

## 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

This above material contains excerpt(s) from WHY DOES HE DO THAT?: INSIDE THE MINDS OF ABUSIVE AND CONTROLLING MEN by Lundy Bancroft, copyright © 2002 by Lundy Bancroft. Used by permission of G. P. Putnam's Sons Books for Young Readers, an imprint of Penguin Young Readers Group, a division of Penguin Random House LLC. All rights reserved. Any third party use of this material, outside of this publication, is prohibited. Interested parties must apply directly to Penguin Random House LLC for permission.