6 STEPS FOR MEN TO PREVENT DOMESTIC VIOLENCE

Bill Pelz-Walsh, MA and John Ungerleider, EdD
Domestic violence accountability facilitators

DURING THIS TIME OF SOCIAL DISTANCING AND ISOLATION, THERE IS AN INCREASED RISK OF DOMESTIC VIOLENCE. WOMEN AND CHILDREN ARE MOST VULNERABLE. TO CHANGE, MEN HAVE TO WANT TO STOP BEING HURTFUL TOWARDS OTHERS. BELOW ARE SIX STEPS THAT YOU MAY CONSIDER WHEN FEELING AGGRESSIVE:

1. KNOW YOUR EMOTIONAL TRIGGERS
What feelings are below your anger? Overwhelmed, disrespected, entitled, insecure, ashamed, etc.

2. NOTICE THE WARNING SIGNS
Such as stress, increased heart rate, negative thoughts, raised voice.

3. S.T.O.P.
Stop - Take a deep breath - consider my Options - Proceed. It helps to practice this regularly.

4. TAKE A TIME OUT
The problem may not change, but how you deal with it can. Replace negative thoughts with gratitude for what you do have.

5. SELF-CARE
Eat well, exercise, talk with a trusted friend or a therapist for guidance. Don’t abuse substances.

6. BE ACCOUNTABLE
Apologize if you said or did something hurtful. Recommit to doing better and acting with integrity.

As we strengthen our capacity to regulate our emotions, we have the opportunity to build on our capacity to trust, respect and empathize.