

Resources/Inputs	Activities	Outputs	Outcomes	Impacts	Name
		Increased accountability	An understanding or how the words we use can be harmful		
	check in at beginning of class	able to express challenges	Increase personal responsibility		
	written journal entry of class topic	topic knowledge and understanding articulation	measure of understanding for personal growth and application		
		improved use of empathy			
	use of thinking reports for holding accountability	look closely at choices	practice accountability		
	read group rules at start of every group	encourage looking at choices	see consequences of choices		
	teach about "I" language	practice talking about thoughts and feelings	decrease tendency to blame		
	ask for group member feedback to other members	encourage communication and accountability	increased comfort level with accountability		
	House of violence activity	Increased awareness of forms of violence they use	Increased chance that members realize how often they use violence and how it impacts others		
	"Heart" Exercise	Increase self-awareness and empathy	Decrease emotional abuse		
	role playing	encourage participation and problem-solving	increase responsible problem-solving		
Group 20, EHS	mindfulness practices weekly	Increase distress tolerance, body sensations awareness	decrease physical abuse		Elena Hampton-Stover
	Role Plays	Increase awareness of behavior (origin)	Increased respect, honesty, empathy		
	Share names of partners/children/interests/passions in group	Increased sense of empathy	Reduced violence, increased children participation	Lowered rates of recidivism / Meeting requirements (accountability)	
	Peer-led Accountability Workshop	peer support, increased insight into victim impacts/ personal impacts, accountability, ability to look at actions in accountable way	impacts on self and others, peer support, can be more open and less shameful		
	Share trauma background	Co-relation of current behavior to client's past	Reduced violence		
	Cognitive Distortions Activity/Education	Reduce reactivity, increase self-awareness, increase empathy	Decrease emotional abuse, restore family system		
	Miscommunication activity	increase awareness of how assumptions can cause disagreements	More empathy toward others (partner & children) when misunderstandings occur		
	use 'catch yourself' worksheet	practice use of responsible problem solving tools			
	continuum of abusive behavior		increased ability to change old patterns		
	0-100 violence scale activity	Use scale to identify beliefs behaviors	Recognizing that anger is different from violence		
	Weekly accountability check-in	Identify domains and where they are accountable			
	Teaching Timeouts	Increased self awareness (cues that you're getting trigger)	Decreased violence (managing emotions)		
	Victim impact narrative writing assignment	able to talk about the impact of use of abuse without minimization, denial blame	increased sensitivity and awareness building		
	Accountability narrative of presenting incident writing assignment	Able to talk about presenting incident without minimization denial blame	increased accountability		
	Practicing empathy statements "The 3 Parts of Empathy"	Increased understanding of impact of client's behavior	Deescalation of conflict		
	chronicle the speech/words for the week	Increase self awareness	Increase understanding of words		
	Theme of a Car overheating (draw a car that's overheating)	Learn their warning signs (increased awareness)	Practice understanding emotion and manage emotion, problem solving		
	Teaching Timeouts	Increased awareness, identifying triggers	Avoid a conflict, de-escalate emotionally		
	check-in when the men describe what they did	bring accountability and reduce denial	reduce violent behavior- increase non-violent behaviors		
	Control log	Increase accountability and increased awareness of their cognitive distortions that justify their use of violence			
Group 4	Peer-led Accountability Workshop	peer support, increased insight into victim impacts/ personal impacts, accountability, ability to look at actions in accountable way	impacts on self and others, peer support, can be more open and less shameful		