

# Batterers Intervention Worksheet

## Client Information

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Age: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Instructions:** This worksheet facilitates your journey towards non-violent behaviors and healthier relationships. Please answer the following questions honestly and thoughtfully. Your responses will assist in tailoring a personalized intervention plan to support your growth and transformation.

## Section 1: Self-Reflection

1. Describe the specific behaviors you recognize as abusive or violent in your relationships.
  
  
  
  
  
  
  
  
  
  
2. What emotions or triggers typically precede your abusive actions? How do you cope with these feelings constructively?
  
  
  
  
  
  
  
  
  
  
3. Reflect on your upbringing and experiences with violence. How do you think they have influenced your behavior?

## Section 2: Impact on Others

How do you think your abusive actions have affected your partner/spouse and/or children? Please consider emotional, physical, and psychological impacts.

- Have you observed any patterns of violence in your family or relationships? Explain how these patterns might have influenced your actions.

### Section 3: Accountability and Responsibility

Acknowledge the harm caused by your violent behavior. List at least three ways you can take responsibility for your actions and work towards making amends.

- Identify the resources and support systems you can utilize to help you on this journey of change.

### Section 4: Goals and Strategies

What are your primary goals for breaking the cycle of violence? Be specific and realistic.

- Outline three strategies or techniques you commit to using when you feel triggered or overwhelmed to prevent abusive behavior.

### Section 5: Positive Change and Healthy Relationships

Describe your understanding of a healthy, non-violent relationship. How will you strive to incorporate these principles into your daily interactions?

- How will you measure your progress and success in maintaining non-violent behaviors?

### Section 6: Commitment

State your commitment to personal growth and positive change for yourself and those you care about.

I, \_\_\_\_\_ [*Client's Name*], acknowledge the importance of this intervention and commit to the process of change.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_