

Appendix I

Clear Signs an Abuser Has Changed

- Admits abuse toward current/past partners was unconditionally wrong
- Acknowledges his behavior was a choice, not a loss of control
- Recognizes the effects his abuse had on her and the children; shows empathy
- Identifies his pattern of controlling behaviors and entitled attitudes in detail
- Develops respectful behaviors/attitudes to replace abusive ones
- Replaces his distorted image of her with a positive, empathetic view
- Accepts the consequences of his abusive actions and commits to not repeat them
- Makes amends

- Accepts that overcoming abusiveness is likely a lifelong process
- Remains accountable for past and future actions

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