

Do I have a Reason to be in this Program?

The first thing we want to decide is if the ADA Program is the right place for you. To answer the question, complete the following assignment. When completed put your name on the board. You will have ten minutes to present to the group and receive feedback based on the monitoring rules below. The group must vote to pass your five reasons in order for you to move on. On the pages following check either:

NO, I don't have a reason to be in this program.

Please write ten reasons, which support your belief that you do not have a reason to be in the ADA Program.

or

YES, I have a reason to be in this program.

Please list ten specific things **you have done in your lifetime** that make you believe you have a reason to be in the ADA Program. "Create a picture" about what you did, so that the listener can "see" exactly what you did. **Pick the most significant things from your life.**


Use the following formula as a model for writing your reasons.

I (abusive act) + (important details, where, how, witnesses, etc.) + (consequences/impact to victim)

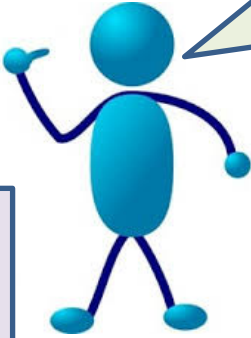
Monitoring Rules for the "Do I Have A Reason?" Worksheet

1. Were people's first names used? Pronouns may be used in direct quotes
2. Was the example specific of what he did and how he did it?
3. Is this example a reason to be in ADA?
4. No "Why's" ~ No "Because's"
5. Do not use words like "called", "told", or "said" without descriptive adverbs.
6. No breaking the same incident into separate examples
7. If some behavior occurred on multiple occasions it needs to be quantified in terms of length of time (e.g. for three weeks) or frequency (e.g. three times per week).

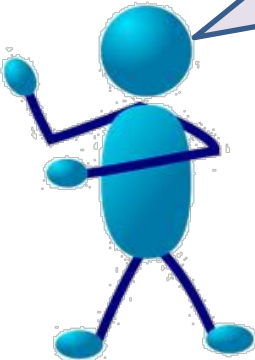
Tips from the Experts



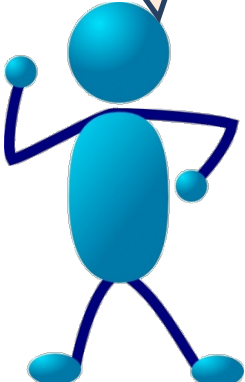
Use every other line so you have space to write feedback during group




Call mentors outside group and get help. This will save you time in group



Pick things from your adult life. Only use teen examples if it dramatically shows an abusive action



Bring extra paper so that you can write down feedback and changes you get in group



When quoting yourself write "I said {exactly what you said} {who you said it to} {how you said it}"

Is ADA the Place for You?

To answer the question completely the following assignment using the following examples as a guide:

YES, I have a reason to be in this program

- 1 *I slapped my wife Shardae in the face two times with an open hand across Shardae's face, yelling "you are a fat stupid cow, you're lucky I married you because no one else would want you", at Shardae standing 2 feet from Shardae in the living room of Shardae's and my home while Shardae's and my 3 children Elijah 5, Alisha 7 and Jamal 9 watched from the couch, causing Shardae to cry, be humiliated and scaring Elijah, Alisha and Jamal.*

- 2 *I threw the TV remote control 12 feet across mine and Charmaine's family room toward Charmaine purposely missing Charmaine's head by 2 inches, while shouting "you have to be the stupidest person on earth" at Charmaine shattering the remote, leaving a dent in the wall which stayed there for three months and scaring Charmaine.*

- 3 *I yelled, "You stupid bitch. You are a cheating whore." at Maria at least three times a week for 2 years causing Maria to be upset and to cry and afraid to go out with friends.*

- 4 *I locked Jen in the basement for three hours while Jen pounded on the door and cried to have me unlock the door, then I dragged Jen by the back of Jen's hair up the stairs yelling, "you wanted to be up here, now shut the fuck up" at Jen and punched Jen with a right closed fist on Jen's left jaw knocking Jen's front tooth out, bruising Jen's back and causing Jen to cry, shake and need extensive dental work which I did not pay for.*

- 5 *I slammed the bedroom door every ten minutes for two hours starting at 11:00 pm, yelling, "I decide when people sleep in this house." at Karen keeping Karen from going to sleep, scaring Karen and causing my daughter, Brandy, age 3 and my stepson, Charlie age 8 to wake up and cry.*

- 6 *I stole Gina's car keys from Gina's purse without Gina's knowledge. I left the house with Gina's keys for the night, did not call Gina, ignored Gina's text messages; had sex with Janice and returned home at 12:00 pm the next day, causing Gina to be worried, upset and to be late to work.*

- 7 *I threw the car keys, with 4 keys on the ring, at Lisa from five feet away in the kitchen of mine and Lisa's house, yelling "I paid for the damn car, what makes you think you can tell me when to drive it!!" at Lisa. The keys hit Lisa on Lisa's back causing Lisa to cry and leaving a 4 inch red mark on Lisa's upper right shoulder. The next day I said "It was your fault because you knew I was drinking." to Lisa in a calm voice while standing in the kitchen four feet away. This caused Lisa to be confused and hurt.*

- 8 *I yelled "You will not go out with that slut" at Karen, referring to Karen's best friend, Samantha while standing two feet from Karen in the kitchen of mine and Karen's house . Samantha was waiting in the living room. This caused Karen to be embarrassed and stay home.*

- 9 *I drove the car 90 mph swerving from lane to lane on a two lane, 45 mph, icy, city road with Krystal in the front passenger seat, yelling "You want to die, you want to die bitch" at Krystal, causing Krystal to cry and be scared.*

- 10 *I stole \$20.00 out of Lupe's purse and then while standing two feet from Lupe at K-Mart I said "how dare you accuse me, when you can't keep track of your money." at Lupe in a calm condescending tone, with my eyes narrowed looking into Lupe's eyes, causing Lupe to be upset, embarrassed and spend two hours looking for Lupe's money at home.*

"Do I Have A Reason?" Worksheet

NO, I don't have a reason to be in this program.

YES, I have a reason to be in this program.

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"Do I Have A Reason?" Worksheet

NO, I don't have a reason to be in this program.

YES, I have a reason to be in this program.

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