



Developed by:
 DOMESTIC ABUSE INTERVENTION PROJECT
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NO LOG – NO CREDIT

Topic for this week: _____

Name: _____

Group Day: M T W T F S (circle day)

Date: _____

1. A positive _____
change I _____
am making _____

How I plan to do this:

- A. _____
- B. _____
- C. _____
- D. _____

2. A positive _____
change I _____
am making _____

How I plan to do this:

- A. _____
- B. _____
- C. _____
- D. _____

3. A positive _____
change I _____
am making _____

How I plan to do this:

- A. _____
- B. _____
- C. _____
- D. _____

4. A positive _____
change I _____
am making _____

How I plan to do this:

- A. _____
- B. _____
- C. _____
- D. _____