

Responsibility Plan

Sample

The responsibility plan is to completed the 3rd, 9th, 15th and 21st week of class

Participants Name: _____

Date: _____

Cues to Violence	Alternatives to Violence
<i>Red Flag Situations:</i>	<i>Alternatives to Red Flag Situations:</i>
1. I used _____ against my partner when I (your abusive behavior) wanted her to _____. (what you wanted her to do, or stop doing)	1.
2. I used _____ against my partner when I (your abusive behavior) wanted her to _____. (what you wanted her to do, or stop doing)	2.
3. I used _____ against my partner when I (your abusive behavior) wanted her to _____. (what you wanted her to do, or stop doing)	3.
<i>Physical Cues:</i>	<i>Physical Alternatives:</i>
1.	1.
2.	2.
3.	3.
<i>Negative Self-Talk:</i>	<i>Positive Self-Talk:</i>
1.	1.
2.	2.
3.	3.
<i>Feelings in Addition to My Rage:</i>	<i>How can I take care of my feelings positively?</i>
1.	1.
2.	2.
3.	3.

Instructor's Signature: _____

Batterer's Signature: _____