

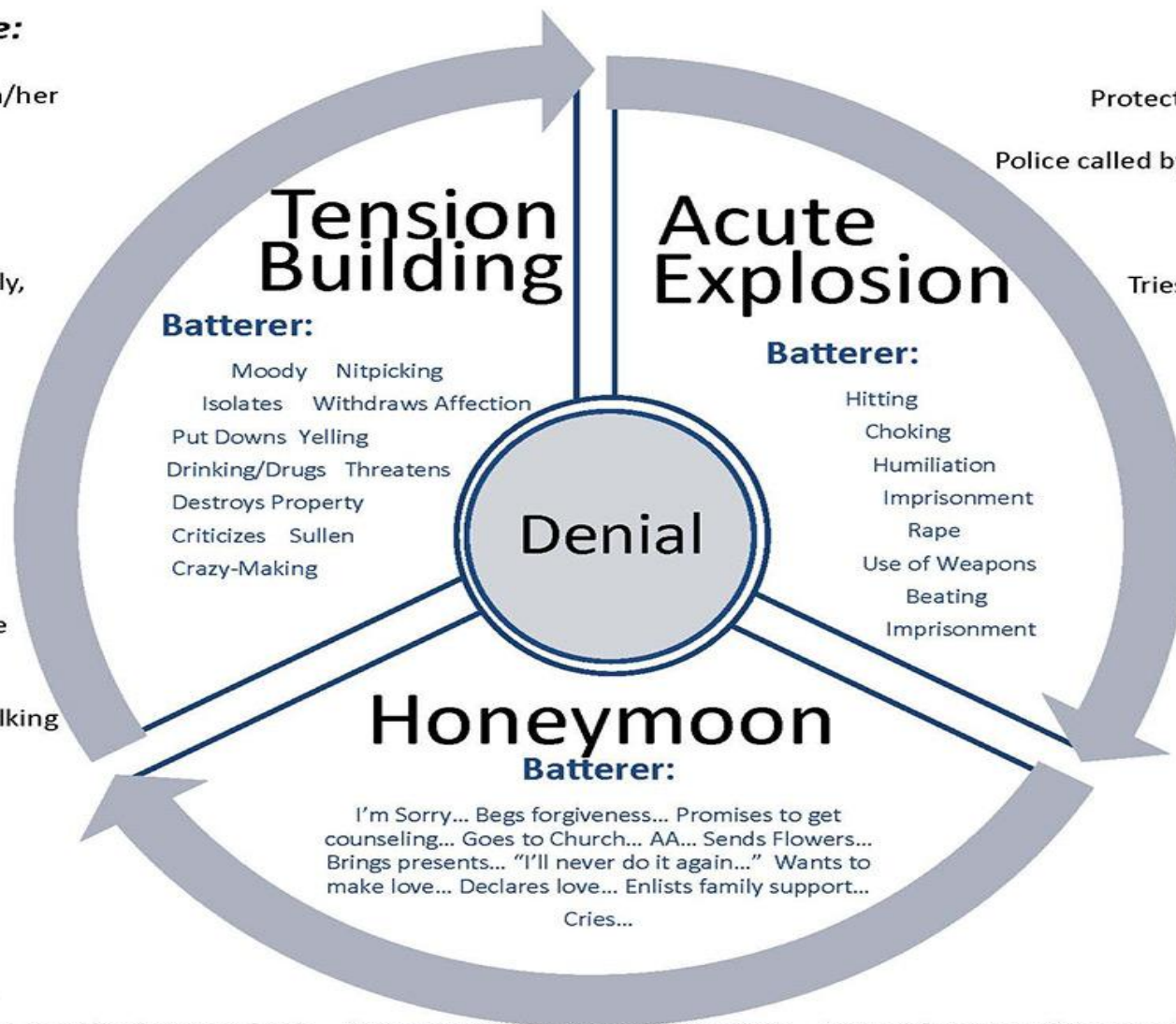
N – This session began with a brief check in after the check-in we discussed The Cycle of Violence of both the batter and the victim. In the cycle of violence we discussed Tension Building of how feelings can create tensions, the Acute Explosion of the batter and how they react to their behaviors and the Honeymoon of the batter when they try to normalize their behaviors. The group was also taught on the victim's response and how the victim to violence will behave. They were taught through lecture and handouts, and were given a poster board and markers so they were to make their own cycle of violence wheels and how they respond to violence as a batter. The clients then presented their poster board to the class and we discussed each topic.

A – The group processed each topic talked and discussed each of their answers. After group had shared the group was allowed time to respond. The group was active in listening and engaged in valuable feedback. The group was taught learn to value the cycle of violence in their new recovery. The group responded well to their peers. The group learned how they respond, believe their emotions behind their anger, and the triggers of their anger situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety.

Victim Response:

- Attempts to calm him/her
- Nurturing
- Silent/Talkative
- Stays away from family, friends
- Keeps kids quiet
- Agrees
- Withdraws
- Tries to reason
- Cooks his/her favorite dinner
- General feeling of walking on eggshells



Tension Building

Batterer:

- Moody Nitpicking
- Isolates Withdraws Affection
- Put Downs Yelling
- Drinking/Drugs Threatens
- Destroys Property
- Criticizes Sullen
- Crazy-Making

Acute Explosion

Batterer:

- Hitting
- Choking
- Humiliation
- Imprisonment
- Rape
- Use of Weapons
- Beating
- Imprisonment

Honeymoon

Batterer:

- I'm Sorry... Begg forgiveness... Promises to get counseling... Goes to Church... AA... Sends Flowers... Brings presents... "I'll never do it again..." Wants to make love... Declares love... Enlists family support... Cries...

Victim Response:

- Protects herself anyway she can
- Police called by her/him, kids, neighbor
- Tries to calm batterer
- Tries to Reason with batterer
- Leaves
- Fights back

Victim Response:

- Agrees to stay, returns, or takes batterer back.... Attempts to stop legal proceedings... Sets up for counseling appointments for batterer... Feels Happy, Hopeful