

Checklist for Assessing Change in Men Who Abuse Women

By Lundy Bancroft

2007

- Admitting fully to what he has done
- Stopping excuses
- Stopping all blaming of her
- Making amends
- Accepting responsibility (recognizing that abuse is a choice)
- Identifying patterns of controlling behavior, admitting their wrongness
- Identifying the attitudes that drive his abuse
- Accepting that overcoming abusiveness will be a decades-long process, not declaring himself cured
- Not starting to say, “so now it’s your turn to do your work”, not using change as a bargaining chip
- Not demanding credit for improvements he has made
- Not treating improvements as chips or vouchers to be spent on occasional acts of abuse (e.g. “I haven’t done anything like this in a long time, so why are you making such a big deal about it?”)
- Developing respectful, kind, supportive behaviors
- Carrying his weight
- Sharing power
- Changing how he is in highly heated conflicts
- Changing how he responds to his partner’s (or former partner’s) anger and grievances
- Changing his parenting
- Changing his treatment of her as a parent
- Changing his attitudes towards females in general
- Accepting the consequences of his actions (including not feeling sorry for himself about those consequences, and not blaming her or the children for them)