

Core Competency #13

Name \_\_\_\_\_ Date \_\_\_\_\_

What personal motivations listed below do you think influenced your behavior in the domestic violence incident?

Jealousy    Fear    Need to Win    Power and Control    Entitlement

Might Makes Right

Give one example of how one of these personal motivations influenced your behavior in the domestic violence incident.

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What personal motivations have you developed that are the opposite of domestic violence? Example: Empathy – “I try to look at her side of the issue.”

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## PERSONAL MOTIVATIONS in DOMESTIC VIOLENCE

GOAL – Each client is expected to examine the thoughts behind their abusive behavior. What was I thinking when I became abusive. What motivated me to become abusive. Remember Marlott’s Rules for Recovery, it is what we do not know about ourselves that directs our behavior, our unconscious thoughts. This exercise is designed to bring our unconscious thoughts regarding abusive behavior out of the unconscious and into our conscious awareness. We can plan for what we know about our patterns of behavior, but we can plan for what we do not know about ourselves.

### PERSONAL MOTIVATIONS FOR ABUSIVE BEHAVIOR:

Entitlement – I am entitled to be treated with respect or admiration, etc.

Power and Control – I was trying to control her and the situation.

Might Makes Right – I use force to get what I want, that is what I know how to do.

Just Win Baby – Losing a dispute is not acceptable.

Fear – What if she leaves me, what will happen, how will I live without her?

Jealousy – The need to possess her.

### Example of destructive personal motivations:

She was just bitching about how I never help her with the kids. I was so sick of listening to her and her lack of respect for me and all the things I do for her and the kids {**entitlement**) that I just slammed the door in her face to shut her up {**power and control**}. It worked, she shut up {**might makes right**} and I went to the tavern to have some drinks. I told the guys at the tavern over a game of pool what happened and they agreed with me, can’t let the woman wear the pants in the family {**just win**}. Finally I decided to return home, but I did take home a pizza for her and the kids {**fear**}.

## ALTERNATIVE PERSONAL MOTIVATIONS

Here are some positive motivations we can substitute for the destructive motivations that damaged our relationships and influenced our behavior.

The following alternative personal motivations are key components to successful relations.

Gratitude – Recognizing what we like about others and expressing our appreciation to them.

Empathy – Feeling connected to someone, when we feel with someone we want to help them.

Comperision is the opposite of jealousy. Comperision is when you feel joy from someone else's joy or happiness. Celebrate her accomplishments, success, growth.

Equality is the opposite of power and control.

Courage is the opposite of fear. It takes courage to do something that is scary, uncertain, uncomfortable.

Humility is the opposite of needing to win. Let her have the last word.

Develop mutual interests you can each enjoy and share your love of the world.