



## CARDV ARE THEY CHANGING?

**You are the best judge of whether real change is happening or not.  
Trust your gut feelings regardless of other signs.**

### Signs showing change:

- Has completely stopped saying and doing things which frighten you.
  - Has acknowledged, and takes full accountability, their abusive behavior is wrong.
  - Understands they do not have the right to control or dominate you.
  - Doesn't try to coerce you into having sex when you don't want to.
  - Allows you to discuss upsetting topics without feeling unsafe.
  - Has stopped expecting you to do things for them.
  - Listens to you and respects what you say.
  - Supports you in doing other things that are important to you, such as going to school, maintaining relationships with friends and family, or getting a job.
  - You and your children are comfortable when they interact with the children.
  - You feel safe leaving the children alone with them.
  - They are supportive and give compliments.
  - Shares household work and childcare.
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### Signs showing change is **NOT** happening:

- Uses treatment (counseling, etc.) against you in any way.
- Tells you that you are abusive.
- Tries to buy you back with gifts, dinners, flowers.
- Pressures you to go to therapy for yourself or couple's counseling for the two of you as an alternative for them seeking help alone.
- Tells you that you owe it to them (or your family, etc.) to give them another chance.
- Tries to get your sympathy or your children's sympathy.
- Requires constant encouragement and reminding to attend their counseling sessions and stay in the program.
- Pressures you to make up your mind about the relationship or to move back in together.
- Pressures you to drop your order of protection.
- Makes any kind of threat, even if it is veiled or they say it jokingly.
- Claims they need your help to change and that they cannot change alone.
- Brings up that you aren't recognizing or appreciating how much they have changed.
- Only concerned about how hard the situation is on them self, and not how hard it is on you.