



*A New Life Is Possible One Step at a Time*  
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"A New Man" Abuse Prevention Program  
WA State Certified Domestic Violence Perpetrator Treatment  
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## **Continuing Accountability Plan (Letter of Accountability)**

### **This assignment has three parts:**

1. Provide complete descriptions of the following categories to your group facilitator until he/she approves your final draft.
2. Present your facilitator-approved letter to your group and incorporate any group feedback into your final draft.
3. Submit your completed letter for final approval by your facilitator. A copy of Sections 7 & 8 only will be kept as part of your client file. You may consult with your facilitator to determine if presenting a copy of your letter to your victim(s) is appropriate or not.

### **Section One: "The following is a full description of my past abuse as an adult . . ."**

Describe any and all of the specific actions that caused harm to others, including the entire range (i.e. physical, verbal, psychological, economic, property, sexual, collateral) of attempts used to control and dominate the victim(s) or partner(s). You also should give frequencies (e.g., twice a week, daily, three times a year, etc.) and then do the math to figure out the actual numbers. In your estimates you should err on the side of slightly *underestimating* the frequency of the abuse. You should be specific and explicit about the abuse (e.g. "In 1998 I slapped my girlfriend, Jenny, across the face one time with a back-hand on one occasion, and twice with an open hand on a second occasion."). Do not offer any elaborations or explanations (e.g. "We were driving back from a party when . . ." or "I was so mad at you for cheating that I . . ."). Be sure to include the specific actions from the incident that led to you being in the Domestic Violence Program.

This section should be repeated for *anyone* you have attempted to control or dominate since the age of 18. Besides your romantic partner and any children, it may include other family members, co-workers, friends, neighbors, and strangers.

### **Section Two: "The following is a full description of my controlling behaviors . . ."**

List any and all types of controlling behaviors you have done, including (but not limited to) any from the list provided by the program. You do not need to give frequencies, identify victims, nor do you need to include anything already identified in section one. However, you must give one, true, specific example for each behavior listed.

### **Section Three: "The following is a description of the full range of effects and consequences of the abuse on the victim(s), partner(s), children, the community and myself."**

This section may require speculation on your part, as much of the effects and consequences on others are not known for sure. For each person, consider how you were abusive and controlling with her/him and imagine how that might have affected them, both immediately and over time. Be sure to include collateral victims (witnesses), as well. Do not just consider their emotional reactions, but other ways they may have suffered or continue to suffer (e.g. physically, financially, spiritually, psychologically, relationally).

**Section Four: "The following is a description of my old beliefs, thoughts, and attitudes that justified my abuse and control . . ."**

Identify and describe your old beliefs, values, and thinking patterns you used: to prepare yourself to abuse and control; to justify and make excuses for your abuse and control to yourself and to others; to blame other persons and circumstances outside your control for your abuse and control; and to minimize and deny your abuse and control, its harmful effects, and your personal accountability and responsibility for the abuse and control and its effects.

**Section Five: "The following is how I am taking full responsibility for my abusive and controlling behavior . . ."**

Describe your acceptance of full responsibility for your choices and their consequences, including:

(A) Acknowledgement that your actions that caused harm to the victim(s), partner(s), children and the community were your choice; that you, indeed, had other options; and that you are fully accountable for your choices and the consequences of those choices for yourself and others

(B) Acceptance of full responsibility for having brought the criminal justice system into your life, and for other consequences of your behaviors.

**Section Six: "The following is how I feel about my abuse and control now and how my beliefs, thought, and attitudes have changed . . ."**

This is actually two items . . . The first is to list all your feelings and reactions in the present to what you listed generally in the first four sections. The second is to generate a set of new beliefs, thoughts, and attitudes that should counter each of the old beliefs, thoughts, and attitudes listed specifically in section four.

**Section Seven: "The following is a full description of how I will do things differently from now on . . ."**

Present your plan for intervening in your old pattern(s) to prevent yourself from relapsing into abuse and control. Description how you will choose to act in ways that no longer cause harm to the victim(s), partner(s), children and the community; and how you will take responsibility for doing so, should you return to old behavior(s). Be sure to provide specific examples of your plan in action, which may include actual situations where your plan has worked. Include any and all tools learned/used from the program, as well as from other helpful sources.

**Section Eight: "The following is a full description for my plan of amends . . ."**

Describe your plan for beginning and continuing to make reparation and restitution for the harms caused, either directly to the victim(s) if appropriate, approved by the victim(s), and not manipulative, or indirectly by anonymous donation or community service when the victim wants no contact with you or such contact would be in violation of the law. Keep in mind that amends need to be for the benefit of others and go above and beyond what would be expected of a normal, respectful person. List here only the things you seriously intend to do.