



Reaching  
Out to  
Others

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

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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

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.

Workbooks 1, 2, 3, 4, 5

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

# 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

## ❖ 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*

There are so many activities called "play" that are not really playful. For example, ...

instruments that encourage too much thinking ...



can be "good sports" sometimes and know that winning is **not** everything. Let's see what kind of

~~\_\_\_\_\_~~

[The remainder of the page is heavily redacted with thick black horizontal bars.]

5 List general 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

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 big part in men's lives. From the basketball game on the playground to the

league with our own kids, sports are there. They show us big-time players who are tough and get

- Your feelings:

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- Letting go:

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- Child's response:

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2. The next time you are watching a game on television write down how many times you see

~~with examples of frustration and negative examples of coping. List the number~~

[This section contains multiple horizontal lines for writing, but the content is obscured by heavy black redaction bars.]

## ❖ 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

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:**

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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:**

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 news with a friend. What did you talk about?

Exercise 1.

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

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

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

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- 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**

~~During the next week, do at least two of the items that you checked in #2 of Exercise 2~~

Write below which ones you do and what the outcome is.

- Item #1:

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- Outcome:

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- Item #2:

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- Outcome:

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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.

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 actions. Of course, risk means the outcome is

- 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 abuse. What if you...

- 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?

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 differ-

ently the next time?

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?

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.

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## ❖ 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*

say, “but I have no choice.” As in our personal lives and in our relationships we have to take

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

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

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

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on another shift? Talk with different people? Ask for a transfer?)

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4. Think of someone that causes particular problems for you and others at your work place.

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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 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 fond with a spirit to beautify the world and planted trees that will live for 200 years. Our

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?)

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

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

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**Exercice 2 - Broadening Your Vision**

In order to bring about change in and around us, we have to know what we would like to

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