

A No Abuse Program, Inc.

Mid-Program Self-Assessment

(Your answers have to be specific for this homework to count)

NAME: _____

DATE: _____

GROUP: _____

To accept accountability for my abusive behavior, I acknowledge that I have committed the following acts towards my (ex) partner:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

How my children have been affected by my abusive behavior toward my (ex) partner:

- 1.**
- 2.**
- 3.**

To demonstrate empathy and to make amends to my (ex) partner, I am doing the following or if I have absolutely no contact with my (ex) partner, I am changing my behavior in the following ways:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

What I have learned so far in the program is:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

What I still need to work on is:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**