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## LEADER'S GUIDE:

**'There Is Another Way'** by Jamey Block  
Men speak up to stop abuse.

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### DISCUSSION FOCUS:

**Perpetrators can learn to connect, not bully.**

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### ACTIVITY GOAL:

**Participants explore what behaviors make abusive and non-abusive relationships.**

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### STORY SUMMARY

*After an argument with his wife leads her to call 911, Jamey is ordered to attend a class for domestic violence batterers. Jamey learns anger management skills and, most important, recognizes that his actions do affect and matter to others.*

*Jamey now speaks to men to stop domestic violence and has developed a positive relationship with his wife and son.*

## DISCUSSION GUIDE

### GROUP INTRODUCTION: 10 minutes

Today we're going to explore what behaviors you might expect from a partner in a non-abusive relationship by reading a story written by a man who changed his abusive ways. In order to change, perpetrators need both motivation and the tools to change, while survivors of domestic violence need to be clear for themselves what abusive behavior is and what positive attitudes and behaviors they expect in future relationships.

- How do you feel about this topic?
- Do you have experiences related to this topic that you'd like to share before we get started?

## READ AND DISCUSS STORY: 15 + 30 minutes

Read the story out loud as a group. Help participants recognize the writer's emotions and coping mechanisms and their own. Go back over important moments in the story and ask the participants about how they've handled similar experiences:

STORY MOMENT	DISCUSSION QUESTION
Jamey learns skills like taking "timeouts" when he gets angry.	What are some skills that you and a partner could use to handle conflict in your relationship?
Jamey changes his relationship expectations. He now believes he has to "feed" a relationship.	What kinds of relationship expectations do you think lead to abusive relationships? What kinds of relationship expectations are important in a non-abusive relationship?
Jamey learns "romance tools" to use to build an emotional connection with his partner.	What steps do you think could help to build a healthy emotional connection with a partner?
Jamey helps around the house to show his wife he cares when she's had a long day.	What actions show you that a romantic partner cares about how you feel?
Jamey learns to catch his anger earlier and earlier in order to break the cycle of violence.	How do you or your partner stop yourselves when you begin to get angry?

## JOURNAL TIME: 15-30 minutes

By writing in their journals, participants can more deeply reflect on their experiences and the steps they can take to strengthen themselves and their families. Hand out the "Journal Reflections" worksheet and give participants 15-30 minutes to write. They can share their responses with the group or in pairs, or after the workshop with a counselor, therapist, or peer.

**NAME:**

**DATE:**

**JOURNAL REFLECTIONS: 'There Is Another Way'** by Jamey Block

You are more likely to avoid abusive relationships in the future if you are clear for yourself what you want and expect in a non-abusive relationship.

Reflect on your own expectations of a non-abusive relationship.

What do you think you can expect of a partner and your partner can expect of you?

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What actions would show you that your partner really respected and cared about you?

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What skills would you like you and your partner to be able to use in order to handle conflict in your relationship?

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OVER 

How would you decide how much violence is too much violence in your relationship?

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**ACTION STEPS**

Write down 2-3 steps you could take to help you to test whether a partner might turn out to be abusive in the future. What warning signs will you look for? What will you consider a reason to end the relationship?

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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**A SUPPORTIVE CONNECTION**

I plan to get support and encouragement by talking about my reflections and action steps with:

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