

What to do if you're using violence or abuse

If your partner is scared of you, or if people around you tell you that your behaviour is controlling and frightening, you need to get some help to change the way you behave.

Change is possible

The hardest part is usually admitting you are using abuse and violence. It's important to recognise that any changes you make may be too late in a relationship where you have been using abuse and violence, and part of giving up control is knowing that your partner has the right to make their own decisions about what they want.

You might like to consider:

- Recognising that your behaviour is your responsibility, and you have the power to change the ways you are behaving.
 - If you have been abused yourself, dealing with this abuse. Ask for help. See a counsellor. Talk about your own abuse as part of your behaviour change programme.
 - Asking for help from a specialist group which works with people using violence. There are programmes and support agencies all over New Zealand.
 - Telling your friends or family that you have a problem and need help. Ask them to help you make changes in how you are behaving.
 - Identifying your triggers, and make plans around other things to do when your triggers are set off. This might include having somewhere else to go, removing yourself from the situation, having a friend you can call, going for a walk. It doesn't matter what your option is – it matters that you make a plan to stop using violence.
- Apologising to the people your behaviour has affected, and asking them what they need from you in the future. Respect what others say, even if it's not what you hoped for.



Changing your behavior takes bravery but will stop you hurting other people and improve your relationships with people around you. You can do it!