

*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.

I lived in fight or flight mode my whole life. Now I don't react, I respond.

I learned about control, anger & shame. I used my anger to control my partner.

(early on) I had a negative outlook on the program... I believed that it was a waste of time. I learned a lot. The program challenged me to open up to new ideas. I see the need to be a better man, father & employee.

(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 had a past history of distrust of women... and disrespect. The group helped me look at this. I see that I used to get into relationships just to be in a relationship.

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.

I learned the importance of listening to my girlfriend, to not be so negative. I learned to think first. I can't worry about controlling others. I always left the group with a good feeling. Everyone needs this info. I learned to be more respectful for the little things my wife does for me. Little things aren't worth getting upset about. I don't fight with my wife anymore. I always felt good after group.

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.

It is important to own what you have done... it makes it easier to change. I see that I do not want to be the person I was. It helped hearing others stories.

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.

Before BIP, I didn't know abuse could be from words. I used to put her down a lot. I was very controlling. I did things my way. Jealousy was part of my problem. I need to be more secure with myself. I need to continue in individual counseling.

I'm impressed with where I am now vs. 30 weeks ago. The rug was ripped out from under the empire that I had built. After a period of denial, I learned about humility. I knew I needed help.

I learned about empathy... it took me awhile to see things from her (partner) point of view and from my daughter's point of view. I learned about compassion. I'm now a better listener. I see that I need to continue to work on trust.