number of Times</b>
Sportsmanship	_____
Teamwork	_____
Poise/cool head	_____
Other	_____
Other	_____
<b>Total</b>	_____
<b>Negative Examples</b>	<b>Number of Times</b>
Temper	_____
Fights	_____
Ego/showing off	_____
Other	_____
Other	_____
<b>Total</b>	_____

## ❖ Goal 2 – Breaking Isolation With Friendship

### Something to Think About

*How good and how pleasant it is that brothers sit together. —Psalm 133*

Men are lonely and more vulnerable to addictions and violence when they have no firm friendships with other men. Do we have one or two male friends who truly know us, know what really goes on in our lives, what we feel, and what our doubts are? If we do, these relationships are like gold. We need to polish them. The joys of finding humor in our mutual flaws, getting congratulations for real change, and joining in similar interests have no substitutes.

If we do not have these kinds of friends, we need to find others who might become such friends. We begin by taking small steps in making new friendships. Friends develop when someone reaches out. It is easier for us to do this if we remember our friendship is a gift to someone else. We need friendships with both women and men in order to be whole.

I am grateful for good friendships with men and women in my life. They help me change and grow. Today, can I strengthen my friendship with another man?

### Put Your Reaction and Comments Here:

---

---

---

---

---

---

---

---

---

---

---

---

### ☰ Exercise 1 – Having Good Friends

All of us have someone we call a close friend. Such friends can be a great support to us. In some cases, they can get us in trouble, put trash in our heads, and put us down. Do we have the kind of good friends we need to make and keep changes in our lives?

1. Identify one of your closest male friends. Put his name here: \_\_\_\_\_
2. What are his background, position, and family like?
  - Background:  
\_\_\_\_\_
  - Position:  
\_\_\_\_\_
  - Family:  
\_\_\_\_\_
3. Why do you like him? (What qualities do you like? What things has he done that you like? How does he treat you that you like?)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What do you not like about him?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What influence does this person have on your behavior?
  - Positive influence:  
\_\_\_\_\_
  - Negative influence:  
\_\_\_\_\_
  - Support of your change:  
\_\_\_\_\_

## **Exercise 2 – Being a Friend to Others**

Being a friend to another person means giving of ourself to them, not just doing things for or with each other. It means talking about some of what we feel with them, about some of the

problems we are having, about the changes we are trying to make. If we are not being this kind of friend, we can try to be. Let's look at what kind of friend we are and how to be better.

1. Describe a time when you shared some personal feelings with the friend you mentioned in Exercise 1.

- What was the situation? (Where were you? Where you alone? What were you doing?)
- 
- 

- What was the topic of the conversation? (Were you talking about women? Were you talking about old times or about another friend?)
- 
- 

- What feelings did you bring up? (That you were feeling down or depressed? That you were really happy and encouraged?)
- 
- 

2. Recall a time when you would have liked to talk with this friend about something personal but did not.

- What was the topic you wanted to talk about?
- 

- Why did you hold back?
- 

- How did you feel afterward?
- 

3. What are you willing to do to make your friendship deeper and stronger. Check all those that apply.\*

- I will initiate a heart-to-heart talk.
- I will admit my error and apologize to my friend.
- I will tell him how much his friendship means to me.
- I will offer some new ideas for our next time together.

\*Adapted with permission from Ken Druck, *The Secrets Men Keep*. New York: Doubleday, 1985, pp. 121-22.

- I will allow myself to ask him for help when I need it.
- I will show my feelings with a touch or hug.
- I will tell my friend when I am angry with him and why.
- I will become a better listener with him.
- I will stop playing the "Big Brother" role.
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

### **Assignments**

1. During the next week, do at least two of the items that you checked in #3 of Exercise 2. Write below which ones you do and what the outcome is.

- Item #1:

---

- Outcome:

---

- Item #2:

---

- Outcome:

---

2. Share something you consider personal with another man. Note his reaction and your reaction? How might you do it differently next time?

- Topic shared:

---

- His reaction:

---

- Your reaction:

---

- What would you do differently?

---

## ⌘ Goal 3 – Challenging Others With Our Change

### Something to Think About

*If you don't take chances, you can't do anything in life. —Michael Spinks*

Many of us have done things in the past that, in looking back, seem insane or dangerous. We may have had friends or family members who got into serious trouble and frightened us by their risky behavior. Out of fear, we may have become too cautious about everything.

Our dilemma is that change is a risk, too. If we avoid all risk, we become stagnant. Change happens when we jump on new possibilities and options. Of course, risk means the outcome is unsure. We may not get the result we desire. But not all risk taking is as self-destructive as it was in our pasts. Now we have our relationship with ourselves and others. Now taking a chance may help us change and grow, even when we don't get what we want.

*Today, let me see possibilities, and guide my inner sense  
of when to take a chance for change in myself and others.*

### Put Your Reaction and Comments Here:

---

---

---

---

---

---

---

### ☰ Exercise 1 – Talking About Your Abuse

One of the risks we have to take with our friends is to talk with them about our abuse. It can't be just "our little secret." Secrets get in the way of friendship and in the way of our change. Talking about abuse with others can help us get clear about where we were and how far we have come. It can also help our friends know us better and help us in a good way. It can also help our friends in changes they need to make.

1. Bring to mind one of your male friends or acquaintances and think about your past abuse.
  - Have you ever mentioned your abusive behavior to this person?  yes  no

- Why or why not?
- 

- What was his response or what do you think his response would have been?
- 

2. Think about what it might be like to talk more deeply about your past abuse with this friend.

- What else might you tell him about your abuse? (How about some of the things you wrote in Workbook 1 of this series?)
- 

- What will you do if he rejects you or puts you down?
- 

- What if he makes a wise remark?
- 

- What if he ignores and passes over what you've said?
- 

## Exercise 2 – Confronting Others

We can be helpful to our friends if we share what we have learned about our abusive behavior with them. The hard part is doing this in a way that is not abusive but also not cowardly. The best way to solve this is to try it. We may not only help our friends, but we will be helping ourselves. We will be affirming our change and changing what is around us.

1. Let's think about our friends and their possible abusive behavior.

- Do you think any of your male friends are abusive toward their wives or partners?  
 yes       no
  - What makes you think so, or think not? (What do you see in what they do or say?)
- 

2. How might you confront a friend whom you think is abusing his partner? What would you ideally say to him? (What has worked with you in the past?)

---

3. How do think he would react?

---

4. How might you respond to his reaction?

---

5. What help might you suggest to him? (People or programs to call? Things he might do to avoid being abusive? Lessons you've learned about the need to change?)

---

---

---

---

### Assignments

1. Talk to a male friend about your abuse. Note what you say and his reaction? Ask that person about his abusiveness. Note what you say and how he responds. What might you do differently the next time?

- What did you say about your abuse?

---

- What was your friend's reaction:

---

- What would you do differently next time?

---

- What did you say to him about his abuse or potential for abuse?

---

- What was your friend's reaction?

---

- What would you do differently next time?

---

2. Take another man friend to a group meeting of a program for men who have been abusive toward their partners. Tell him that the meeting is to talk about how your friend can help you change. This is a way to reach out to others and to learn how to ask for help. It also is a way to help your friend learn about your effort to change. Report below his response to the meeting.

---

---

---

---

---

## ❖ Goal 4 – Making a Man’s World More Humane

### Something to Think About

*It is beneath human dignity to lose one’s individuality and become a mere cog in the machine. —Gandhi*

Our work is often who we are. It runs our lives and in some cases ruins them. “Yes,” you say, “but I have no choice.” As in our personal lives and in our relationships we have to take risks to change things, we must also take some risks at our work places (or in trying to get work). While it seems like we have much to lose if we don’t “do our job” (or have a job), we also have much to lose if we don’t try to improve it. We end up at the mercy of others and witnessing abuse that we carry into our homes.

By taking small steps, we at least move in a different direction. We can begin to identify, question, and even object to work place abuse and harassment. If we have some other changing men to support us, we will feel stronger and more independent in the process. We may even make things a little better for ourselves and others.

*I will begin to act at work as I am in my personal life —  
like a different person — and thus begin to make a difference.*

### Put Your Reaction and Comments Here:

---

---

---

---

---

---

---

### ☰ Exercise 1 – Changing Work

Most of us spend a lot of time at work. In fact, work defines most men. We are our job. What can we do to define our jobs and make the work place a better place for us and others? What can we do to stop some of the abusive behavior at work that gets carried into our homes? Let’s look at your job and work place and see what might be done there. (If you are not currently working, think about a place you once worked and what it was like there.)

1. What do you like most about your job? (The people? The things you do? The place where you work?)

---

---

---

2. What conditions of the job do you like least? (The people, the things you do, the place where you work?)

---

---

---

3. What could you do about one of your dislikes? What would you ideally like to do? (Get put on another shift? Talk with different people? Ask for a transfer?)

---

---

---

4. Think of someone that causes particular problems for you and others at your work place. What could you do by yourself or with the help of others to stop that person's "worker abuse?"

---

---

---

## Exercise 2 – Women and Work

There may not be open abuse at some work places, but there may be other ways that women are put in or kept in their place. The positions women hold and how they are treated may say something to us about who should be in charge and what rights women have at home. Let's examine the role of women in our work place.

1. What jobs are most filled by women at your work place?

---

---

2. What male jobs have some women working in them?

---

---

3. How do the men treat the women in their jobs?

- Women in mostly women jobs (secretaries, dispatchers, nurses, maids, elementary teachers):

---

- Women in mostly men jobs (supervisors, bosses, machinery operator, laborer):

---

4. List three incidents in which women were ridiculed, teased, or harassed at your work place and what was done about it.

---

---

---

5. What ideally should have been done to stop it from happening again?

---

---

---

### Exercise 3 – Work Place and Home

Some of what we have learned about abuse in the home can be applied to abuse in the work place. We should be able to apply our effort to change our behavior at home to the behavior we see at the work place. Much of the process of abuse at work is the same as it is at home, and much of how we change what is at home can affect the work place. Let's see what we might apply to work.

1. In what ways is your work place like your abusive relationship was? (Is there the same kind of tension between some workers? The same kind of things said? The same kind of control or put-downs? Give some examples.)

---

---

2. What lessons from your changing relationship can you apply to your work place? (Are there things you do differently? Think differently about? Say differently with regard to your wife or partner that you could apply to people at work?)

---

---

---

3. What might you do to make the work place more free of abuse for women? (Stop making or passing on bad or dirty jokes? Saying “good job” to a woman more often?)

---

---

---

 **Assignments**

1. Bring up some abusive or harassment incident at work to a fellow male worker. Ask his opinion of it. Does he blame the victim, deny it, or minimize it, like some wife abusers do?

---

---

Offer your objection to the work place abuse and what you might like to see happen. Use an “I-feel emotion” statement to do this. Note how the other person responds.

- Working man’s response:

---

---

---

2. Ask a woman worker how she feels about her job and how men in general treat her on the job. Does she see equality there and, if not, does she think there can be? Ask her what she thinks should be done and note it below:

- Working woman’s view:

---

---

---

## ❖ Goal 5 – Helping Myself By Serving Others

### Something to Think About

*A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit. —D. Elton Trueblood*

Our lives are enriched by the contributions of those who lived before us. Many men and women gave more than they ever took from society, and now we enjoy the rewards. Some people were fired with a spirit to beautify the world and planted trees that will live for 200 years. Others wrote music that speaks to us from another generation, and others established a government that guides our principles of justice. They gave so much because they knew they were a part of their community and the world.

Most of us cannot make the great contributions that will make us famous, but we enrich our lives when we contribute to our community and the world. We do that when we simply say “hello” to our neighbor, when we volunteer to cleanup a local park, and when we do work for a men’s program. We, too, have beautified and contributed to the world, and that gives us a feeling of peace and self-respect.

*Today, I will appreciate all that comes freely to me from others,  
and I will give what I can to make the world a better place.*

### Put Your Reaction and Comments Here:

---

---

---

---

---

---

---

---

### ☰ Exercise 1 – Toward a Nonviolent Society

We live in a very violent society. This violence is not only done by mostly men but it also affects men. If we are going to stop our violence and stay stopped, we also have to change, to some degree, the violence around us. At least trying to do so strengthens our efforts to be nonviolent ourselves and offers an alternative example to others. What do you think of the violence going on around you?

1. Why is our society so violent? List the top five reasons and give an example for each? (Is it because of television and movies? Poor parenting and drug use? The availability of guns and intolerance for others?)

---

---

---

---

---

2. What can be done to stem the rising tide of violence among teenagers, family members, and governments?

---

---

---

3. What can you do about violence in your own community?

---

---

---

## Exercise 2 – Broadening Your Vision

In order to bring about change in and around us, we have to know what we would like to change. We have examined some of the desired change for ourselves personally. We can look in the same way at the change we would most like for our communities. Where should we be headed? What do we see ahead? What is *our* vision for the future?

1. What is your concept of an ideal community or society? (Is it a place where people are not afraid of one another? Is it a place where everyone has a decent job and home? Is it a place where the schools get more funds and do more with our kids?)

---

---

---

2. What would be the main role of men and of women in this society? Would they do anything more or less than they usually do now?

- Men:

---

---

---

- Women:

---

---

---

3. How would justice be established or maintained? (Would you change anything about the criminal justice system? Would neighbors and family do more or something different to help out? What kind of punishment would be done in cases of violence?)

---

---

---

4. How would peace be established and maintained? (Would the churches do something more or different? Would people have to meet and talk more about their problems in the community? Would education and television be different and present different things?)

---

---

---

5. What role would you imagine for yourself in the world you envisioned in Exercise 2?

---

---

---