

SOME POSSIBLE TREATMENT GOALS FOR MEN WHO ARE STRUGGLING WITH DOMESTIC ABUSE AND ANGER MANAGEMENT ISSUES

Below are some examples of specific treatment goals that clients have identified for themselves to give them a clear “roadmap” for what they want to change about themselves in their anger and abuse recovery programs.

Learn and use new skills and strategies to identify when, how, and why I am becoming angry (i.e. to identify cues and triggers that indicate that I am becoming angry and to recognize and understand my personal escalation process)

Develop and use an *Escalation Prevention Plan* to help me intervene in my escalations to controlling or abusive behavior

Recognize the choice points in my personal escalation process to controlling and abusive behavior and make more respectful and effective decisions when I am escalating

Eliminate my violent behavior and threats of violence with my partner, my children, and others

Eliminate my violence toward property and pets

Decrease the frequency of my emotional and verbal abuse with others and/or my tendency to use a punishing or protective emotional withdrawal that can be hurtful to both others and myself

Decrease and work to intervene in or completely eliminate any suicidal ideation that I have

Recognize and decrease the frequency of my negative/hopeless/despairing/judgmental/vindictive/hostile/entitled cognitions and increase my willingness to recognize and intervene in my negative self-talk when it occurs and replace it with more positive self-talk

Decrease my reactivity, my impulsivity, my irritability, and my impatience that has led to disrespectful, controlling, and abusive behavior with my partner, my children, and others

Decrease the frequency, intensity, and duration of my disrespectful and abusive incidents with my partner, my children, and others

Recognize, examine, understand the causes of, and change my controlling attitudes and behaviors with my partner, my children, and others that underlie and fuel my punishing, explosive, and disrespectful behavior

Develop and use a *Time-Out Plan* to assist me in increasing my use of respectful time-outs when I am escalating to controlling, disrespectful, and abusive behavior

Increase my knowledge about anger and abuse regulation/stress management/toxic shame/controlling behavior/assertiveness/communication/conflict resolution/healthy relationships through bibliotherapy

Increase the frequency of instances of effective and respectful communication and conflict resolution with my partner and others

Identify and address shame issues from my childhood (e.g. family of origin issues) and my adulthood (e.g. losses, “failures”) that are related to my anxious and depressed mood, my negative thought process (i.e. negative self-talk), and my controlling and abusive behavior

Understand and clearly recognize the impact and the effect of my disrespectful, controlling, and abusive attitudes and behaviors on my partner, my children, and other people

Increase the empathy and compassion that I feel for others and myself

Actively use class members and/or family, friends, and others for emotional sharing and support and as “accountability people” as I go through this treatment process

Develop and use an ongoing emotional support system (e.g. class members, family, friends) and increase my social activities with others now and in the future to decrease my potential for negativity, irritability, and escalation

Identify and express more openly, assertively, and respectfully all of the feelings that I experience in my daily life.

Develop and regularly use an ongoing stress reduction program (e.g. deep breathing, meditation, and other forms of relaxation) to decrease the stress that I carry in my daily living

Set up a medication evaluation with a psychiatrist if this is necessary and potentially helpful to me

Begin or continue to take psychotropic medication to help address my mental health needs that are related to my anger and my controlling and abusive behavior (if this is appropriate and helpful for me)

Monitor, decrease, or stop my alcohol and/or my drug use if this is connected to my controlling and abusive thoughts and actions

Develop and actively participate in a regular aerobic exercise program to decrease the stress that I experience and carry with me in my daily living

Increase my ability to concentrate and accomplish tasks at home and at work

Increase my hours of sleep to 6-8 per night

Actively work at using the tools taught in this workbook/class/counseling to improve my self-esteem and self-confidence, to feel better about myself, and to become the person I wish to be and to be closer to the people who are truly important to me in my life

Accept clear responsibility for my current thoughts, feelings, and behaviors and for my past and current abusive actions and my punishing, intimidating, and controlling thoughts and behaviors that have interfered and do interfere with my relationships and my life and make amends for my past and current controlling, disrespectful, and abusive actions