

Taking Responsibility Program, Brattleboro, VT 2017

(Quotes from BIP members upon program completion)

“It (BIP) was a 30 week kick in my ass which I needed. I had the resources not to be here (in group) but I am here because of my behaviors.”

“(in the past) Everything I did was for me. It (group) was a huge life changing experience. I learned a lot about empathy... trying to understand what they (partners) feel. I learned that it is ok to talk... I don't have to fix everything. I'm not close to done (with work on self).”

“I didn't expect much (from the program), but then I looked forward to coming. Overall, it was more than I expected. It helped me see the effects (of my behavior) on the kids. It is not ok to yell if I disagree with something.”

“It helped to hear others stories/perspectives. I am thankful for what I have. I didn't think I was a batterer. I tried to get out of BIP, then I thought I could coast through it. I learned how my actions affected others. On emotional abuse, I had an epiphany. I realized that I abused my ex-wife 7300 times over our 20 year marriage. I wrote to my ex-wife (to apologize).”

“In my relationship, I always wanted to win the argument. Now I try to understand her position. (Deep) breathing has helped me avoid conflicts. I am now less of a hot head.”

“I was physically and emotionally abusive to my partner over our 7 year marriage. I never stopped to think about how she felt about the abuse. Now I am alone and understand that I was only thinking of myself. I wanted control over her; I got it, and now I am alone.”

“It helped to be pressured to separate from my victim. These groups should be taken by more people without court orders. I was able to see the importance of getting closer to my kids.”

“I learned a lot from the group. It is sad that I had to be forced to come. I have a better outlook on how I present myself to my girlfriend. I am more mellow... I show more kind acts towards her. I am not drinking anymore.”

“When I started group I was pretty wound up. After a while I trusted the group to talk things out. I learned that domestic violence was not just about pummeling my girlfriend. There were many different ways of abusing her.”

“I was reluctant (about the group) at first... the 30 weeks went by so fast. I realized other guys had control issues also. I found I could talk in group... I didn't think I would. I got good ideas for dealing with my son. I am more patient with him now. I tell him his actions are not okay but he is. I learned to let go of control.”

“I am responsible for my emotions. I cannot blame others. I am no longer yelling, swearing or being threatening. I am now taking better care of myself.”

“I am now better able to cope with my anger. I can walk away from negative situations. My relationship is much better. I learned that I was more than physically abusive. I now know I will try to do better in the future.”

“I didn't think I belonged in group. I learned that I did a lot of abusive things. I still have a lot to learn. Without the group I would have been in jail.”

“I thought I would hate being in group. The facilitators helped make me feel at ease. I have learned to be more involved with my family. I am a better husband and father. I am not cured, but I have more tools to deal with my problems.”

“I came to group angry with the position I was in. I learned how I detached myself in my relationship. I learned the importance of trust and friendship in a relationship. I was able to talk openly in group. I do not have a lot of friends I can talk to.”

“I took this group more seriously than the last time. I learned to be more patient. I know I can be aggressive and it is not worth it. Next time I am violent I could get serious jail time. I learned I cannot control her, I need to accept her.”

*(Many more quotes available upon request)