

Part One

Understanding Domestic Violence

The following questions can be helpful to clarify the ways in which violence is occurring in your intimate relationships. Keep these questions in mind as you go through the group process.

Violence I have used:

- What are my motivations for using violence?
- What am I achieving by using it?
- What do I lose by using it?
- Who am I harming and how is he being harmed?
- Am I ever using violence in a way that is helpful?
If so, how, and who is it helping?
- Is my violence justified?
- How would I describe the kind and frequency of my violence?
(What am I doing, how often, how severe is it?)

Violence used against me:

- Who is using violence against me?
- What is her/his motivation?
- What does she/he gain from using violence against me?
- How am I being harmed by this violence?
- Is this violence justified?
- How would I describe the kind and frequency of the violence used against me?
(What is being done, how often, how severe is it?)