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 Alternatives to Domestic Aggression
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ACCOUNTABILITY PLAN

SECTION 1: P.A.U.S.E.

I. CLUES

When you have a problem with your car, you usually know about it when you begin sensing the "clues" it is giving off. Clues might include funny noises, smells, vibrations or that the car doesn't seem to run the same as usual. Because you have a history of using abusive or battering behavior, you can ALWAYS tell when you are preparing to become abusive to others if you pay close enough attention to your clues. The first part of this Accountability Plan helps you identify your clues.

1. MAJOR SUBJECT CLUES *(check at least 6 clues I use the most, then write in two more.)*

- | | | | |
|--|---|--|---------------------------------------|
| <input type="checkbox"/> bills | <input type="checkbox"/> can't find something | <input type="checkbox"/> sex | <input type="checkbox"/> clothes |
| <input type="checkbox"/> money | <input type="checkbox"/> cars | <input type="checkbox"/> confrontations | <input type="checkbox"/> school |
| <input type="checkbox"/> court date | <input type="checkbox"/> children | <input type="checkbox"/> family | <input type="checkbox"/> faithfulness |
| <input type="checkbox"/> messy house | <input type="checkbox"/> finances | <input type="checkbox"/> drinking/drugs | <input type="checkbox"/> friends |
| <input type="checkbox"/> lying | <input type="checkbox"/> my friends | <input type="checkbox"/> meals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> food | <input type="checkbox"/> leaving the house | <input type="checkbox"/> she seems to treat me badly | <input type="checkbox"/> _____ |
| <input type="checkbox"/> she doesn't seem to care about me | | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> partner's behavior/attitude | | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

2. EMOTIONAL CLUES: *(check at least 6 clues I use the most, then write in two more.)*

- | | | | |
|--------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> angry | <input type="checkbox"/> impatient | <input type="checkbox"/> defensive | <input type="checkbox"/> depressed |
| <input type="checkbox"/> frustrated | <input type="checkbox"/> fearful | <input type="checkbox"/> rage | <input type="checkbox"/> scared |
| <input type="checkbox"/> anxious | <input type="checkbox"/> insecure | <input type="checkbox"/> irritated | <input type="checkbox"/> nervous |
| <input type="checkbox"/> humiliated | <input type="checkbox"/> threatened | <input type="checkbox"/> exasperated | <input type="checkbox"/> jealous |
| <input type="checkbox"/> embarrassed | <input type="checkbox"/> powerless | <input type="checkbox"/> hurt | <input type="checkbox"/> resentful |
| <input type="checkbox"/> possessive | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

3. **PHYSICAL CLUES:** (check at least 6 clues I use the most, then write in two more.)

- | | | |
|--|--|--|
| <input type="checkbox"/> rapid, deep, or shallow breathing | <input type="checkbox"/> tension in jaw | <input type="checkbox"/> veins stick out |
| <input type="checkbox"/> heart pounding | <input type="checkbox"/> tension - where? _____ | <input type="checkbox"/> feeling hot |
| <input type="checkbox"/> hands sweating | <input type="checkbox"/> trembling | <input type="checkbox"/> dizziness |
| <input type="checkbox"/> headache | <input type="checkbox"/> butterflies in stomach | <input type="checkbox"/> chest pain |
| <input type="checkbox"/> dry mouth | <input type="checkbox"/> tingling in hands, feet | <input type="checkbox"/> upset stomach |
| <input type="checkbox"/> jittery | <input type="checkbox"/> grinding teeth | <input type="checkbox"/> adrenaline rush |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

4. **NEGATIVE SELF-TALK CLUES ABOUT MY PARTNER/OTHERS:** (check at least 6 clues I use the most, then write in two more.)

- | | |
|---|---|
| <input type="checkbox"/> what a bitch | <input type="checkbox"/> she is a whore |
| <input type="checkbox"/> what does she want from me? | <input type="checkbox"/> why can't she just leave me alone? |
| <input type="checkbox"/> why doesn't she just shut up? | <input type="checkbox"/> she doesn't care about/love me |
| <input type="checkbox"/> she can't say that to me | <input type="checkbox"/> she's a fat pig |
| <input type="checkbox"/> she doesn't appreciate me | <input type="checkbox"/> she's so stupid |
| <input type="checkbox"/> she must be screwing someone | <input type="checkbox"/> where has she been? |
| <input type="checkbox"/> she can't do anything right | <input type="checkbox"/> she's lying |
| <input type="checkbox"/> who does she think she is? | <input type="checkbox"/> she's just trying to hurt me |
| <input type="checkbox"/> she isn't taking care of the kids | <input type="checkbox"/> that is her responsibility |
| <input type="checkbox"/> she's wasting our money | <input type="checkbox"/> she's provoking me |
| <input type="checkbox"/> she doesn't understand | <input type="checkbox"/> I'm smarter than she is |
| <input type="checkbox"/> I'll never be good enough for her | <input type="checkbox"/> she thinks she's better than I am |
| <input type="checkbox"/> what has she been saying about me? | <input type="checkbox"/> who has she been talking to? |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

5. **NEGATIVE SELF-TALK CLUES ABOUT MYSELF:** (check at least 6 clues I use the most, then write in two more.)

- | | |
|--|---|
| <input type="checkbox"/> I'm doing my best | <input type="checkbox"/> I'm getting out of love |
| <input type="checkbox"/> I'm no good | <input type="checkbox"/> I won't be treated this way |
| <input type="checkbox"/> why would she want to stay with me? | <input type="checkbox"/> I might as well kill myself |
| <input type="checkbox"/> I hate myself | <input type="checkbox"/> I'm just like my dad |
| <input type="checkbox"/> I'll never amount to anything | <input type="checkbox"/> my way is the right way |
| <input type="checkbox"/> I should just get drunk/high | <input type="checkbox"/> I'm getting the hell out of here |
| <input type="checkbox"/> I can't stand it anymore | <input type="checkbox"/> fuck it |
| <input type="checkbox"/> I will not be talked to this way | <input type="checkbox"/> I will not let this happen |
| <input type="checkbox"/> I'm smarter than she is | <input type="checkbox"/> I'll show her |
| <input type="checkbox"/> I should have a drink | <input type="checkbox"/> I'm not good enough |
| <input type="checkbox"/> if I hurt myself then she'll feel sorry | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

6. **BEHAVIOR CLUES:** (check at least 6 clues I use the most, then write in two more.)

(NOTE: If I am engaging in the behaviors listed below it means I have already **waited too long** to take a P.A.U.S.E.)

- | | | |
|---|---|--|
| <input type="checkbox"/> pacing | <input type="checkbox"/> sighing | <input type="checkbox"/> talking through gritted teeth |
| <input type="checkbox"/> bulging eyes | <input type="checkbox"/> flexing muscles | <input type="checkbox"/> refusing to _____ |
| <input type="checkbox"/> giving her "the eye" | <input type="checkbox"/> getting louder | <input type="checkbox"/> difference in voice tone |
| <input type="checkbox"/> ignoring her | <input type="checkbox"/> lying | <input type="checkbox"/> stop answering her questions |
| <input type="checkbox"/> standing very close | <input type="checkbox"/> laughing at her | <input type="checkbox"/> changing subjects |
| <input type="checkbox"/> stop looking at her | <input type="checkbox"/> interrupting her | <input type="checkbox"/> not taking her seriously |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

7. **MENTAL PICTURE CLUES:** I prepare myself to be abusive when I imagine the following things (check at least 6 clues I use, then write in two more):

- | | |
|---|--|
| <input type="checkbox"/> a dirty house | <input type="checkbox"/> her having sex with another man |
| <input type="checkbox"/> her sitting around all day | <input type="checkbox"/> her criticizing me |
| <input type="checkbox"/> her flirting with another man | <input type="checkbox"/> her not caring about me |
| <input type="checkbox"/> me hitting, pushing, shoving her | <input type="checkbox"/> she's getting ready to leave me |
| <input type="checkbox"/> my failing at something | <input type="checkbox"/> her thinking badly of me |
| <input type="checkbox"/> her waiting for me ready to complain | <input type="checkbox"/> her getting ready to complain to me |
| <input type="checkbox"/> her being unappreciative of what I do for the family | |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

B. Stopping my abusive behavior always starts with my decision to be aware of my clues. Below are two sections that explore ways I can improve my ability to be aware of my clues.

1. Things that have **LESSENERD my awareness** of my clues include (check at least 6, then write in two more):

- | | |
|---|--|
| <input type="checkbox"/> alcohol/drug use | <input type="checkbox"/> not discussing problems |
| <input type="checkbox"/> male privilege attitude | <input type="checkbox"/> isolating |
| <input type="checkbox"/> objectifying | <input type="checkbox"/> womanizing |
| <input type="checkbox"/> my pride | <input type="checkbox"/> not empathizing with women's pain |
| <input type="checkbox"/> blaming | <input type="checkbox"/> feeling I am a victim of women |
| <input type="checkbox"/> using pornography | |
| <input type="checkbox"/> honeymooning | |
| <input type="checkbox"/> feeling "out of control" | |
| <input type="checkbox"/> feeling/thinking provoked | |
| <input type="checkbox"/> defensiveness | |
| <input type="checkbox"/> painting rosy picture, everything is OK | |
| <input type="checkbox"/> expecting my partner to work things out between us | |
| <input type="checkbox"/> indulging myself in obsessions about anything, including work, jealousy, sex, who's "right", transportation, children, money, etc. | |
| <input type="checkbox"/> suppressing my anger | |

- socializing with people who encourage sexism, racism, homophobia, classism, and other hatred or oppression of people
- hanging out with men who batter, or encourage it
- expecting forgiveness, approval, acknowledgment for “not battering”
- _____
- _____
- _____

2. Things that **IMPROVE my awareness** of my clues include (*check at least 6, then write in two more*):

- relaxation
- being physically fit: good food, enough sleep, exercise
- writing in a journal about my progress
- reading and learning from others
- re-thinking what I have been taught about men’s and women’s roles
- socializing with people who respect and encourage my accountability
- paying attention to how I am feeling/thinking
- thinking about how and why I was trying to control her
- thinking about what my intentions were/are
- relaxing the muscles in my body
- not expecting gratitude or reward for being accountable or taking a PAUSE
- exercising
- thanking myself for taking a P.A.U.S.E.
- doing a log on the situation
- taking a deep breath
- praying
- writing
- reading
- _____

II. P.A.U.S.E.

A. *When I have detected a clue it is time to take the next step. This is the time to take a P.A.U.S.E.*

P.A.U.S.E. means: Preventing Abusive and Unaccountable Self-indulgence Everytime.

It means taking a moment to reflect on what is happening, while it is happening, so that you can remain non-abusive and carry on safe, productive interactions with others. It may seem like this is difficult or impossible to do with certain people. But the fact that you can deal with high amounts of stress or difficult people/situations under some circumstances (like at work, or in public, or around those people you would never consider being abusive with) indicates you can do it. Below are various options you can use to remain non-abusive. Check all that apply to you now, and add others as your accountability improves.

1. **POSITIVE SELF-TALK** I will use (*check at least 6, then write in two more*):

- we can resolve this situation
- it’s not the end of the world
- she has a right to her feelings/thoughts
- I don’t have to have my way

- I'm not GOD
- I may be wrong
- I can understand her opinion
- I will consider the benefits of taking this P.A.U.S.E.
- I will listen carefully
- I must be missing what she really wants or is saying
- count to ten
- _____
- _____
- _____
- _____

2. **POSITIVE MENTAL PICTURES** I will use(*check at least 4, then write in two more*):

- see myself doing my most relaxing activity
- see myself floating in calm water
- see myself sitting down and talking calmly with my partner
- recall pleasant memories of life with my partner/family
- see myself negotiating an agreement with my partner
- remember myself the last time I was successful P.A.U.S.E.-ing
- see myself enjoying my favorite pastime
- see myself being the partner/father I want to be
- _____
- _____
- _____

3. **ACKNOWLEDGING AND UNDERSTANDING MY FEELINGS** (*check at least 3, then write in two more*):

- what am I feeling right now?
- why am I feeling this way?
- am I covering up another feeling (with anger)?
- am I ready to discuss my feelings right now?
- what is a healthy way to take care of my feelings right now?
- maybe discussing this now will help me understand my feelings
- how can I discuss my feelings without being abusive?
- _____
- _____
- _____

4. **WHAT SHOULD I SAY?** (*check at least 3, then write in two more*)

- would it be best to say something now?
- if I'm not going to say something now, will I say something later?
- I want to say something about what is happening inside me without being abusive; how should I do that?

- what is the tone of my voice?
- do I know what I want about this?
- how clear am I being?
- do I want feedback?
- _____
- _____
- _____

5. **RELAX** (check at least 6, then write in two more)

- silently take deep breaths, letting them out slowly
- stretch
- where am I feeling tension in my body right now?
- sit down
- yawn
- massage the tense areas in my body
- close my eyes for a moment
- use positive mental pictures from # 2
- focus on the nearest pleasant sound for 10 seconds
- count the number of things in my environment that are one particular color
- take a moment and identify how many smells there are in my environment
- focus on the temperature of the place where I am, compared to my body temperature
- _____
- _____
- _____

6. **CHANGE MY BEHAVIOR** (check at least 3, then write in two more)

- sit down
- change my posture
- change my voice tone
- move away from her if I'm too close
- _____
- _____
- _____
- turn off television, radio, stereo, video game, computer, etc.
- change eye contact
- put down what I have in my hands that is distracting me

7. **QUESTION MYSELF** (check at least 3, then write in two more)

- what do I want/need to do now?
- how am I trying to control?
- what are my intentions?
- what am I doing to really listen to her?
- how was I setting myself up to become abusive?
- is my priority now to control or to be accountable?
- why didn't I catch my clues earlier?

- _____
- _____
- _____

8. **LISTEN** (*check at least 3, then write in two more*)

- what is she really saying to me?
- what do I think she needs from me?
- what am I really communicating right now?
- what do I really want?
- is this a typical pattern of communication or behavior I get into?
- how have I successfully resolved this before ?
- if I'm unsure what she is saying to me I need to tell her that I don't understand and ask clarifying questions
- how have I not listened before in situations like this?
- _____
- _____
- _____

***I AGREE TO USE THIS ACCOUNTABILITY PLAN
AND TO BE NON-VIOLENT AT ALL TIMES.***

Signature

____/____/_____
Date