

6 STEPS FOR MEN TO PREVENT DOMESTIC VIOLENCE

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**DURING THIS TIME OF SOCIAL DISTANCING AND ISOLATION,
THERE IS AN INCREASED RISK OF DOMESTIC VIOLENCE.**

WOMEN AND CHILDREN ARE MOST VULNERABLE.

**TO CHANGE, MEN HAVE TO WANT TO STOP BEING HURTFUL TOWARDS OTHERS.
BELOW ARE SIX STEPS THAT YOU MAY CONSIDER WHEN FEELING AGGRESSIVE:**



1. KNOW YOUR EMOTIONAL TRIGGERS

What feelings are below your anger?
Overwhelmed, disrespected, entitled,
insecure, ashamed, etc.



2. NOTICE THE WARNING SIGNS

Such as stress, increased heart rate,
negative thoughts, raised voice.



3. S.T.O.P.

Stop - Take a deep breath - consider my
Options - Proceed.
It helps to practice this regularly.



4. TAKE A TIME OUT

The problem may not change, but how you
deal with it can. Replace negative thoughts
with gratitude for what you do have.



5. SELF-CARE

Eat well, exercise, talk with a trusted friend
or a therapist for guidance. Don't abuse
substances.



6. BE ACCOUNTABLE

Apologize if you said or did something
hurtful. Recommit to doing better and
acting with integrity.

**AS WE STRENGTHEN OUR CAPACITY TO REGULATE OUR EMOTIONS,
WE HAVE THE OPPORTUNITY TO BUILD ON OUR CAPACITY TO TRUST,
RESPECT AND EMPATHIZE.**