

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

Edward W. Gondolf

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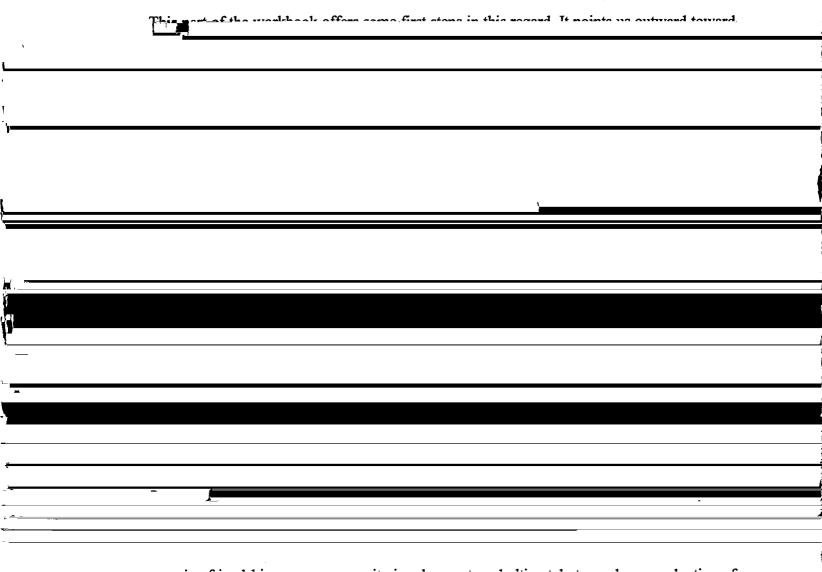
Workbook 4 in *The Way to Change*Series for Men Who Have Abused Their Women Partners

	The way to change is a series of five workbooks for men. Each workbook takes men another
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	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.
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	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
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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.

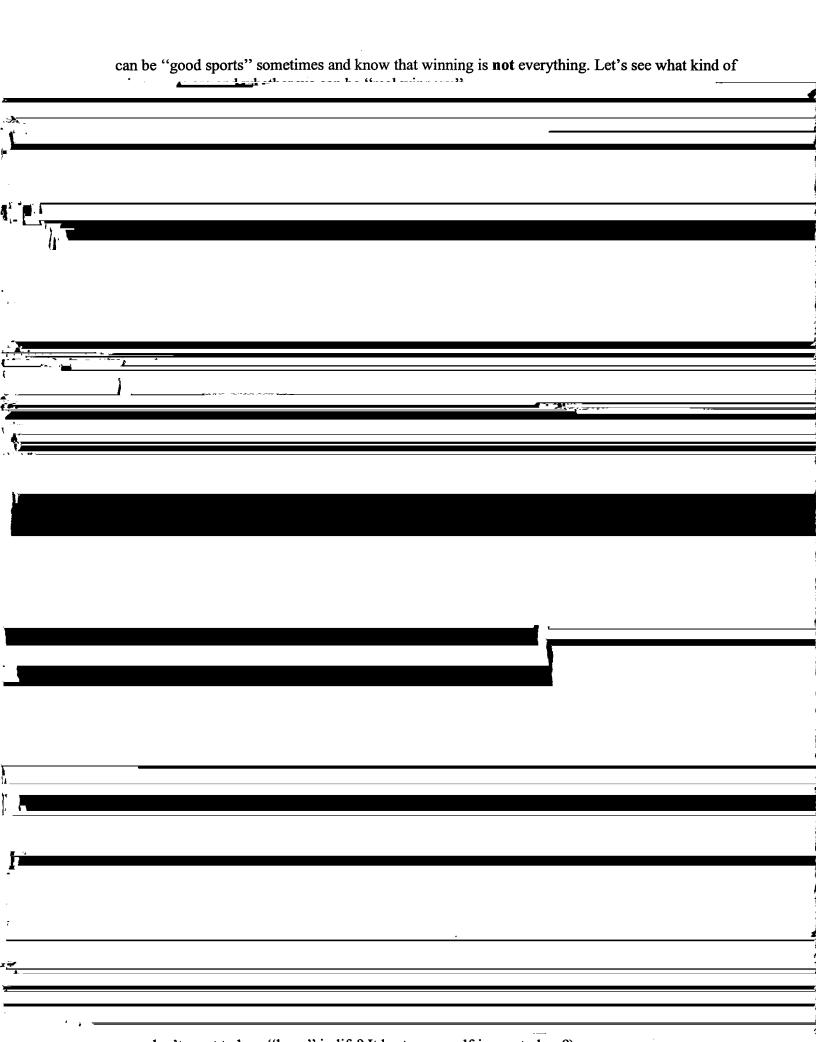


☆ Goal 1: Being a Real Winner

Something to Think About

In playing, and perhaps only in playing, the child or adult is free to be creative. —D. W. Winnicott

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	5 <u>List serveral activities wou could do for fun with others that do not involve winning?</u>
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	Exercise 2 – When Rules Get Broken
5 ~ 2 ~ 2 ~ -	Most of us want to play by the rules — especially when they are our rules. We can cause
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set when someone breaks "the rules" whether it is in a sport, on the highway, in a check-out line,

■ Exercise 3 – Sports In Our Lives

	Sports play a his part in man's lives. From the healrothell some on the ularemanned on that
	THE RING IN HER WHITE IN MAN I INTO ENOUGH THE RESIDENCE AS AS A SECOND TO SECOND THE RESIDENCE AS A SECOND THE RESIDENCE
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	league with our own kids, sports are there. They show us big-time players who are tough and get
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	• Your feelings:	
	• Letting go:	
	Child's response:	
(<u>6.1 % 1872</u>	2. The next time you are watching a game on television write down how many times you see	
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☆ 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
	crolling gold We need to make them. The interaction of the control
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	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:

	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:
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	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.			
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•	Exercise 1.			
	• What was the situation? (Where were you? Where you alone? What were you doing?)			
	What was the tonic of the conversation? (Were you talking about women? Were you			
	 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 1			
	 What feelings did you bring up? (That you were feeling down or depressed? That you were really happy and encouraged?) 			

	☐ 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:	
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	Assignments	
	Imring the next week do at least two of the items that was absolved in 42 of December 2	
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	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?	

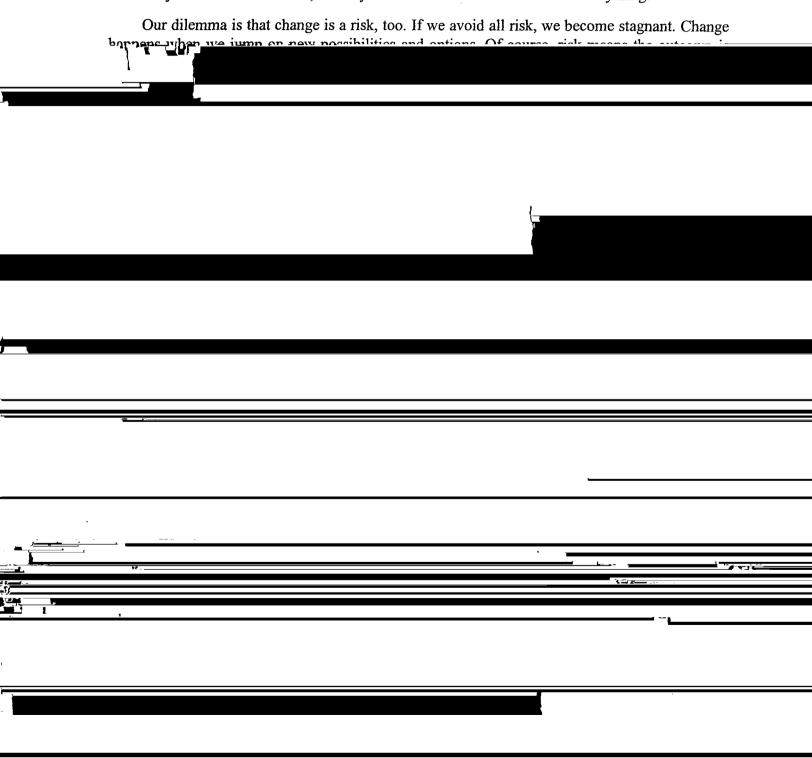
• Topic shared:

☎ 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.



	• Why or why not?
	What was his response or what do you think his response would have been?
	7 Think shows what is mishe ha like to kill-wase dante-shows as a fire. 41 41 61 1
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_	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?

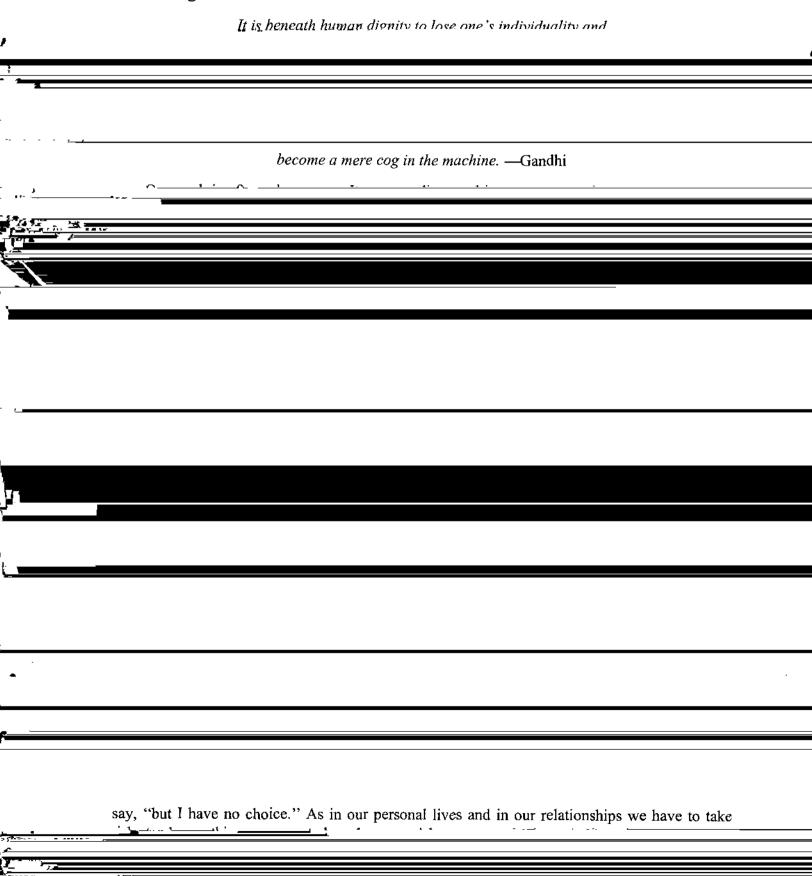
Exercise 2 – Confronting Others

• .	4. How might	you respond to his reaction?
		night you suggest to him? (People or programs to call? Things he might do to abusive? Lessons you've learned about the need to change?)
To the second se		
		Assignments
<u> </u>		ale friend about your abuse. Note what you say and his reaction? Ask that person ousiveness. Note what you say and how he responds. What might you do differ-
	ently the nex	xt time?
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	N/hot we	na vour friend'a reaction:
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	• What wo	ould you do differently next time?
	What did	d you say to him about his abuse or potential for abuse?
	What wa	as your friend's reaction?

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.		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			
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☆ Goal 4 – Making a Man's World More Humane

Something to Think About



	you work?)	
	2. What conditions of the job do you like least? (The people, the things you do, the place where you work?)	
	What could wan do shout one of your dialities? What would want dealler like to 1.0 (Co.	
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	on another shift? Talk with different people? Ask for a transfer?)	
· <u>*</u>	4. Think of someone that causes particular problems for you and others at your work place.	

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 plac and what was done about it.
	What ideally should have been done to stan it from homoning again?
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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

	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
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☆ 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
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	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

	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?)
	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?
	Evapping ? Duadanina Vann Visian
-	
NA X X F IF	In order to bring about change in and around us, we have to know what we would like to
	<u>*</u>

	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:		
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