1. We have all experienced violence.
2. Violence hurts everyone, the victim(s), the perpetrators and society.
3. Everyone has a right to be who they are and live in peace.
4. Nobody “deserves” to be beaten. Abuse does not justify more abuse.
5. We are always responsible for our behavior and actions.
6. People choose to be violent. People can choose non-violence.
7. There are usually non-violent options to deal effectively with conflict.
8. Men are not “naturally” violent. We learn to be that way.
10. Children are very vulnerable to images of abuse and violence.
11. Children who experience violence are at greater risk of becoming abusers themselves.
12. Men have a special responsibility to confront and stop abuse.
13. Violence cuts across all racial, social and class lines.
14. Domestic violence is a widespread problem in our society.
15. Domestic violence is hidden by secrecy, denial and shame.
16. Talking openly about violence and abuse can be healing.
17. People can change. Violence can be un-learned.

Adapted from Moving Forward Programme
Men’s Resource Centre for Change
Amherst, Massachusetts
All forms of domestic abuse have one purpose: to gain and maintain control over the victim.

**PHYSICAL ABUSE** is abuse involving contact intended to cause feelings of intimidation, pain, injury, or other physical suffering or bodily harm.

Physical abuse includes hitting, slapping, punching, choking, pushing, and other types of contact that result in physical injury to the victim. Physical abuse can also include behaviors such as denying the victim of medical care when needed, depriving the victim of sleep or other functions necessary to live, or forcing the victim to engage in drug/alcohol use against his/her will. It can also include inflicting physical injury onto other targets, such as children or pets, in order to cause psychological harm to the victim.

**SEXUAL ABUSE** is any situation in which force is used to obtain participation in unwanted sexual activity. Forced sex, even by a spouse or intimate partner with whom consensual sex is usually performed, is also considered as sexual abuse. Categories of sexual abuse include:

- Use of physical force to compel a person to engage in a sexual act against his or her will, whether or not the act is completed;
- Attempted or completed sex act involving a person who is unable to understand the nature or condition of the act, unable to decline participation, or unable to communicate unwillingness to engage in the sexual act, e.g., because of underage immaturity, illness, disability, or the influence of alcohol or other drugs, or because of intimidation or pressure.

**EMOTIONAL ABUSE** (also called psychological abuse or mental abuse) can include humiliating the victim privately or publicly, controlling what the victim can and cannot do, withholding information from the victim, deliberately doing something to make the victim feel diminished or embarrassed, isolating the victim from friends and family, implicitly blackmailing the victim by harming others when the victim expresses independence or happiness, or denying the victim access to money or other basic resources and necessities.

**VERBAL ABUSE** is a form of abusive behavior involving the use of language. Abusers may ignore, ridicule, disrespect, and criticize others consistently; manipulate words; purposefully humiliate; falsely accuse; manipulate people to submit to undesirable behavior; make others feel unwanted and unloved; threaten economically; place the blame and cause of the abuse on others; isolate victims from support systems; harass; demonstrate Jekyll and Hyde behaviors, either in terms of sudden rages or behavioral changes, or where there is a very different "face" shown to the outside world vs. with victim.

While oral communication is the most common form of verbal abuse, it includes abusive words in written form.

**ECONOMIC ABUSE** is when the abuser has control over the victim’s money and other economic resources. In its extreme (and usual) form, this involves putting the victim on a strict “allowance”, withholding money at will and forcing the victim to beg for the money until the abuser gives them some money. It is common for the victim to receive less money as the abuse continues.
Why?

The Time-out technique is a guaranteed method for stopping violence from now on. This method has been successfully used by many men who have attended our programme. All it takes is your conscious effort to do this exercise faithfully.

How:

Whenever you feel your anger rising, your body getting tense as if it is going to explode, or any of your warning signs (clues that you might get violent), say out loud to yourself and your wife or partner:

“I’m feeling angry, I need a Time-out – I’ll be back in one hour.”

Leave for one hour (no longer and no shorter), during which you cannot drink and you should not drive. It is almost preferable for you to do something physical, like going for a walk or a run.

When you return after an hour, tell your partner that you have come back from your Time-out and ask if she would like to talk with you. If one of you doesn’t want to talk about the situation, respect that person’s need to not discuss it at this time.

If you find yourself feeling angry again, take another Time-out!

Practice Time-outs:

Like a fire-drill, this will help you with your real Time-outs. A practice Time-out is the same as a real Time-out, except that in a practice Time-out you are not feeling angry. It is just practising saying the words and walking away. You tell your partner:

“I’m not feeling angry, but I want to take a practice Time-out. I’ll be back in one hour.”

The more you take practice Time-outs, the easier it will be to take the real Time-outs when you need them.

IMPORTANT: Be sure to tell your partner about Time-outs and how they work. Share this hand-out with her and talk about it together.

REMEMBER: Nothing is more important than stopping the violence.

Adapted from Learning to live Without Violence by D. Sonkin and M. Murphy
BODY MAPPING
ANGER POINTS
WALL OF FEELINGS

- Aggressive
- Anxious
- Bored
- Cautious
- Cold
- Concentrating
- Confident
- Curious
- Determined
- Ecstatic
- Enraged
- Exhausted
- Frightened
- Frustrated
- Happy
- Hot
- Hungover
- Indifferent
- Interested
- Lonely
- Meditative
- Mischievous
- Negative
- Optimistic
- Relieved
- Sad
- Sheepish
- Surprised
- Suspicious
- Thoughtful
- Withdrawn