

MENDING THE SACRED HOOP

202 East Superior Street
 Duluth, Minnesota 55802

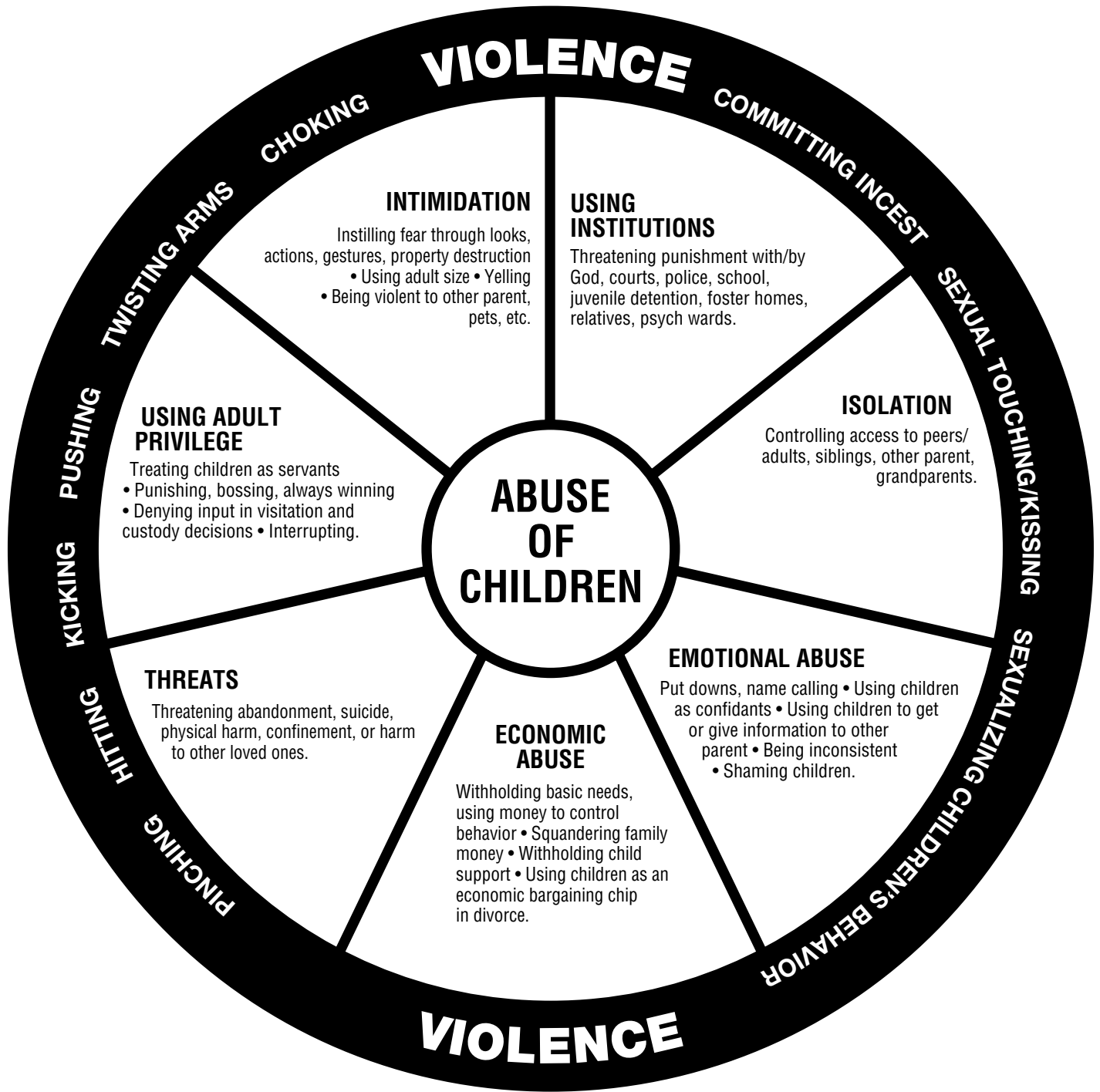
218-722-2781



DOMESTIC ABUSE INTERVENTION PROJECT

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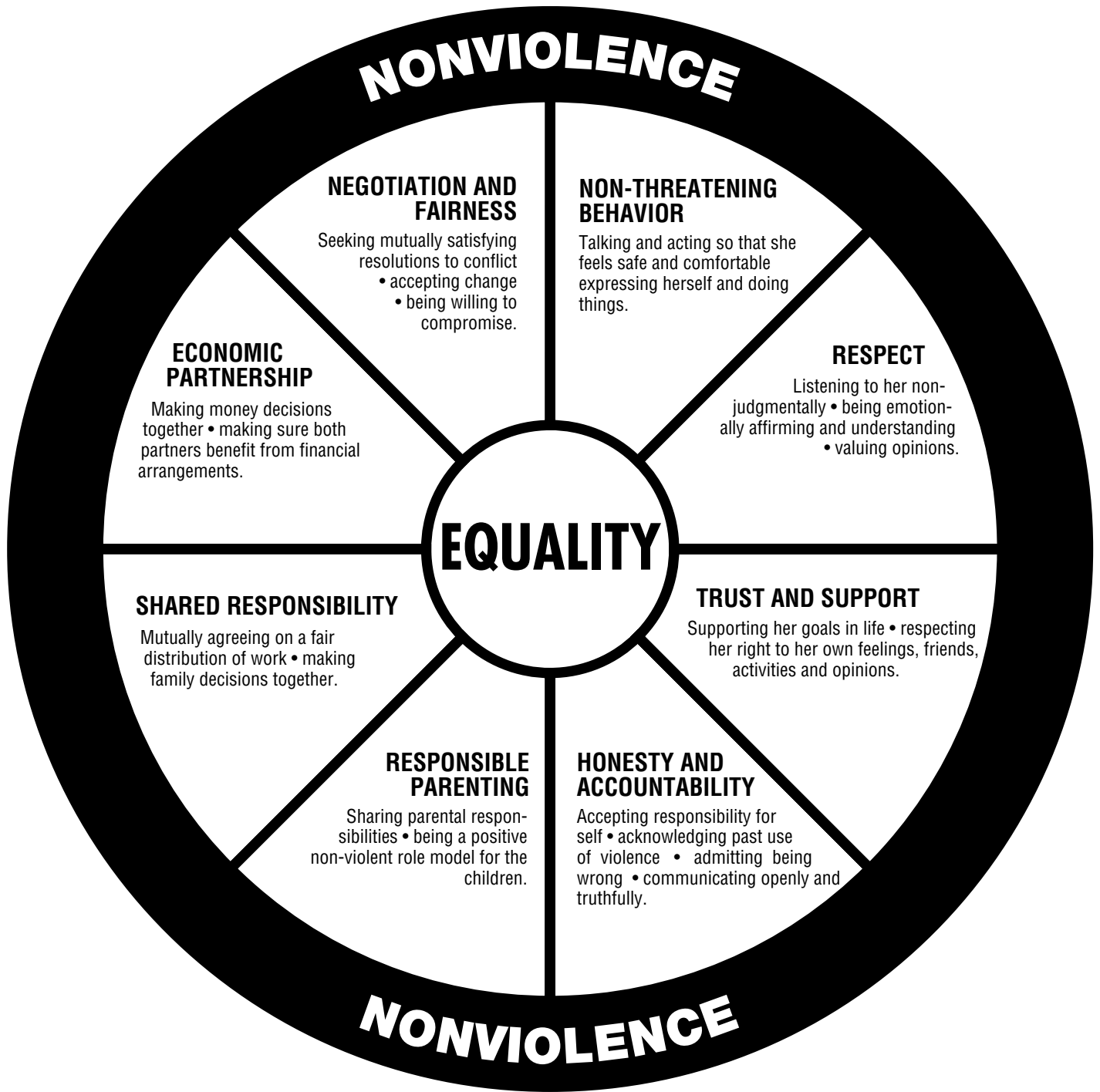
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ACTION PLAN

Name _____

CHANGES I AM MAKING	SPECIFIC STEPS



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CONTROL LOG

Men's Education Groups

Name _____

Date _____

1. **ACTIONS:** Briefly describe the situation and the actions you used to control your partner (statements, gestures, tone of voice, physical contact, facial expressions).

2. **INTENTS AND BELIEFS:** What did you want to happen in this situation?

What beliefs do you have that support your actions and intents?

3. **FEELINGS:** What feelings were you having?

4. **MINIMIZATION, DENIAL AND BLAME:** In what ways did you minimize or deny your actions or blame her?

5. **EFFECTS:** What was the impact of your action?

On you _____

On her _____

On others _____

6. **PAST VIOLENCE:** How did your past use of violence affect this situation?

7. **NON-CONTROLLING BEHAVIORS:** What could you have done differently?
