



Stopping The Violence: A Group Model To Change Men'S Abusive Att...Workbook

David J Decker



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This informative and helpful guide will assist your clients in making positive strides toward a nonviolent life. Some of the tips and suggestions that are further explained in this workbook include:

- Acknowledge to yourself and to others that you have a problem with anger, abuse, and control
- Address mental health and chemical use issues if they are present in your life
- Come to know that, when you become abusive, you are always feeling inadequate, powerless, and unlovable
- Realize that controlling and abusive behavior hurts you and those you love
- Understand that anger is different from abuse and control
- Recognize that becoming abusive is always a choice
- Instead of blaming others, take responsibility for what you feel, how you think, and how you act
- Accept that you cannot control or change other people
- Remember that you can always take a time-out
- Think about the possible consequences before you become controlling and abusive
- Identify what triggers your anger and your abusive and controlling attitudes and behaviors
- Notice what you are thinking: Your thoughts can increase your escalation or calm you down
- Become aware of all your feelings, not just your anger, and learn to respectfully communicate them to others
- Turn conflicts into positive problem-solving opportunities
- Control, abuse, and violence are learned: Think about the messages you received from your family and from society about what it is to be a man
- Redefine manhood as nonviolent and nonabusive
- Take the risk to count on other men for emotional support
- Learn to feel a genuine sense of pride by taking control of how you view the world and how you act
- Start to believe that you can truly change the controlling and abusive parts of who you have been

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Dawne Feliciano:

Stopping The Violence: A Group Model To Change Men'S Abusive Att...Workbook can be one of your basic books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing Stopping The Violence: A Group Model To Change Men'S Abusive Att...Workbook yet doesn't forget the main point, giving the reader the hottest in addition to based confirm resource data that maybe you can be certainly one of it. This great information could drawn you into brand new stage of crucial contemplating.

Cathy Thomas:

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