



M.A.S.H.

"Men Against Spousal Harm"

Our House, Inc.

New Birth For Violent Free Living
662/332-LOVE (5683)

Orientation Packet











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AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS by Portia Nelson

Chapter I

I walk, down the street.
There is a deep hole in the sidewalk.
I fall in
I am lost...... I am helpless
It isn't my fault
It takes forever to find a way out.

Chapter II

I walk down the same street
There is a deep hole in the sidewalk
I pretend I don't see it
I fall again
I can't believe I am in the same place
but it isn't my fault.
It Still Takes A long Time To get out.

Chapter III

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in...... it's a habit.
my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter IV

I walk down the same street
There is a deep hole in the sidewalk
I walk around it

Chapter V

I walk down another street

Our House, Inc. New Birth To Violent Free Living MASH

Men Against Spousal Harm Program

Welcome, to Our House, Inc.'s M.A.S.H. Program. We are here to assist you in building and/or maintaining a healthy relationship by providing educational classes on non-violence.

As you are admitted into our program, you naturally have many questions, and concerns about "why you are here," and "what to be expected?" The purpose of this packet is to answer some of those questions, and hopefully to ease some of your discomfort.

Basically people arrive at our program by two paths - either <u>you</u> have decided that the circumstances in your life have become more than you can cope with, or <u>someone else</u> (i.e. court system) has decided that for you. If you fall in the first group, you are likely to be nervous and a bit afraid of what is going to happen to you. If you are in the second group, you are probably angry, frustrated, and a bit afraid as well. Either way, however you feel is understandable, expected, and above all, a normal human reaction. It is our job to help you learn to understand and express these and other feelings in a healthy and constructive way. The most positive way to handle troublesome emotions is to discuss them openly with a staff. All relationships have conflict. Getting angry, feeling hurt, and arguing are all part of relationships. We choose how to act or react to conflict. If we use violence, threats, or if we force a person to do certain things, it's abuse.¹

Some people blame their partner, or alcohol or drugs, or anger, etc. for their violence. Blaming someone or something else will not make our violence go away. To stop from being violent, we must first desire to be nonviolent and then commit to doing whatever it takes to change ourselves not someone else! Only we can stop our violence. We must learn to take 100% responsibility for our own violent and abusive actions. This is not easy! We must do the hard work of looking at the permission we give ourselves to use violent and abusive actions. We must be willing to give up power and control and strive for equality. Violence and abuse destroy communities, relationships, people, self-respect, dreams, and our children's future.²

Many batterers are court ordered to attend Our House, Inc.'s MASH Program and do not want to participate. We recognize you may find it hard to be here. We invite you to stay open-minded so that you can benefit from our nonviolence program. Welcome!

¹ DAIP - Domestic Abuse Intervention Project

²DAIP - Domestic Abuse Intervention Project

UNDERSTANDING YOUR STATUS WITH THE COURT

Many batterers complete the MASH program as a condition of probation. Others attend because of a family court order for protection. Although MASH is not part of the court system, we are responsible to report to the court or your probation officer about your participation. You may be suspended from the program if you re-offend. fail to meet attendance requirements, make payments on time or are abusive or uncooperative. At such time a report would be given to the court system. This could result in jail time, starting the program over, or attending additional classes. We encourage you to attend regularly, participate, and complete the program.

ORDER OF PROTECTION

You may not be allowed to watch mate at home or place of work, follow or stop your mate in any public place, or go to your child's school without the court's permission. Orders can be changed but only by a judge. With a family court order for protection (OFP), either party can ask for a review hearing to change the order. Remember, you are the only one that can violate the OFP and be criminally charged not your partner! The court is not telling your partner what your former mate can and cannot do-the order applies to you.

WHAT CAN YOU EXPECT³

- > To be treated with respect.
- ➤ To be informed of your current status with the program (how many classes you have completed and whether you are likely to be suspended from the program).
- ➤ To have the information you share in classes kept confidential except when there is concern for your safety or the safety of others, or when there have been reports of further violence. Child abuse laws require that we report to local child protection agencies any suspected act of abuse or neglect which could result in harm or danger to children.
- > To have complaints heard. If you have any concerns, please raise them with a men's program coordinator.

COUPLES COUNSELING

While couples sessions can be very beneficial, it is the policy of Our House that you complete the nonviolence classes prior to participating in couples session. It is essential that you have dealt with your own use of violence and abusive behavior before starting couples sessions. Couple counseling can be stressful and painful.

Note:	Our	House,	Inc.	provide	s noi	n-violen	ce cour	t mandated	classes	to	both	male	and	female
aggress	sors.	We also	pro	vide a v	ictim	support	group,	entitled: L	.E.A.H.	- I	Lettin	g Eacl	h Af	fliction
Heal.														

3	³ DAIP

CHOOSING TO REMAIN NONVIOLENT

Sometimes we are aware of our choices to use violence. At other time we make the choice so quickly we think our violence just happens. Violence is always a choice. Whenever you are having violent thoughts or making the choice to be violent, you can always choose to respond in a positive or non-abusive way. If you think you might use violence, it is better to remove yourself if you are violent. Think of the damage violence does to your relationship with your partner, your children, and other people around you. You may then choose not to be violent. Remember, walking away from a difficult situation is a short-term way to remain nonviolent and should not be used to avoid discussions. As you apply the programs ideas to your life, your need to use emergency action to stay nonviolent will lessen. While you are in the program, we asked that you agreed to the following:

- a)I will not abuse anyone else or myself as long as I am in this MASH PROGRAM. This includes verbal, emotional and psychological abuse, threats of suicide, and threats of violence. I will inform the MASH PROGRAM facilitator what happened and will openly talk about the situation and accept the consequences for my behavior.
- b)I agree that the reason I am in the MASH PROGRAM is to learn not to be violent or abusive. I will not be violent or abusive in this group or in my personal life.
- c)I understand that I will be given tools & skills to help me build and maintain a healthy relationship.
- d)I will participate openly, honestly and actively in group discussions and I will abide by all MASH PROGRAM rules. If personal problems arise (e.g. drug abuse, mental health issues), I will seek appropriate treatment as a condition of my participation in the MASH PROGRAM. I will voluntarily cooperate if my MASH PROGRAM facilitator requests that I obtain an assessment for any of these problems.
- e)I will provide the correct address and phone numbers of my victim /survivor /partner and will notify my MASH PROGRAM facilitator of any changes. I hereby give my MASH PROGRAM facilitator and other individuals working with MASH PROGRAM facilitator permission to give out the following information to the victim/survivor/partner: when I start and stop the program, referral information to counseling and support services, safety options, and any other information pertinent to safety.
- f)I understand that I may not be informed of any communication that takes place between the victim/survivor/partner and MASH PROGRAM facilitator and I waive any right to have access to or be informed of the nature, content, or existence of any such communication;
- g)I understand that safety to others and myself is priority and will be enforced by the MASH PROGRAM facilitator.
- h)I understand that all suspected child abuse and neglect will be reported as defined by Mississippi law.
- i)I understand that all suspected battery, neglect, or exploitation of an endangered adult will be reported as required by Mississippi law.

MASH BEHAVIORAL MODIFICATION CLASSES FOR OFFENDERS

We hope this program will help you ask questions, help look at the cost of violence, and help you experience the benefits of nonviolence. This booklet provides information about the nonviolence classes. They are one-part of Our House work to end domestic violence. The classes are education-based. They are neither anger control or therapy groups. The focus of the classes is not to "fix" your relationship, but to stop the violence an abuser that is destroying it. We will work with you to

{ examine your belief system and behaviors that support violence
 { expand definitions of violence and controlling behaviors
 { discuss the effects of violence on your mate, your children and yourself
 { identify and practice non-controlling alternatives.

We hope you will find your involvement helpful and we invite you set goals for positive change. We also encourage you to attend the men's support group once you have completed your classes to help you stay committed to nonviolence and personal change.

GENERAL RULES FOR SESSIONS

- 1) Remain nonviolent and do not use threats while involved with MASH.
- 2) Come to class free of the influence of alcohol or illegal drugs.
- 3) Remarks, comments or jokes of a racist, sexist, or hurtful nature are against the philosophy of Our House, Inc.. They will not be tolerated.
- 4) Participate in class discussions and cooperate with Our House staff.
- 5) Come to class on time and stay until the end of session. Excessive lateness, or leaving early may count as an absence.
- 6) Accept responsibility for your actions. Focus on yourself.
- 7) Complete your homework to receive credit for class. All assignments and presentations must be completed up to acceptable standards. The standards are outlined on the instruction sheets for each presentation. You will have to rework any assignment that is not up to the standards.
- 8) You may ask questions if you are confused about the material presented. Questions that disrupt or sidetrack the presentation will not be tolerated. If you are asked to leave because you are disruptive, you will have to make up the session to complete the program.
- 9) You are permitted two excused absences from group. If you are absent multiple times your participation in both education and process sessions will be terminated.
- 10) Alcohol and other mood altering chemicals will *not* be used by group members before group.

- 11) Violence or threats of violence toward *any* person, will not be tolerated on this property. This includes other group members, staff, or any other person.
- 12) You are expected to avoid violent, threatening and abusive behavior while in the MASH program. This includes non-violence with your partners, children and *all* others.
- 13) There is no smoking in the Our House, Inc.'s buildings. Smoking is allowed outside during break. Food and beverages are not allowed during group, unless your facilitator makes this exception.
- 14) Keep names and personal information you hear in the class confidential.
- 15) Violation of any of the rules are grounds for immediate termination from group. If your behavior results in your termination from group, you can start again from the beginning.

CHECK IN - GUIDELINES⁴ WHEN YOU CHECK IN:

- 1) You should arrive fifteen minutes earlier than your appointed group time.
- 2) You will not be admitted without your payment or voucher.
- 3) You will not be admitted without your homework assignment (s).
- 4) Be brief and to the point. Take only a minute or two because of time limits in the group.
- 5) Tell the group how you are doing. Report any networking phone calls you have made. Ask for group time if you're ready to present an assignment.
- 6) Report your abusive and violent behavior, if any since the last meeting.
- 7) Report all your escalation since last meeting.
- 8) Report if you have broken any other group rules or contracts with Our House. Do not give the details now. Do not take group time prepare to speak with one of the instructors to discuss your issues after class or at an agreed upon appointed time.
- 9) One person checks in at a time. You can question other members during check-in if you want to.
- 10) Most of your feedback can be save until group time.
- 11) Everyone checks in at the beginning of the group. If you come late, you will not get in.
- 12) Say your name, why your are here and state your personal goal to be worked on to the group before each group because there may be new members each time. Together, we all state the *HEALTHY RELATIONSHIP GOAL*.

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⁴Adapted from DAP (Domestic Abuse Project) - Minneapolis, MN

GROUP TIME - GUIDELINES⁵ (WHEN YOU TAKE GROUP TIME:

- 1) Be specific, clear and to the point. State your issue (s) and what you want to get from your group time. Unnecessary details are a waste of time.
- 2) Keep the focus on your feelings, thoughts (self-talk), and behavior. Focusing on someone else or something else is only an avoidance of your issues.
- 3) Be honest and level with the group. You will benefit from group time only if you are frank.
- 4) Prepare to listen to feedback from others without a defensive attitude.
- 5) You lose out if you close down to group feedback Feedback gives you an opportunity to learn about yourself so you can decide to change in positive ways. Ask for feedback from others if they do not give any.
- 6) Discuss you violent and abusive behaviors. Bring up your negative attitudes, self-talk, anger, and other feelings toward yourself or others.
- 7) Work on other personal issues that bother you. Take group time on your personal issues even when things are going well. Work on your problems even if you are not in a crisis.

FEEDBACK - GUIDELINES⁶ (WHEN YOU GIVE FEEDBACK)

- 1) Be level, direct, and respectful. The purpose of feedback is to help each other. Helping does not happen through shaming. Ask yourself, "How will my feedback help this person be non-abusive?"
- 2) Tell the person you are giving feedback to how their actions and words affect you. Be specific and concrete. Avoid giving advice or asking questions.
- 3) Confront others. You can gently point out to others their mistakes, blaming, defenses, and problems. Use consideration. Feedback can be confronting and supportive. Try to understand the other person's thoughts and feelings.
- 4) It will sometimes be a risk to give honest feedback, but that is the only kind that will help.
- 5) Staying silent and not participating with feedback is against group rules.
- 6) You can say your share of feedback even if others have said the same thing already. Group members need to hear support and be confronted more than a couple of times.

⁵Adapted from DAP (Domestic Abuse Project) - Minneapolis, MN

⁶ Taken from DAP (Domestic Abuse Project) - Minneapolis, MN

7) Giving feedback will help you communicate and relate better with others. It is part of your behavioral modification changes.

MASH'S behavioral modification Program has several classes (both educational and process). The intake facilitator will advise you which track you will join.

EMERGENCY ACTION

Talk to your partner about the material should it group when you're each able to hear what the other is saying. Suggest that sometimes it may be better for you to take time away from the situation so that you are better able to stay nonviolent.

Whenever you think you might be going to do something abusive, remember you do have the choice not to be abusive. Don't raise your voice, swear, threaten, or use any intimidating behavior.

When possible go somewhere to relax and use positive self-talk (defined below). Remind your-self of your action plan and your steps towards positive change. It may help to walk, jog, or do some deep breathing to feel calmer. Do not drive, drink alcohol, or take drugs. Stay away from friends, or family who support your hostility towards your partner.

When you come back, if you still can't talk about it, decide with your partner on a good time to discuss the issue. It might be safer to talk it over together with someone you both trust. Sometimes after time apart, you may bother decide the issue wasn't worth discussing, and you may both decide to drop it. If you discuss it again and you think you might be abusive, STOP--remember to choose nonviolence. There are always more options than violence.

M.A.S.H. Healthy Relationship Goals

My number one goal is to be nonviolent & to maintain healthy relationships.

I can do that.

I can stay calm. I don't need to win arguments.

What others say doesn't control me. I can control myself in this situation.

It's time to relax and slow down. I don't need to feel threatened here.

I know that my anger comes from my old beliefs.

It's OK to walk away from this.

I can be angry without using violence or hurting others.

<u>Men Against Spousal Harm – M.A.S.H.</u> <u>EDUCATIONAL CLASS OUTLINE</u>

I. Orientation Class - \$25.00

Agenda: (2 ½ hours)

Review of Program Rules, Feedback Guidelines, Group Guidelines, Check - In Guidelines, completing the nonviolent form, and completing the domestic violence assessment questionnaire

- II. Class Outline Beginning Sessions (6 weeks 2 hours each)
 - 1) Shadows of the Heart
 - 2) The Definition of Abuse
 - 3) Gender Roles: Men & Women (Man Box/Woman Box)
 - 4) How Healthy Is My Relationship Quiz
 - 5) The Relationship Bill Rights & Basic Human Rights
 - 6) The Integrity, Violence, & Non Violence Wheels

III. Educational Classes (1 ½ hour each)

- 7) Myths on Domestic Violence/Community Domestic Violence Assessment
- 8) Defining nonviolence and analyzing the use of violence
- 9) **Nonviolence:** Defining Nonviolence and analyzing the use of violence. Understanding the use of violence as a tactic of control & ending the use of violence.
- 10) **Non-threatening behavior**: Defining non-threatening behavior and analyzing the intimidation. Understanding the use of intimidation as a tactic of control & ending the use of intimidation.
- 11) Recognizing Anger Cues
- 12) Cues to Violence
- 13) Taking Time-outs/Cool-Downs Part 1
- 14) Taking Time-outs/Cool-Downs Part 2
- 15) Healthy Relationship Discussion/Special Speaker
- 16) Taking Time-outs/Cool-Downs Part 3

- 17) Taking Time-outs/Cool-Downs Part 4
- 18) Using Positive Self-Talk
- 19) Acknowledging Victim's Fear & Accepting Victim's Anger
- 20) **Partnership:** Defining partnership and analyzing male privilege, economic abuse, and the use of children; understanding the use of male privilege, economic abuse. Part 1
- 21) **Partnership:** Using children as tactics of control; and, ending the use of male privilege, economic abuse and use of children. Part 2
- 22) Cost and payoffs of abusive behavior and effects of violence on children
- 23) The effect of domestic violence on Children (page 59)
- 24) **Negotiation and fairness:** Defining negotiation and fairness and analyzing coercion and threats. Part 1
- 25) **Negotiation and fairness:** Understanding the use of coercion and threats as a tactic of control; and ending the use of coercion and threats. Part 2
- 26) Focus on Sexual Abuse Quiz
- 27) **Sexual Respect:** Defining sexual respect and analyzing sexuality; Understanding the use of sexual abuse as a tactic of control; and, ending the use of sexual abuse.
- 28) **Respect :** Defining respect and analyzing emotional abuse. Understanding the use of emotional abuse as a tactic of control & ending the use of emotional abuse.
- 29) Healthy Relationship Discussion/Special Speaker
- 30) Focus on Emotional Abuse Quiz
- 31) Case Study of Emotional Abuse
- 32) Being Aware of Nonverbal Cues
- 33) Communicating Feelings and Thoughts
- 34) 3 Kinds of Love (page 9)
- 35) Learning to love oneself
- 36) Responsible Assertive Communication Skills and Stopping Negative Self-Talk
- 37) Self Esteem Part 1

- 38) Self Esteem Part 2
- 39) Culture: Gender Role Stereotyping, Male Power and Control & Domination
- 40) Responsibility versus Shame
- 41) Stress
- 42) **Honesty and Accountability:** Defining honesty and accountability and analyzing minimizing, denying, and blaming. Part 1
- 43) **Honesty and Accountability:** Understanding the use of minimization, denial, and blame as tactics of control; ending the use of minimization, denial and blame. Part 2
- 44) **Support and Trust:** Defining support and trust and analyzing isolation. Understanding the use of isolation as a tactic of control and ending the use of isolation.
- 45) Using Assertive Behavior
- 46) Letting Go
- 47) Healthy Relationship Discussion/Special Speaker
- 48) Defining nonviolence and analyzing the use of violence
- 49) **Nonviolence:** Defining Nonviolence and analyzing the use of violence. Understanding the use of violence as a tactic of control & ending the use of violence.
- 50) **Non-threatening behavior**: Defining non-threatening behavior and analyzing the intimidation. Understanding the use of intimidation as a tactic of control & ending the use of intimidation.
- 51) Recognizing Anger Cues
- 52) Cues to Violence

III. Close Out classes: (3 hours each)

Agenda

Process Class (1) - Taking Responsibility of Self / Self- Control

Process Class (2) - Maintenance Plan to Avoid Future Violence & Goals for Improving and/or maintaining my relationship

Close Out - Orientation - "Forgiveness, Compassion and Spirituality"

MASH Fee Schedule as of October 1, 2014

Each participant must attend the required number of educational and control/power sessions as outlined by the court prior to completion. ALL PAYMENT MUST BE PAID FOR IN CASH.

Intake - Orientation \$25.00

Educational Session \$15 per class/session

Educational Sessions (double time) \$30 per group

Process classes: \$15.00

AFTERCARE

Aftercare sessions are provided at no cost. We recommend that you participate in an emotions anonymous support group.

Gender Roles:



Men & Women

The term 'gender role' refers to the roles that males and females are expected to play. Often, gender roles are stereotypes. For example, typical gender roles say that men are supposed to be aggressive and not show emotions, while women are supposed to be very emotional and wear dresses and 'feminine' clothes.

In the box below, write as many male gender roles as you can think of. In other words, if someone said, "Act like a man!" what would they mean? Then, think about what happens when a male steps out of the "Man Box' and doesn't behave that way. Write the names he gets called and the actions that are taken against him that smack him back in the box.

	The MAN Box	I
Words that smack males back in the box		Actions that smack males back in the box
	For females. What does it mean when some tests said and done to her when she steps out The LADY Box	
Words that smack females back in the box		Actions that smack females back in the



Gender Roles: Where Do I Stand?

Sometimes our beliefs about males and females are based on messages we've gotten from friends, family, or the media, but haven't really thought too much about. It's important to make our own decisions about what we choose to believe regarding gender roles. Check the boxes below to indicate whether you agree, disagree or are unsure about each statement.

GENDER ROLE STATEMENT	Agree	Disagree	Unsure
Boys are born more violent than girls.			
Girls are born more emotional than boys.			
Women make better parents than men.			
A man should be solely responsible for providing financially for his fami-			
ly. A man should have the right to discipline his wife.			
The more often a guy has sex, the more of a man he is.			
The more often a woman has sex, the more of a slut she is.			
The guy should always pay for a date.			
It is okay for someone to hit their partner under some circumstance.			
Both people in a couple should have equal say in all decision-making.			
The music people listen to today contributes to relationship abuse.			
Gay and lesbian people are discriminated against because they do not con-			
form to society's gender			
A man should be embarrassed to be a nurse or secretary because those			
jobs are for women.			
People should go to jail for beating up their relationship partners.			
Women who dress in overly sexy clothes are asking to get raped or sex-			
ually harassed.			
Society generally treats men and women as equals.			
Men who don't act aggressively will be made fun of by other men.			
If a woman goes to a man's home alone with him, then she should expect			
they're going to have sex.			
A real man could never get raped.			

The Gender Roles Around Us – Homework Assignment

One of the reasons sexism is so common in our society is that from the time we are very young we are constantly seeing and hearing stereotypes about the gender roles of men and women. Gender role stereotypes are so much a part of the world we live in, that often we don't even notice they are there. But even when we don't notice them, the messages we get about gender roles have a strong influence on our attitudes, beliefs and behaviors. If we can become more aware of the gender role messages around us, we can make more concious decisions about which ones to accept and which ones to reject.

Listed below are many different aspects of culture and society. Write examples of gender role stereotypes you have seen in each of these areas.

1.	Heroes & Heroines
2.	Dance
3.	Music
	Television
5.	Movies
6.	News Media
	Advertisements
	Magazines
9.	Traditions
	Language
11.	Values
12.	Trends
	The Workplace
14.	School
15.	HealthCare
16.	Religion
17.	Economics (money)
18.	Government
19.	Social Services
20.	Family
21.	Law Enforcement

How healthy is my Relationship

Following are two lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have a combination of both. The point of this exercise is to figure out what things are healthy or unhealthy, so you can appreciation for the best thins and decide what you want to change. Read both lists and check the space next to every statement that is true about your relationship.

I am evaluating my relationship with:_

IS IT HEALTHY	IS IT UNHEALTHY
Have fun together more often than not	Gets jealous or accuses the other of cheating
Each enjoy spending time separately, with your own friends, as well as with each other's friends	Puts the other down by calling names, cursing or making the other feel bad about him or herself
Always feel safe with each other	Yells at and treats the other like a child
Trust each other	Doesn't take the other person, or things that are important to her/him, seriously
Are faithful to each other if you have made this commitment	Doesn't listen when the other is talking
Support each other's individual goals in life, like getting a job or going to college	Frequently criticizes the other's friends or family
Respect each other's opinions, even when they are different	Pressures the other for sex, or makes sex hurt or feel humiliating
Solve conflicts without putting each other down, cursing at each other or making threats.	Has ever threatened to hurt the other or commit suicide if they leave
Both accept responsibility for your actions	Cheats or threatens to cheat
Both apologize when you're wrong	Tells the other how to dress
Have equal decision-making power about what you do in your relationship	Has ever gabbed, pushed, hit or physically hurt the other
Each control your own money	Blames the other for your own behavior ("If you hadn't make me mad, I would have")
Are proud to be with each other	Embarrasses or humiliates the other
Encourage each other's interests- like sports and extracurricular activities	Smashes, throws or destroys things
Have some privacy-your letters, diary, personal phone calls are respected as your own.	Tries to keep the other from having a job or furthering his/her education
Have close friends and family who like the other person and are happy about your relationship	Makes all the decisions about what the two of you do
Never feel like your being pressured for sex	Tries to make the other feel crazy or plays mind games
Communicate about sex, if your relationship is sexual	Goes back on promises
Allow each other 'space' when you need it	Acts controlling or possessive-like you own your partner
Always treat each other with respect	Uses alcohol or drugs as an excuse for hurtful behavior
	Ignores or withholds affection as a way of punishing the other
	Depends completely on the other to meet social or emotional
	needs.

This list is a way of identifying some of the healthy characteristics of your relationship-it does not cover every possible situation. You may want to share this list with someone in your support system, and talk about where you want to make changes in your relationship and how you can begin to do this.



The Relationship **BILL of RIGHTS**

	nereby declare that I have the following rights in my intimate relationships. I also reco ze and respect that all other people are entitled to the same rights at all times.
1.	To have and express my own feelings and opinions, whether or not others agree
2.	To make decisions about myself, and to have equal decision-making power in my relationship
3.	To say "no" to physical closeness, sexual behavior or any other act that makes me uncomfortable, at any time
4.	To refuse a date at any time
5.	To choose my own friends, and to maintain relationships with those friends
6.	To participate in activities that do not include my partner
7.	To control my own money and other possessions, or have equal control of household money and possessions
8.	To live free from fear and abuse
9.	To end a relationship
10	•

Signed______ Date___

BASIC HUMAN RIGHTS

- 1. You have the rights to put yourself first sometimes.
- 2. You have the right to make mistakes.
- 3. You have the right to be final judge of your feelings and accept them as legitimate.
- 4. You have the right to your own opinions and convictions.
- 5. You have the right to change your mind or decide on a different course of action.
- 6. You have the right to protest unfair treatment or criticism.
- 7. You have the right to interrupt and ask for clarification.
- 8. You have the right to negotiate for change.
- 9. You have the right to ask for help or emotional support.
- 10. You have the right to feel and express pain.
- 11. You have the right to ignore the advice of others.
- 12. You have the right to receive formal recognition for your work and achievements.
- 13. You have the right to say no.
- 14. You have the right to be alone even if others would like your company.
- 15. You have the right not to have to justify yourself to others.
- 16. You have the right not to take responsibility for someone else's problem.
- 17. You have the right not to have to anticipate other's needs and wishes.
- 18. You have the right not to always worry about the goodwill of others.
- 19. You have the right to choose not to respond to a situation.

ABUSE DEFINITIONS

Abusive Anger: Definition - Expresses condemnation or disapproval, anger and harshness going together, defamation, constant shame and disgrace. Abusive anger is when the abuser uses verbal attacks or behaviors in his/her anger.

Abusive Body Language: Definition - The abuser uses body language to ignore, show disapproval, show lack of a response on purpose, give a certain look that is demeaning, smirk, roll the eye (or various other negative facial expressions), and never give any indication of how the abuser feels. Abusive body language is used by the abuser when he/she doesn't say anything at all. The partner knows what the abuser is saying by his/her body language. It is meant as a form of control. Additional examples include: the abuser facing away from the partner while sitting or standing, making the partner walk behind instead of beside, acting as if the abuser doesn't know the partner when they are in public, etc. Abusive body language lets the partner know his/her behavior is not welcomed without the abuser saying a word.

Accuse: *Definition - find fault with, hold responsible, blame.*

Blame: Definition - Hold responsible by putting responsibility on the other partner, make feel guilty, hold accountable. A verbal abuser will accuse his partner of some wrongdoing. He/she will hold the partner accountable and expect him/her to take responsibility for things in the relationship that are not his/her doing. Finding fault with everything the partner does is the key in this type of abuse.

Block: Definition - hinder the passage, progress, or accomplishment of by/or, as if by interposing an obstruction: a) to shut off from view, b) to interfere with, or c) to prevent normal functioning or action. The abuser will keep the partner from accomplishing his/her goals. He/she will obstruct or do things so to interfere with the partner's normal plans.

Control: Definition: Have power over, dominate, oppress, dictate, rule, be in command, demand submission, manipulate, want influence over, restrain, keep in check, hold back, or rein in. The abuser wants to ultimately control the partner. He/she wants to dictate what the partner does and how it's done. As described by Patricia Evans, it's "power over." All the forms of verbal and emotional abuse are "controlling behaviors." The abuser feels out of control over his/her life, therefore, tries to control the partner.

Counter: Definition - Oppose, contradict, argue against, defy, act in opposition to. The abuser is constantly countering and correcting everything the partner says and does. The partner's view is different than the abusers, and he/she doesn't like it, even though he/she may never voice it. Discussions are often cut off in mid sentence so the partner's thoughts cannot be finished. The partner is not allowed to have his/her own ideas or thoughts.

Crazymaking: *Definition: double bind, or requiring two separate things.* A "crazy maker" will constantly change the requirements for a given situation. He/She will make you feel like you're going crazy because the terms keep changing. Several of the abusive behaviors listed can go hand-in-hand with crazy making.

Denial: Definition – rejection, dissent, veto, refusal, disclaimer, contradiction, defiance, denunciation, turning down. Although all forms of verbal abuse have serious consequences, denial can be very insidious because it denies the reality of the partner. In fact, a verbal abuser could read over this list of categories and insist that he/she is not abusive.

Discount: Definition - Reduce, lower, disregard, overlook, ignore, pass over, write off, disbelieve, minimize the importance of, or to view with doubt. This is like taking an expensive item and reducing its price to one cent. Discounting denies the reality and experience of the partner. It denies and distorts the partner's actual perception of the abuse.

Divert: Definition - Deflect, redirect, reroute, switch, distract, sidetrack. The verbal abuser refuses to communicate, establishes what can be discussed, or withholds information. He can prevent any possibility of resolving conflicts by blocking and diverting. Blocking is a form of verbal abuse in which the abuser controls discussion, withholds information, or diverts his or her partner's attention to something else. Blocking comes first, followed by the diversion.

Emotional/Psychological abuse: *Definition - non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation, or stalking.*

Forget: Definition - Not remember, overlook, disregard intentionally, neglect. This may involve both overt (open) and covert (secret) manipulation. The verbal abuser consistently forgets. Verbal abusers may "forget" incidents that were upsetting to his/ her partner, arguments, and discussions. He/she may also "forget" important commitments, dates, and promises he/she made to his/her partner.

Indifference: Lack of interest, unresponsive, lack of concern, coldness, lack of sympathy, apathy, lack of importance or significance, and lack of care. Indifference is when the abuser takes no interest in his/her partner. It's as if the partner is a stranger. There's no effort on the part of the abuser to engage in activity or conversation with the partner.

Isolation: *Definition: segregation, loneliness, seclusion, segregation.* The abuser makes it difficult for the partner to see family or friends. During isolation, the partner rarely associates with anyone but the abuser.

Joke or Tease: Definition - Tease, pretend, trick, make fun of, provoke in a mischievous way, disturb, annoy or pester by persistent irritating. Although the abuser's comments may masquerade as humor, they cut the partner to the quick. The verbal jabs may be delivered crassly or with great skill, but they all have the same effect of diminishing the partner and throwing him/her off

balance. Joking can also be used as a form of correction.

Judge and Criticize: Definition - Disapprove of, find fault with, reprimand, strong disapproval, condemn, pass judgment, overly critical, feel they are the expert and they have the authority. The verbal abuser may judge the partner and then express judgment in a critical way. If the partner objects, the abuser may tell him/her that he/she is just pointing something out to be helpful, but in reality he/she is expressing his/her lack of acceptance.

Lying: Definition – being deceitful, dishonest, insincere, and untruthful; normally done with intent to be untruthful. Lying is often included in with other categories. However, I believe lying deserves its own category. Lying becomes a way of life for the abuser, constantly keeping the partner just outside the realm of those lies.

Minimize: Definition – reduce, diminish, lessen, curtail, decrease, make light of, underestimate, and play down the extent or seriousness of something. The abuser may understand how important something is to the partner, but will play down that importance. The abuser may also lessen his/her reaction to an event or circumstance.

Name-calling: Definition – using slang or vulgar terminology to refer to a person or to his/her actions. The abuser may continually call the partner "stupid, klutz, dummy, etc." for whatever reasons he/she feels warranted in doing so. Name-calling can also be more covert, or not as obvious. Sometimes, the "lack of" calling the partner by the appropriate name, can also be considered name-calling. Various "pet names" that we have for our spouses can be considered name-calling, especially if the spouse doesn't appreciate it.

Order: Definition - Command, direct, instruct, tell, demand. It denies the equality and autonomy of the partner. When an abuser gives orders instead of asking, he/she treats the partner like a slave or subordinate. When one partner in a relationship orders or demands another person to do something, he/she is telling the partner to be ready at any moment to meet the abusers needs, desires, and wants. Furthermore, the abuser denies his/her partner the right to make his/her own choices.

Physical abuse: Definition – any intentional use of physical force with the intent to cause fear or injury, for example hitting, shoving, biting, restraining, kicking, strangling, our use of a weapon.

Sabotage: Definition – damage, disrupt, interfere with, interrupt, harm, impair, incapacitate. The abuser deliberately damages property or disrupts the partner's life, job, or business dealings. This is very closely related to undermining, but with sabotage, the abuser will go beyond the act of undermining. It's the next step to destroying something the partner cares about.

Sexual Abuse: Definition – any action that impacts a person's ability to control whether or not sexual activity occurs or the circumstances in which sexual activity occurs, including rape, coercion or restricting the use of birth control.

Spiritual Abuse: Definition – spiritual abuse occurs when someone in a position of spiritual authority, the purpose of which is to 'come underneath' and serve, build, and equip, misuses that authority. They place themselves over God's people to control, coerce or manipulate them for seemingly Godly purposes, which are really their own. Spiritual abuse in marriage is when the husband uses religious values to "rule over" his wife. Instead of ruling over a group of people (as in the definition), the spiritual abuse is between husband and wife. There are some faith's that believe a husband has authority over his wife and will use religion to keep her in line. Some religions require that the wife submit to the husband in everything. It's forcing the wife to submit at all costs based on the beliefs and/or teachings of his religion.

Threaten: Definition - Intimidate, bully, pressure, warn, terrorize, make threats, jeopardize, put at risk. The abuser manipulates the partner by bringing up his/her biggest fears. The abuser may threaten to expose something personal, or bully him/her into doing something his/her way. The abuser may include threaten to leave or get a divorce. In some cases, the threat may be to escalate the abuse. It's usually an "either/or" scenario.

Trivialize: Definition - Makes the person feel unimportant, small, and insignificant, of little worth or importance, makes things that are important appear small, trivial or minor. It is an attempt to take something that is said or done and make it insignificant. When this is done in a frank and sincere manner, it can be difficult to detect. Trivializing is where an abusive partner makes light of his/her partner's accomplishments, achievements, or event. The partner of an abuser may not feel the matter or incident is significant due to the abuser's trivialization of it.

Undermine: Definition - Weaken, dent, chip away at, challenge, destabilize, demoralize, undercut, damage. Take away supporting material, to weaken or ruin by degrees, to weaken secretly, to reduce in intensity or effectiveness. The abuser not only withholds emotional support, but also erodes confidence and determination. The abuser often will squelch an idea or suggestion just by a single comment. To undermine a partner is to undercut or weaken anything he/she is doing or will try to do.

Withhold: Definition - Hold or keep back, refuse to give, deny, refrain from granting, giving or allowing. If a spouse withholds information and feelings, then the marriage bond weakens. The abuser who refuses to listen to his partner, denies her experience and leaves her isolated. Withholding occurs when one partner withholds affection, information, thoughts, and feelings from his partner. When one person in a relationship withholds, intimacy cannot be created.

Further definitions and examples can be found in "The Verbally Abusive Relationship" by Patricia Evans. You can purchase her book from the web site: www.verbalabuse.com

Our House New Beginning Integrity Wheels

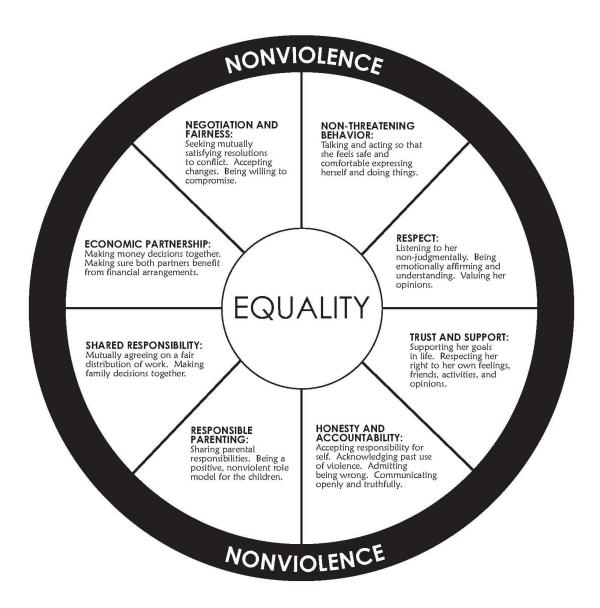
Ask yourself:

- Are you the same person in each of these roles
- Do you behave the same to each individual that relates to the different roles
- Do your attitudes change as you deal with each part of you



The Equality Wheel offers examples of ways men can move towards nonviolence. Where are you at in your relationship?

EQUALITY WHEEL

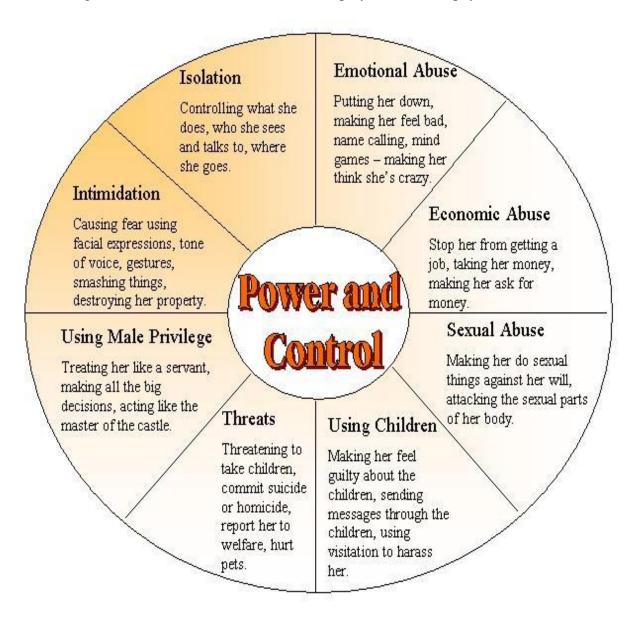


Developed by: Domestic Abuse Intervention Project 202 East Superior Street Duluth, MN 55802 218.722.4134

Produced and distributed by:



The Power and Control Wheel was designed by domestic violence victims who identified the tactics used against them. These tactics are backed up by the threat of physical and sexual violence.



We ask you to honestly consider which tactics you use. By owning up, you can start to move towards nonviolence and equality in your relationship.⁷

⁷DAP-Program

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http://emotionsanonymous.org/

Emotions Anonymous is a twelve-step organization, similar to Alcoholics Anonymous. Our fellowship is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. EA members are from many walks of life and are of diverse ages, economic status, social and educational backgrounds. The only requirement for membership is a desire to become well emotionally.

The Choice Is Mine

Just for today I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.

This program has been known to work miracles in the lives of many who suffer from problems as diverse as depression, anger, broken or strained relationships, grief, anxiety, low self-esteem, panic, abnormal fears, resentment, jealousy, guilt, despair, fatigue, tension, boredom, loneliness, withdrawal, obsessive and negative thinking, worry, compulsive behavior and a variety of other emotional issues.

As an anonymous program, EA respects the confidentiality of its members at all times. As a spiritual program, there is an emphasis on a higher power. Experience has shown the EA program works equally well for those with or without religious beliefs or affiliations.

About Meetings: EA is not a medical or psychiatric service, nor does it provide personal or family counseling. Leadership of group meetings rotates and is non-professional. The leader's function is simply to conduct the meeting, not to serve as an authority. Our meetings are structured to assist individuals who want to achieve and maintain emotional health by understanding and utilizing the Twelve Steps of Emotions Anonymous in their daily lives.

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The Twelve Steps of Emotions Anonymous

- 1. We admitted we were powerless over our emotions that our lives had become unmanageable.
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.
- Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4. Made a searching and fearless moral inventory of ourselves.
- 5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6. Were entirely ready to have God remove all these defects of character.
- 7. Humbly asked Him to remove our shortcomings.
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message and to practice these principles in all our affairs.
- The Twelve Steps reprinted for adaptation with permission of Alcoholics Anonymous World Services Inc. ©1939, 1955, 1976

The Twelve Promises of Emotions Anonymous

- 1. We realize a new freedom and happiness.
- 2. We do not regret the past or wish to shut the door on it.
- 3. We comprehend the word serenity, and we know peace of mind.
- 4. No matter how far down the scale we have gone, we see how our experience can benefit others.
- 5. The feelings of uselessness and self-pity lessen.
- 6. We have less concern about self and gain interest in others.
- 7. Self-seeking slips away.
- 8. Our whole attitude and outlook upon life changes.
- 9. Our relationships with other people improve.
- 10. We intuitively know how to handle situations which used to baffle us.
- 11. We acquire a feeling of security within ourselves.
- 12. We realize that God is doing for us what we could not do ourselves.

These may seem like extravagant promises, but they are not. They are being fulfilled among us, sometimes quickly, sometimes slowly.

Adapted with permission of Alcoholics Anonymous, Big Book, p. 83-84

MASH - Men Against Spousal Harm

Schedule and Fees effective July 1, 2014

Orientation

Orientations: \$25.00 per person (2 hours)
By appointment only (No walk-ins accepted)
(orientations are conducted on a as needed basis)

Regular Sessions

Regular Sessions:

\$30 per double sessions (4 hours for 2 sessions)

Dates and locations of meetings:

1st & 3rd Mondays: 6:00 - 10:00 pm Greenville, MS

1213 VFW Road

1st & 3rd Wednesdays:6:00 - 10:00 pmGreenwood, MS Senior Citizen Building

All clients must arrive 15 minutes prior to session starting time.

Process Sessions

Process Sessions: \$30 per person (2 hours)
Process Sessions are conducted as needed

Mash Program Description

 $1\ orientation,\,26\ sessions/52\ sessions,\,and\,1\ process$

This program assist participant on

- •examining his/her belief system and behaviors that support violence;
- •expanding definitions of violence and controlling behaviors;
- •discussing the effects of violence on his/her partner, children and self; and
- •identifying and practicing non-controlling alternatives.

Certified Instructors:

Dr. Patricia Ann Davenport Mr. Joe McCall

Office Phone Number: 662-334-6873 Office Hours/Days: Mon-Friday 9:00 - 6:00

MUST CALL FOR APPOINTMENTS TO SET UP ORIENTATION. ALL CLIENTS MUST ATTEND ORIENTATION PRIOR TO ATTENDING ANY SESSIONS.

Everyone Has A Right to feel safe.



Our House, Inc.

(662) 334-6873 **Administration** (662)332-5683 or 1-888-884-LOVE **Crisis Line**

The contents in this orientation packet and class materials is a compilation of various research articles, documents, writings, policy, procedures, comments, testimonies and other related entities that have been collected over the past twenty years. The major of the materials for the educational class materials were adapted from Domestic Abuse Intervention Project (Duluth, Minnesota), Domestic Violence Project (Minneapolis, MN), Wellness Reproductions & Publishing, LLC, "The Relationship Workbook" and Break the Cycle organization. Any and all unnamed authors, writers, and entities whose materials may be listed and desire credit for said content, we respectfully request that you contact us at 662-334-6873. The writings regarding domestic violence and violence against women were compiled by Our House, Inc.'s staff, board members and volunteers. Amendments and changes will be made on a yearly basis until the final draft is composed in 2012.