

# IDENTIFYING CLUES

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Clues are indications that tell me when I may choose to become abusive to others. It is important to identify my own clues, in order to change my pattern of behavior with others.

## 1. Major Subject Clues

(Check at least 6 clues that I use most, then write in two more)

- |                                                    |                                       |                                                   |                                           |
|----------------------------------------------------|---------------------------------------|---------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Bills                     | <input type="checkbox"/> Sex          | <input type="checkbox"/> Clothes                  | <input type="checkbox"/> Money            |
| <input type="checkbox"/> Cars                      | <input type="checkbox"/> School       | <input type="checkbox"/> Faithfulness             | <input type="checkbox"/> Losing something |
| <input type="checkbox"/> Court dates               | <input type="checkbox"/> Children     | <input type="checkbox"/> Family                   | <input type="checkbox"/> Confrontations   |
| <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"/> Food             |
| <input type="checkbox"/> Leaving home              | <input type="checkbox"/> Partner gone | <input type="checkbox"/> Partner's angry behavior |                                           |
| <input type="checkbox"/> Someone treating me badly | <input type="checkbox"/> Work         | <input type="checkbox"/> Getting a job            |                                           |

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## 2. Emotional Clues

(Check at least 6 clues that I use most, then write in two more)

- |                                      |                                     |                                      |                                    |
|--------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Angry       | <input type="checkbox"/> Impatient  | <input type="checkbox"/> Defensive   | <input type="checkbox"/> Rage      |
| <input type="checkbox"/> Depressed   | <input type="checkbox"/> Possessive | <input type="checkbox"/> Frustrated  | <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 |

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## 3. Physical Clues

(Check at least 6 clues that I use most, then write in two more)

- |                                                                 |                                            |                                                 |
|-----------------------------------------------------------------|--------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Rapid, deep, or shallow breathing      | <input type="checkbox"/> Tension in jaw    | <input type="checkbox"/> Dizziness              |
| <input type="checkbox"/> Heart pounding                         | <input type="checkbox"/> Veins stick out   | <input type="checkbox"/> Feeling hot            |
| <input type="checkbox"/> Hands sweating                         | <input type="checkbox"/> Trembling         | <input type="checkbox"/> Headache               |
| <input type="checkbox"/> Dry mouth                              | <input type="checkbox"/> Tingling in hands | <input type="checkbox"/> Chest pain             |
| <input type="checkbox"/> Grinding teeth                         | <input type="checkbox"/> Adrenaline rush   | <input type="checkbox"/> Jittery                |
| <input type="checkbox"/> Muscle tension (shoulders, neck, back) | <input type="checkbox"/> Upset stomach     | <input type="checkbox"/> Butterflies in stomach |

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Things that have lessened my awareness of my clues include:

- Alcohol/Drugs
- Male privilege thinking
- Womanizing
- Blaming
- Using pornography
- Feeling out of control
- Pretending everything is okay
- Indulging myself in obsessions about anything, including; work, jealousy, sex, who's right, transportation, children, money, etc.
- Suppressing my anger
- Socializing with others who encourage sexism, racism, hatred, or oppression of others
- Not discussing problems
- Isolating
- Objectifying
- My pride
- Defensiveness
- Honeymooning
- Expecting my partner to fix all
- Expecting forgiveness

Things that improve my awareness of clues include:

- Relaxation
- Being physically fit, good food, enough rest, sleep, etc.
- Writing in a journal
- Reading and learning from others
- Re-thinking what I have been taught about men's and women's roles
- Socializing with others who respect my accountability
- Paying attention to how I feel
- Paying attention to what I am thinking
- Thinking about how and why I am trying to control her
- Not expecting gratitude or regard for being accountable and non-violent
- Exercising
- Doing a battering log on the situation
- Praying
- Writing
- Taking a deep breath
- Reading
- Talking with another group member