**Syllabus for Alternative Behavior Choices Domestic Violence Program**

Lessons 1-3: Characteristics, Causes & Consequences; Lessons 4-9: Managing Emotions; Lessons 10-16: Building Relationship Skills

|  |  |  |  |  |  |  |  |
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| Wk | Lesson | Exercise  | P | Wk  | Lesson | Exercise | P |
| 1 | 1. Characteristics / Causes, Part 1
 | When is Violence Justified? | 57 | 27 | OPEN |  |  |
| 2 | 1. Causes, Part 2
 | Socialization | 60 | 28 | 10. Abuse dynamics,  Part 1 | Who is the Dominant Aggressor? | 80 |
| 3 | 1. Consequences
 |  |  | 29 | 11. Identifying abuse  dynamics, Part 2 |  |  |
| 4 | 1. Emotions
 | Identifying Emotions in Oneself | 66 | 30 | 12. Listening  skills/empathy | Developing Empathy | 83 |
| 5 | 1. Understanding anger
 | Positive and Negative Functions of Anger | 68 | 31 | 13. Speaking skills/  assertiveness | Assertiveness Versus Aggressiveness | 84 |
| 6 | 1. Aggression and the brain
 |  |  | 32 | 14. Positive commu-  nication/parenting | The Relationship Bank Account | 86 |
| 7 | 1. Anger and stress management, Part 1
 | Warning Signs of Anger | 71 | 33 | 15. Conflict resolution,  Part 1 |  |  |
| 8 | 1. Anger and stress management, Part 2
 | Overcoming Irrational Self-Talk | 73 | 34 | 16. Conflict resolution , Part 2  | Problem Solving | 89 |
| 9 | 1. Anger and stress management, Part 3
 | Grounding Meditation | 76 | 35 | Quiz review |  |  |
| 10 | 1. Abuse dynamics, Part 1
 |  |  | 36 | 1. Characteristics/ Causes, Part 1
 | Defenses Against Accountability | 59 |
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 |  |  | 37 | 1. Causes, Part 2
 | Impact of Gender Role Socialization | 62 |
| 12 | 1. Listening skills/empathy
 | Paraphrasing | 82 | 38 | 1. Consequences
 | Impact of Domestic Violence on Children | 65 |
| 13 | 1. Speaking skills/ assertiveness
 |  |  | 39. | 1. Emotions
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| 14 | 1. Positive commu-nication/parenting
 |  |  | 40 | 1. Understanding anger
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| 15 | 1. Conflict resolution, Part 1
 | Importance of Meta-Communication | 88 | 41 | 1. Aggression and the brain
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| 16 | 1. Conflict resolution, Part 2
 |  |  | 42 | 1. Anger and stress management, Part 1
 | Time-Outs | 72 |
| 17 | Quiz review |  |  | 43 | 1. Anger and stress management, Part 2
 | Challenging Irrational Beliefs | 74 |
| 18 | 1. Characteristics / Causes, Part 1
 |  |  | 44 | 1. Anger and stress management, Part 3
 | Meditation and Visualization | 79 |
| 19 | 1. Causes, Part 2
 | Gender Roles | 61 | 45 | 1. Abuse dynamics, Part 1
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| 20 | 1. Consequences
 | Consequences of Abuse  | 6464 | 46 | 1. Abuse dynamics, Part 2
 | Identifying Abuse Dynamics | 81 |
| 21 | 1. Emotions
 |  |  | 47 | 1. Listening skills/empathy
 |  |  |
| 22 | 1. Understanding anger
 | Myth of the Pressure Cooker | 69 | 48 | 1. Speaking skills/ assertiveness
 | Dealing with Blocking Maneuvers | 85 |
| 23 | 1. Aggression and the brain
 |  |  | 49 | 1. Positive commu-nication/parenting
 | Good Parenting | 87 |
| 24 | 1. Anger and stress management, Part 1
 |  |  | 50 | 1. Conflict resolution, Part 1
 |  |  |
| 25 | 1. Anger and stress management, Part 2
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| 26 | 1. Anger and stress management, Part 3
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