

How do you act toward your partner?

Do you...

- Get angry or insecure about your partner's relationships with others (friends, family, coworkers) and feel possessive?
- Frequently call and text to check up on your partner, or have them check in with you?
- Feel like your partner needs to ask your permission to go out, get a job, go to school or spend time with others?
- Get angry when your partner doesn't act the way you want them to or do what you want them to?
- Blame your anger on drugs, alcohol or your partner's actions?
- Find it very difficult to control your anger and calm down?
- Express your anger by threatening to hurt your partner, or actually physically doing so?
- Express your anger verbally through raising your voice, name calling or using put-downs?
- Forbid your partner from spending money, or require that they have an allowance and keep receipts of their spending?
- Force or attempt to force your partner to be intimate with you?

About The Hotline

The National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family. Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, verbal, sexual or financial abuse. The Hotline also offers an online chat service at www.thehotline.org that is available every day from 7 a.m. – 2 a.m. CST.

Our services are **completely free and confidential**. We offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.



CALL 24/7

1.800.799.SAFE (7233)



TTY 24/7

1.800.787.3224



CHAT

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The National Domestic Violence
HOTLINE

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Are you hurting your partner?



FREE

CONFIDENTIAL

24/7/365



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How does your partner react?

Do they...

- Seem nervous around you?
- Seem afraid of you?
- Cringe or move away from you when you're angry?
- Cry because of something you don't let them do, or something you made them do?
- Seem scared or unable to contradict you or speak up about something?
- Restrict their own interaction with friends, coworkers or family in order to avoid displeasing you?

If any of these behaviors sound familiar to how you act or how your partner reacts, it could be a red flag that you may be hurting them. This can be a difficult and unnerving realization to come to.

By acknowledging now that your behaviors might be unhealthy and taking responsibility for them, you're a step ahead in beginning to change them.

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."

—Steve Maraboli



Do you want to change?

One part of changing may involve willingly attending a certified Batterer Intervention and Prevention Program (BIPP) that focuses on behavior, reflection and accountability. At the Hotline we don't recommend couples counseling, anger management, substance abuse programs or mental health treatments for abusers to learn about and deal with their abusive patterns (although oftentimes these can helpfully supplement a batterer intervention program).

A BIPP is different from other counseling and intervention programs in that it centers around complete accountability, victim safety and education about abusive behaviors. Certified BIPPs have a wide range of durations, varying from a weekend retreat to 52 weekly meetings. They're generally offered by a few professionally-trained facilitators, and usually have eight to ten participants.

People enter into BIPPs for various reasons. Many are required by judges to attend as a condition of probation or as part of a sentence. Others enroll to try to save a relationship and keep their partner from leaving. **The best reason for joining a BIPP is genuine desire to change.**

According to author Lundy Bancroft, the following are some changes that could indicate you're making progress in your recovery:

- Admitting fully to what you have done
- Stopping excuses and blaming
- Making amends
- Accepting responsibility and recognizing that abuse is a choice
- Identifying the attitudes that drive abuse
- Accepting that overcoming abusiveness is a decades-long process and not declaring yourself "cured"
- Not treating improvements as vouchers to be spent on occasional acts of abuse (ex. "I haven't done anything like this in a long time, so it's not a big deal")
- Developing respectful and supportive behaviors
- Carrying your weight and sharing power
- Changing how you act in heated conflicts
- Accepting the consequences of actions (including not feeling sorry for yourself about the consequences, and not blaming your partner or children for them)

Here at The Hotline we frequently speak with people who identify as abusive, or who are concerned about behaviors that may be unhealthy. Our advocates listen, withhold judgment and help you begin to address what's going on in your relationship. If you're questioning your own behavior at all, or if someone else has brought it to your attention, acknowledging it is a step in the right direction. **Give us a call today at 1-800-799-SAFE to start the conversation.**