

50  
Pages

# WORKBOOK FOR IPV

## 50+ Domestic Violence WORKSHEETS

### CYCLE OF ABUSE



1. Tension Building  
2. Escalation  
3. Incident  
4. Honeymoon

### EARLY

Being a domestic violence survivor means living in a household and being able to identify signs of abuse. This workbook is designed to help you understand the signs of abuse and how to respond to them.

### NARCISSISM: HOOVERING

Hoovering is a term commonly associated with narcissists. It refers to the narcissist's attempt to lure you back into their abusive relationship after you have left. This workbook is designed to help you understand the signs of hoovering and how to respond to them.

01

#### Love-bombing

Showing the person with affection, promises, or attention to rebuild the relationship.



02

#### Guilt Tripping

Creating a sense of responsibility or guilt to manipulate the person into returning.



#### False Promises

Saying they've changed or will manage their behavior if you return to them.



#### Results of self-harm or extreme neediness

Trying to create an emotional urgency to make the other person feel needed.



### POWER AND CONTROL

This workbook is designed to help you understand the signs of power and control in a relationship. It includes a Power & Control Wheel and a list of signs of power and control.



### RELATIONSHIP RED FLAGS

- Frequent yelling, name-calling, or belittling comments.
- Controlling who you talk to or spend time with (including family and friends).
- Constant jealousy or accusations of cheating.
- Tracking your movements or checking your phone without permission.
- Preventing you from making decisions (financial, social, etc.).
- Threats of violence or harm, either to you, your loved ones, or pets.
- Physical violence such as hitting, slapping, choking, or grabbing.
- Isolating you from friends, family or activities you enjoy.
- Blaming you for their anger or actions ("You made me do that").



# Domestic Violence Workbooks

**John J. Liptak, Ester A. Leutenberg**



## **Domestic Violence Workbooks:**

**Healing the Trauma of Domestic Violence** Edward S. Kubany, Mari A. McCaig, Janet R. Laconsay, 2004 A domestic violence expert offers the first ever PTSD treatment approach to help abused women overcome the trauma they have endured and regain control of their lives [The Domestic Violence Survival Workbook](#) John J. Liptak, Ester A. Leutenberg, 2009 Domestic abuse is very complex and can take many different forms physical sexual psychological emotional and verbal The five sections of the workbook help participants learn skills for recognizing and effectively dealing with abusive relationships The self assessments activities and educational handouts are reproducible *Recover and Rebuild: Moving On from Partner Abuse* Stacie Freudenberg, 2020-06-02 Your healing is in your hands with this survivor's recovery workbook It's time to turn the page and start the next chapter of your life's journey The Recover and Rebuild Domestic Violence Workbook is an easy to use workbook full of healing exercises and journaling prompts to empower survivors of abusive relationships The self guided approach offers critical thinking coping skills and other proven tools to help you strengthen and rebuild from domestic violence and move forward into a new stage of life Find answers about domestic violence and explore the types of trauma you may be dealing with in the wake of an abusive relationship Work through simple exercises and thoughtful writing prompts designed to help you process your feelings and let go of the ones that don't serve you Discover advice for building healthy communication skills and navigating future relationships Your story is just beginning The Recover and Rebuild Domestic Violence Workbook includes Inclusive support This workbook is geared toward survivors of any kind of domestic violence or abuse with guidance you can use no matter your gender or relationship type Proven techniques Rebuild using effective therapeutic methods from cognitive behavioral therapy mindfulness practice assertiveness training and other empirically supported tools All facets of healing Find the helping hand you need to recover from domestic violence with exercises on combating negative self talk working through guilt or shame releasing anxiety and anger and more You are resilient take steps toward healing with the Recover and Rebuild Domestic Violence Workbook **The Power to Break Free Workbook** Anisha Durve, 2022-07-15 This workbook for victims and survivors of domestic violence offers healing and empowering exercises to facilitate processing the abuse providing clarity about one's relationship and evaluate true change Healing exercises to move forward and embrace a new abuse free future are empowering This is an excellent resource for healing retreats and workshops for victims The supportive materials in this workbook are intended to be used in conjunction with reading the book *The Power to Break Free Surviving Domestic Violence* The second edition is in color and illustrated [Recover and Rebuild Domestic Violence Workbook](#) Stacie Freudenberg, 2020-06-02 Your healing is in your hands with this survivor's recovery workbook It's time to turn the page and start the next chapter of your life's journey The Recover and Rebuild Domestic Violence Workbook is an easy to use workbook full of healing exercises and journaling prompts to empower survivors of abusive relationships The self guided approach offers critical thinking coping skills and

other proven tools to help you strengthen and rebuild from domestic violence and move forward into a new stage of life Find answers about domestic violence and explore the types of trauma you may be dealing with in the wake of an abusive relationship Work through simple exercises and thoughtful writing prompts designed to help you process your feelings and let go of the ones that don't serve you Discover advice for building healthy communication skills and navigating future relationships Your story is just beginning The Recover and Rebuild Domestic Violence Workbook includes Inclusive support This workbook is geared toward survivors of any kind of domestic violence or abuse with guidance you can use no matter your gender or relationship type Proven techniques Rebuild using effective therapeutic methods from cognitive behavioral therapy mindfulness practice assertiveness training and other empirically supported tools All facets of healing Find the helping hand you need to recover from domestic violence with exercises on combating negative self talk working through guilt or shame releasing anxiety and anger and more You are resilient take steps toward healing with the Recover and Rebuild Domestic Violence Workbook *A Domestic Violence Workbook* Peggy Lindholm, Theresa Keily Regenold, 2009-05

Called to Peace Joy Forrest, 2019-04-30 If you or someone you love is in an abusive relationship this companion study to *Called To Peace A Survivor's Guide to Finding Peace and Healing After Domestic Abuse* is the perfect resource The workbook is a gospel based support group curriculum specifically for domestic violence survivors and has been powerful and life changing for many women **Understanding Domestic Violence** Lino Ramaker, 2021-04-02 Recovering from domestic

violence is a long road and requires patience counseling and talking Some survivors go on to suffer from Post Traumatic Stress Disorder This is a mental health condition that can occur after various kinds of trauma Sometimes all it takes is a whiff of familiar aftershave to make Mary Ann not her real name remember the feel of her abuser's fingers around her neck Sometimes she'll feel the spots where he bruised her and broken bones Domestic violence and abuse can happen to anyone it does not discriminate Abuse happens within heterosexual relationships and in same sex partnerships It occurs within all age ranges ethnic backgrounds and economic levels And while women are more often victimized men also experience abuse especially verbal and emotional The bottom line is that abusive behavior is never acceptable whether from a man woman teenager or older adult You deserve to feel valued respected and safe Contents of this book CHAPTER 1 Understanding Domestic Violence and Recovery CHAPTER 2 Empowering Yourself CHAPTER 3 Letting Go of Guilt and Shame CHAPTER 4 Handling Stress and Anxiety CHAPTER 5 Releasing Anger CHAPTER 6 Changing How You Talk to Yourself CHAPTER 7 Healthy Communication CHAPTER 8 Moving on to Healthy Relationships *Empowering Truth: Real Stories about Overcoming Domestic Violence & Abuse - Workbook* McCrea, 2023-04-05 Workbook that provides hands on help to assist domestic violence victims recognize where they are and help them get free **Domestic Violence Safety Plan Workbook** Kellie Jo Holly, 2018-09-22 This domestic violence workbook helps you to prepare a comprehensive safety plan and take the first steps to emotional abuse recovery Domestic partner abuse creates serious emotional damage whether it happens in a

short dysfunctional relationship or a long abusive marriage This domestic violence safety planning workbook helps you to

*The Relationship Workbook* Csw Moles, Kerry Moles, 2001      **Unfinished** D.J. Burr-Welborn, 2009-03-18 Unfinished A GLBT Domestic Violence Workbook is a thought provoking eye opening look at gay lesbian bisexual and transgender domestic violence The media occasionally highlights instances of violence against the GLBT population but rarely are the blinds opened to view the violence within the community This support manual takes a small but important step toward opening our eyes to the violence that affects an estimated 1 out of 4 relationships in this community The manual provides readers the opportunity to complete exercises that will help expand their awareness and provide the necessary educational tools needed to break the cycle of violence Violence does not have to end your life Finish what you started      *It All Start's in the Nest* Hallie R. Harper, Jeffery L. Walker, 2011-01-03 An African Americans guidepost to understanding domestic abuse Through knowledge awareness and education African Americans can learn to alleviate or at best mitigate their internal conflicts that can lead them toward domestic violence      **Mindful Workbook for Women** Wendy Coates, 2018-01-12 Mindful Workbook for Women is an acceptance based cognitive behavioral participant workbook adapted from the Emotionally Intelligent Batterer Intervention program This comprehensive treatment manual is also a self help guide for high conflict couples Research shows that shame is highly correlated with domestic violence Many individuals enter treatment overwhelmed and defeated by shame With a strong emphasis on compassion curiosity and accountability Mindful Workbook for Women teaches self acceptance empathy and impulse control Accountability is a tool used to strengthen self esteem and regulate emotions Given that the vast majority of domestic abusers suffer from a history of trauma Mindful Workbook for Women is a trauma informed treatment program Participants learn to identify and override harmful thinking patterns while healing old wounds Individuals become vulnerable transparent and authentic as they develop an internal locus of control through powerful cognitive restructuring techniques Readers express feeling grounded and empowered as they learn to slow down through mindfulness training Mindful Workbook for Women promotes healthy boundaries assertiveness skills conflict resolution emotional intelligence empathy and responsible parenting throughout the program This workbook can be adapted for domestic violence treatment programs ranging in length from 16 to 48 weeks      *Life Skills Curriculum: ARISE Work In Progress, Book 3: Domestic & Sexual Abuse* , 2011-07 Social skills blueprint teens will use to build a solid future Topics include anger management violence drug abuse conflict resolution domestic violence and abuse      Living Free Jennifer Yonker, 2013-01-28 A psycho educational journal formatted workbook designed to assist survivors in working through the feelings associated with domestic violence Using easy to understand headers such as This is the story of how I met my partner and The abuse escalated over time writers are able to work their way through the emotions associated with the process of healing from domestic violence Living Free includes an educational component including safety planning education on the cycle of violence types of abuse and warning signs of an abusive personality It may be used for writing

poetry or artwork This journal is perfect as an extra tool for therapists and providers who work in the domestic violence field It has an easy to use and understand format enabling it to be used with clients of varying abilities and skill levels It is filled with reproducible pages allowing therapists to copy chosen pages for use in therapy Living Free is ideal for clients who process emotions best through writing and can be used as a tool for art therapists as well

**GROW: Living with My Family** Wendy Deaton, Kendall Johnson, 2002-07-10 Living with My Family is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth

**Domestic Violence Recovery Workbook** Sybille Blickhan, Sandra Jimason, 2000

**A Ray of Hope** George Anderson, 2002-01-01 This workbook was developed for a court mandated domestic violence program for men The workbook contains valuable information regarding stress anger management communication patterns and more A Ray of Hope has been used by helping professionals throughout the United States and around the world It contains 52 comprehensive educational lessons designed to move people from patterns of abuse and violence to healthy and stable lives Utilizing a psycho educational approach this publication provides concrete techniques and examples of ways to stem ingrained cycles of verbal physical and economic abuse The lessons explore how and why abusive cycles develop and ways to stop them by replacing old methods of coping with effective interventions

**Responding to Domestic Violence** Eve S. Buzawa, Carl G. Buzawa, Barbara J. Hart, 2002-02-15 Responding to Domestic Violence explores the response to domestic and intimate partner violence by the criminal justice system as well as public and non profit social service and health care agencies Thoroughly revised by an expert author team this book provides a thorough exploration of modern strategies to address the realities and needs of all survivors

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