



CHECK IN

ACTION:

INTENT:

BELIEF:

NO LOG – NO CREDIT

Topic: _____ Date: _____

Name: _____ Group: M T W Th F S

1. **ACTIONS:** Briefly describe the situation and the actions you used to control your partner (statements, gestures, tone of voice, physical contact, facial expressions).

2. **INTENTS:** What did you really want to have happen in this situation?

3. **BELIEFS:** What beliefs do you have that give you the right to do that?

4. **FEELINGS:** What feelings were you having?

5. **MINIMIZATION AND DENIAL:** In what ways did you try to make what you did either seem not so bad or blame it on something else?

6. **EFFECTS:** What happened to everyone involved because of what you did?

to You

to Her

to Others

7. **PAST VIOLENCE:** How was this situation made worse because you've physically abused her before?

8. **NON-CONTROLLING BEHAVIOR:** Describe what you could have done differently?