

How do you know if he is really changing?

Positive signs include:

- He has stopped being violent or threatening to you or others
- He acknowledges that his abusive behavior is wrong
- He understands that he does not have the right to control and dominate you
- You don't feel afraid when you are with him.
- He does not coerce or force you to have sex.
- You can express anger toward him without feeling intimidated.
- He does not make you feel responsible for his anger or frustration.
- He respects your opinion even if he doesn't agree with it.
- He respects your right to say "no."

Signs that your abuser is NOT changing:

- He minimizes the abuse or denies how serious it really was.
- He continues to blame others for his behavior.
- He claims that you're the one who is abusive.
- He pressures you to go to couple's counseling.
- He tells you that you owe him another chance.
- You have to push him to stay in treatment.
- He says that he can't change unless you stay with him and support him.
- He tries to get sympathy from you, your children, or your family and friends.
- He expects something from you in exchange for getting help.
- He pressures you to make decisions about the relationship.

Six Big Lies

If you hear your partner making these statements while he is in a treatment program for abusers, you should understand that he is lying to himself, and to you.

- "I'm not the only one who needs counseling."
- "I'm not as bad as a lot of other guys in there."
- "As soon as I'm done with this program, I'll be cured."
- "We need to stay together to work this out."
- "If I weren't under so much stress, I wouldn't have such a short fuse."
- "Now that I'm in this program, you have to be more understanding."

Learn more about Abusers & Abuser Behavior from: [Alabama Coalition Against Domestic Violence](#)

Adapted from [Alabama Coalition Against Domestic Violence](#)