

# 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 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 gives compliments.
- Shares household work and childcare.

---

## 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.