



A Log for Understanding Your Partner's Hurtful and Abusive Actions

ACTIONS: Briefly describe a situation and the abusive and hurtful **ACTIONS** he used against you (Examples: statements, gestures, tone of voice, physical violence, sexual violence, facial expressions, emotional abuse).

INTENTS: What did your partner want you to do or not do in this situation?

BELIEFS: How would _____(partner) justify his abusive actions? If you ever asked him, “Why did you do that to me?” How would he answer that? How do you think he justifies his hurtful actions and abuse towards you? What is his thinking about the role of a woman in a relationship with a man?

FEELINGS: What **FEELINGS** or emotions did he have during this situation?

MINIMIZATION, DENIAL AND BLAME: In what ways did your partner MINIMIZE or DENY his hurtful and abusive actions towards you. How did he try to make this your fault and did it work?

EFFECTS / IMPACT: What was the **IMPACT** of his actions from this situation? Over the long term?

On you: Situation:

Long-term impact:

Physically: _____

Emotionally or psychologically: _____

Spiritually: _____

Cognitively: _____

On each of your children (separately)

NON-CONTROLLING BEHAVIORS: How would you have wanted him to act differently in this situation?

How would his thinking (**BELIEFS**) have to change in order for him to be non-abusive? What beliefs would he have to change about women and relationships?



“Why is he abusive, mean, and hurtful to me?”

A “Power and Control” Log for Victims of Battering to Better Understand Why Men are Abusive to Women Videoconference

Guide for Advocates to use with A Log for Understanding Your Partner’s Hurtful and Abusive Actions

ACTIONS: Briefly describe a situation and the abusive and hurtful **ACTIONS** he used against you (Examples: statements, gestures, tone of voice, physical violence, sexual violence, facial expressions, emotional abuse).

Example responses:

Grabbed me by the hair.

Called me names.

Slammed the door.

Naming abusive and hurtful actions helps battered women examine the patterns men who batter used in trying to control them. It challenges when men tell say things like “I just blew”.

Advocates should guide battered women to include some details about the situation but also write down the controlling, abusive and violent behaviors as she describes them. “Him getting angry” is not necessarily an action used to gain control.

Throwing something, punching a wall, swearing at her, and calling her names are the controlling actions.

INTENTS: What did your partner want you to do or not do in this situation?

Example responses:

For me to stop talking to him that way.

To stop me from leaving and going out with my friends.

To let me know and remind me how “stupid” I am with money.

Exploring intents exposes the function of battering. It acknowledges that his abusive and hurtful actions are not “out of control” or that “he just blows up” but are intentional acts to accomplish something.

You can ask other questions like:

- What did he want?
- What did he want her to do?
- Why did he do what he did?

BELIEFS: How would _____(partner) justify his abusive actions? If you ever asked him, “Why did you do that to me?” How would he answer that? How do you think he justifies his hurtful actions and abuse towards you? What is his thinking about the role of a woman in a relationship with a man?

Common beliefs of men who batter:

- Women are manipulative and play games to get what they want.
- Women think of men as paychecks.
- When a woman pushes your buttons, you have to fight back.
- After what she did, what else was I suppose to do?
- Women don’t know how to manage money.
- To get your child to respect you they need to have some amount of fear in you.

Discussing beliefs examines the many societal and personal experiences that have shaped men’s values and beliefs about men and women and intimate partner relationships. It helps battered women see and name the source of why he is violent and de-personalize it to her. His beliefs justify his abusive behavior, including his core beliefs about entitlement the abusive man has. It will help her see that this thinking is what he would have as a justification to being abusive in a relationship with any woman he is with.

The discussion of beliefs is at the heart of helping battered women become liberated by seeing that his violence is attached to his thinking about the roles of men and women in a relationship and what he gets to do to get his way.

Beliefs are explored for two purposes:

- 1) To give battered women insight about how his thinking and beliefs support his use of violence and abusive behaviors.
- 2) To show battered women that if the thinking and beliefs that men who batter don't change they won't be able to change their abusive patterns.

For many men who batter, beliefs are more than a collection of ideas or opinions. They are truisms. Challenging a long-held belief as being neither the truth or right but a culturally constructed justification to exploit others causes varying degrees of defensiveness in many men who batter.

FEELINGS: What FEELINGS or emotions did he have during this situation?

Example responses:

Mad

Angry

Frustrated

This section of the log helps battered women see the connection between his beliefs and the feelings that come from them.

MINIMIZATION, DENIAL AND BLAME: In what ways did your partner MINIMIZE or DENY his hurtful and abusive actions towards you. How did he try to make this your fault and did it work?

Example responses:

He told me that when I spit at him I deserved it.

She messes everything up.

She doesn't know what she is talking about.

It didn't happen that way.

This discussion reinforces the importance of accountability and honesty to making positive change. Many battered women ask, “How will I know if he is changing?” One important aspect of change is taken responsibility for abusive actions.

EFFECTS / IMPACT: What was the **IMPACT** of his actions from this situation? Over the long term?

This conversation is a way for battered women to look at how the battering has impacting them. We often ask battered women to look at four different types of effects or impacts on themselves:

- 1) Physical
- 2) Emotional or psychological
- 3) Spiritual
- 4) Cognitive

We also encourage battered women to look at the effect or impact on each individual child. It is important for advocates to know that battered women often told us that the effects on their children were the most difficult to think about, look at and often they felt ashamed when asked about it.

NON-CONTROLLING BEHAVIORS: How would you have wanted him to act differently in this situation?

Example response:

He would have come to me and ask me what I needed and wanted from the situation instead of it being all about him.

How would his thinking (BELIEFS) have to change in order for him to be non-abusive? What beliefs would he have to change about women and relationships?

It is important that battered women spend some time thinking about alternatives to being violent, abusive and controlling and what it would take for their partners to be that way in a relationship with them.

In this section we look at actions. “What would you have wanted him to do differently?” is a question to ask of battered women. However, we must make the link to his beliefs. For example, in order for him to be non-abusive in that way, how would his thinking have to be different?