

# Ten Top Tips<sup>©</sup>

## when men want to stop being abusive toward their partners and families

1. **Contrary to common belief, *you alone* are responsible for the words you use and actions you undertake.**
2. **You probably feel pretty rotten when you hurt your partner.** You can avoid these rotten feelings by changing what you say and do.
3. **Excuses, excuses, excuses! Men who hurt their loved ones become experts at making excuses for themselves.** This is because they don't have to feel so bad about what they have done if they can blame something else. If you are always making excuses for yourself you could start asking yourself: "What could I do differently?"
4. **Most men don't look at themselves until it's too late.** This is because the pattern of abuse, patch-up, abuse, patch-up, abuse, patch-up continues until the woman finally says she has had enough and leaves. If you are in the cycle of patch-up – abuse, try to change the cycle before it is too late.
5. **The only men who successfully escape their abusive practices are the ones who say to themselves: 'I have to change me!' and then do something about it.**
6. **For many men, facing up to what they have been doing to their loved ones takes a lot of courage** and is generally the hardest thing they have ever done in their lives. Facing up means being willing to count up and name all the hurtful things you have said and done.
7. **Try to understand how your partner feels by putting yourself in her shoes for a while.** Then see what it's like to feel afraid, humiliated, walk on eggshells, be careful about every word you say etc.
8. Men want to forget their abusive behaviour toward their partners, although their women remember it because all the promises their men have made have come to nothing. **If you make a promise, keep it.**
9. „Sticks and stones can break someone's bones, but names will never hurt you“. This is a great big con. Did you know that sometimes women say that **verbal abuse and threats hurt just as much as physical violence?**
10. Most men who hurt their loved ones want to cut it out, but try as they like, they keep slipping-up. **Asking for professional help takes guts, but may be the only way out.**



**CENTRECARE**

"People making time for people"