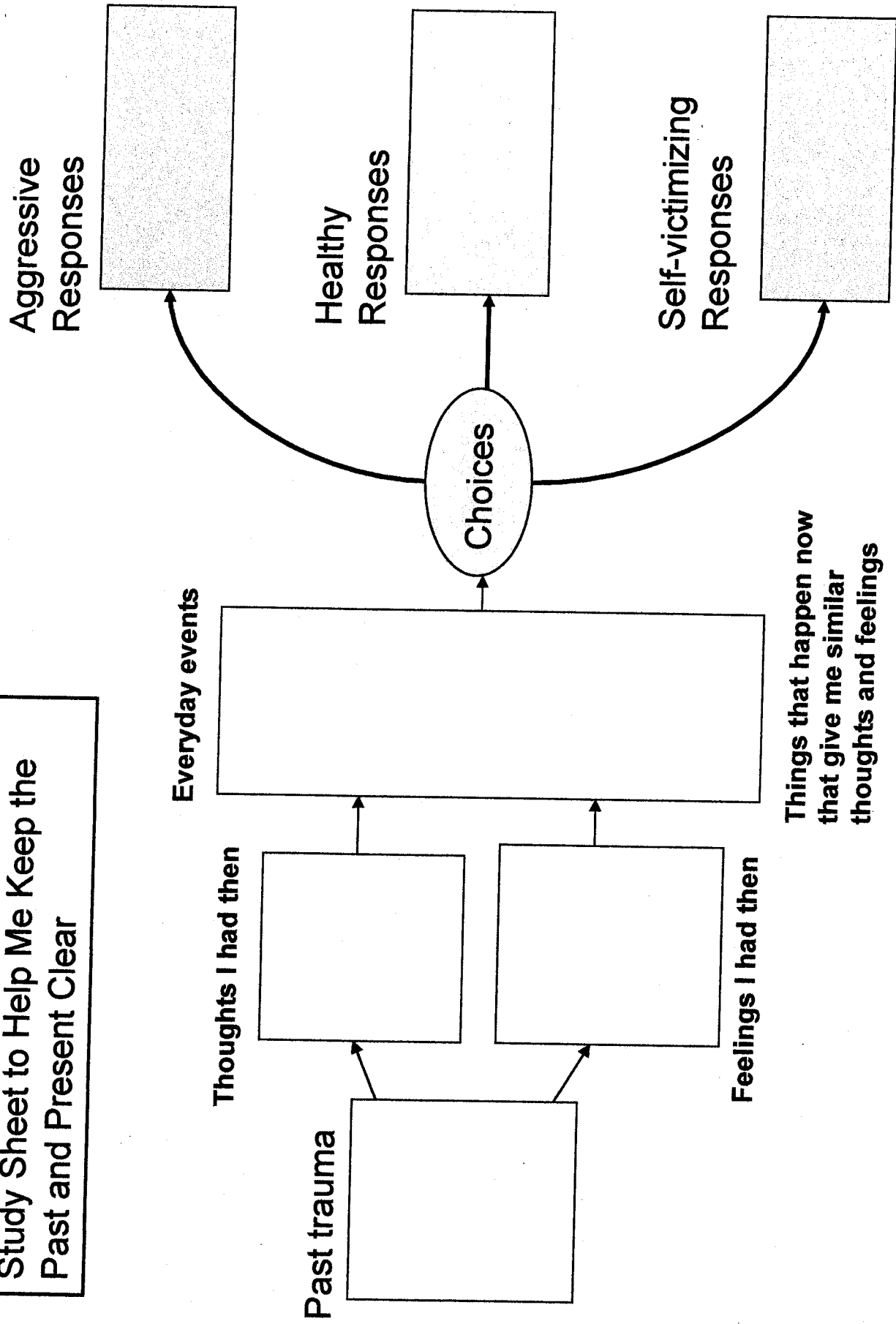


**Study Sheet to Help Me Keep the
Past and Present Clear**



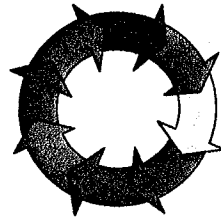
(Self management)

Minimum Outcome Skills



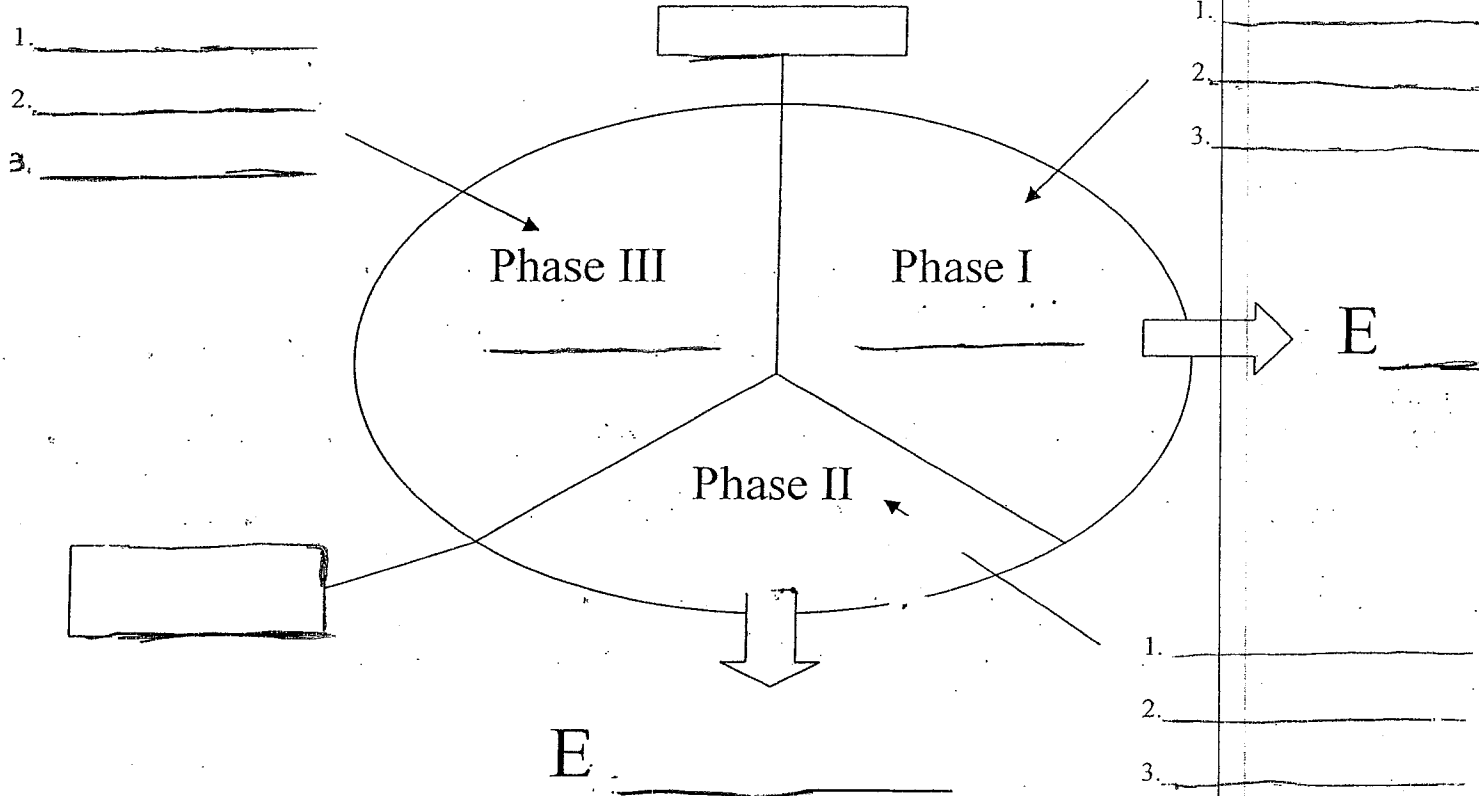
What Skills are we Talking About?

Able to:



- ***Identify difficult situations/triggers***
- ***Identify early warning signals***
- ***A^(prevent)void high risk situations***
- ***C^(interrupt)ope with risk situations not avoided***
- ***E scape situations not interrupted***

Cycle of Abusive Behavior



S _____

T _____

A _____

R _____

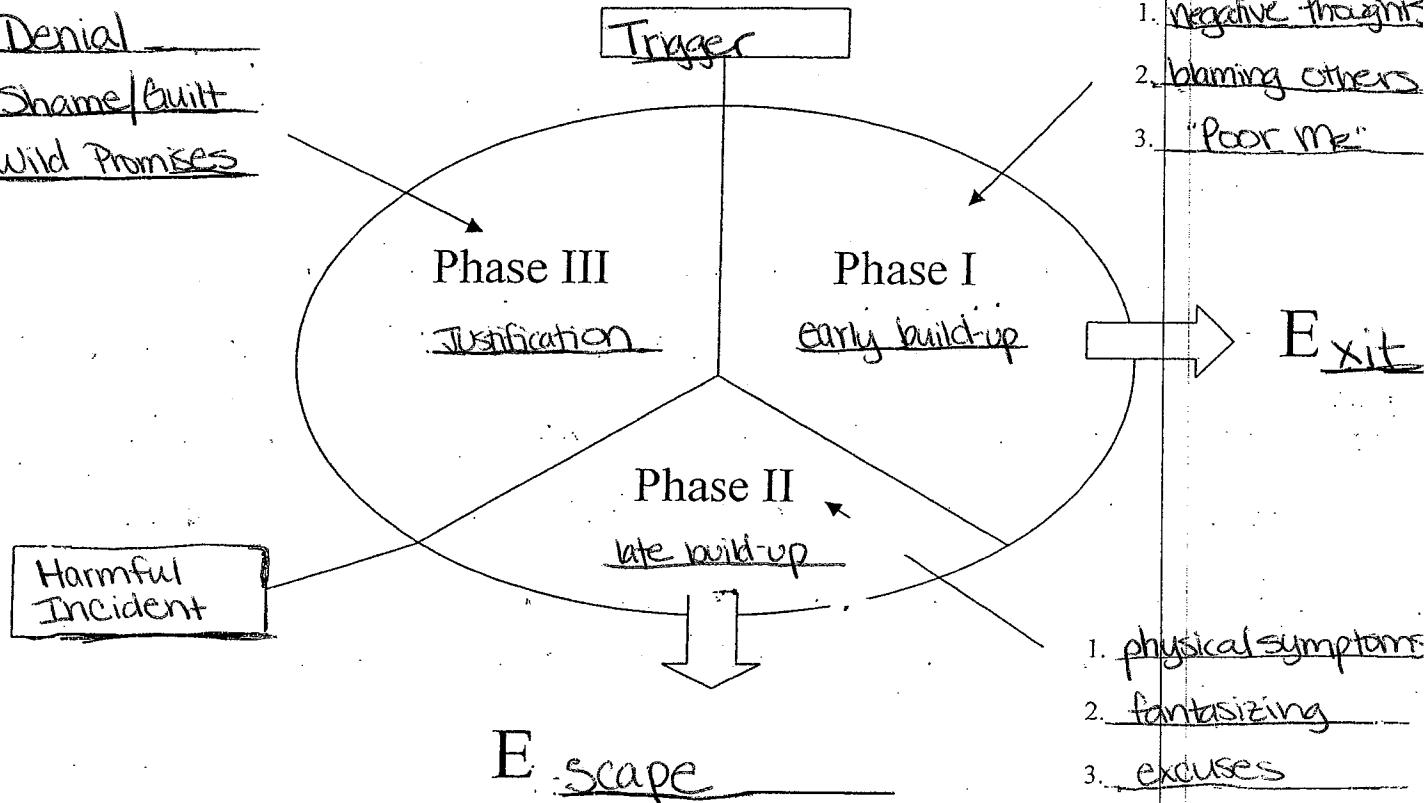
Additional Minimum Skills for Kids:

- Identify difficult situations
- Identify early warning signals.
- A _____ high risk situations.
- C _____ with risky situations not avoided.
- E _____ situations not interrupted.

Cycle of Abusive Behavior

1. Denial
2. Shame/Built
3. Wild Promises

1. negative thoughts
2. blaming others
3. "Poor me"



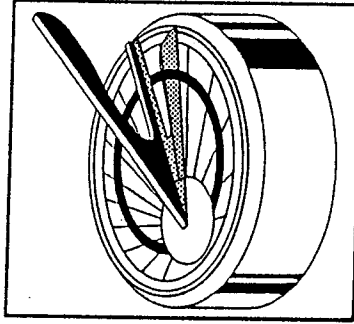
1. physical symptoms
2. fantasizing
3. excuses

S top
T hink
A ct
R esponsible

Additional Minimum Skills for Kids:

- Identify difficult situations
- Identify early warning signals.
- Avoid high risk situations.
- Cope with risky situations not avoided.
- Escape situations not interrupted.

Cycle of Destructive Behavior



SURFACE CALM

"If they just leave me alone..."
"I'll play the game."
"I'm completely changed."

ATTEMPTS TO RECONNECT

"It's over, just forget it."
"Let's have a fresh start."
"I'll change, I promise."

NEGATIVE FEELINGS ABOUT SELF

Tense, hurt, scared, guilty, shame, hopeless, disappointed.

DEFENDING ACTIONS

"If only you would listen."
"You forced me to do it."
"You pushed me too far."
"I warned you."

ATTEMPTS SOLUTION/RELIEF

-Hurts Self / Attempts Suicide
-Destroys Property
-Misuses Food
-Acts Out Sexually
-Abuses Drugs
-Takes Big Risks

UPSETTING EXPERIENCE

Yelled at, told no, not chosen, left out, discounted, criticized.
"They're attacking me."

JUMP TO CONCLUSIONS BASED ON THE PAST

"This feels like before."
"Nobody cares about me."
"They're going to leave me."
"I don't exist, they are swallowing me up."
"It's happening again."

THINK BAD THOUGHTS

"They don't like me."
"They don't want me."
"They don't trust me."
"They want to hurt me."
"They don't understand me."

NEGATIVE FEELINGS ABOUT SELF

Tense, hurt, scared, guilty, shame, hopeless, disappointed.

SELF-PROTECTION ALERT

"I don't have to take this."
"They are out to get me."
"I have to get them first."

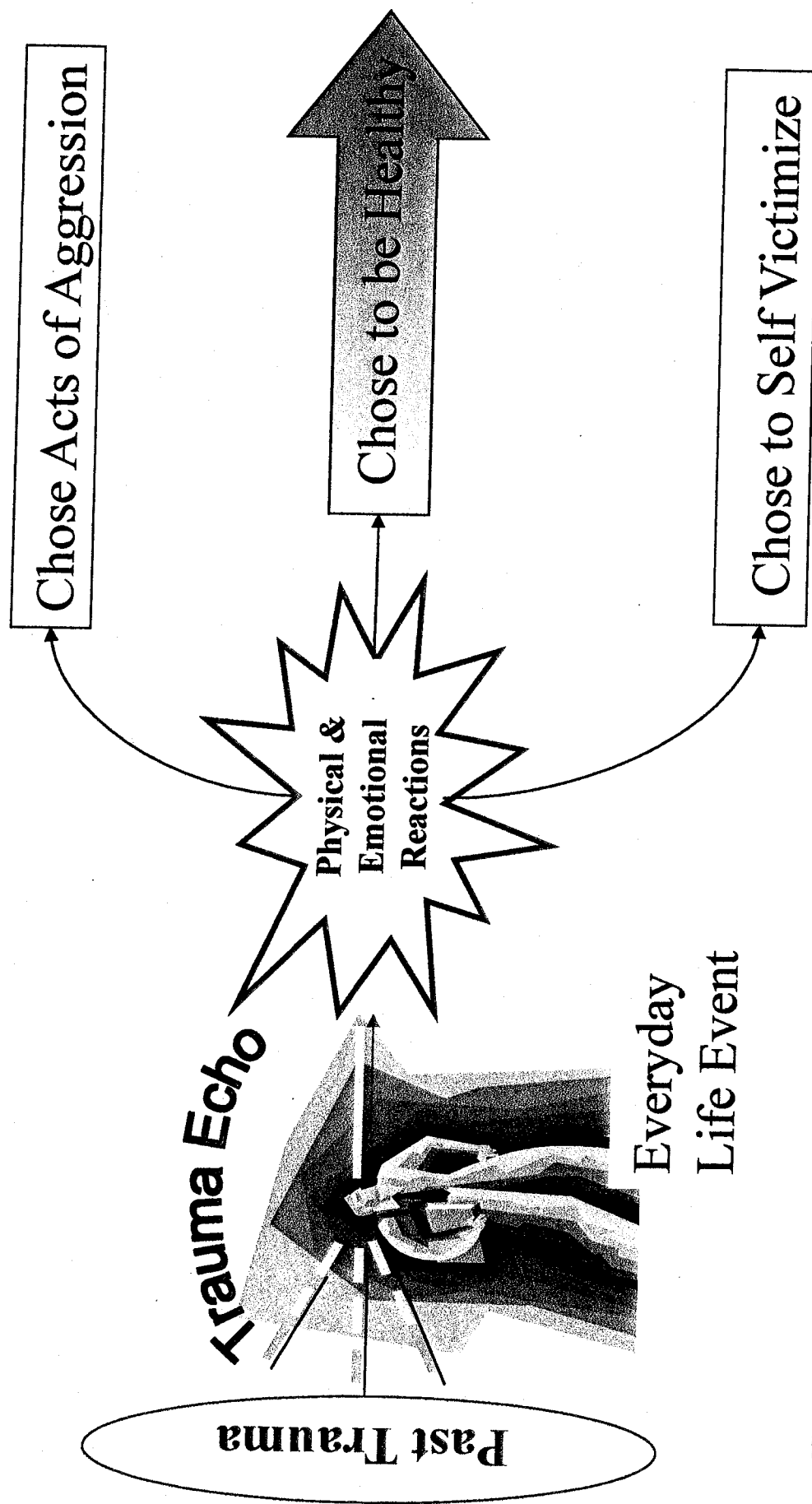
IMAGINES WAYS TO FEEL BETTER

-Imagines controlling them
-Imagines hurting them
-Imagines forcing them to have sex
-Imagines hurting their property
-Generalizes to "getting back" at people like them.

FINAL WARNINGS TO CHANGE OUTCOME

"Don't threaten me."
"Don't do this to me."
"Leave me alone."
"Don't walk away."

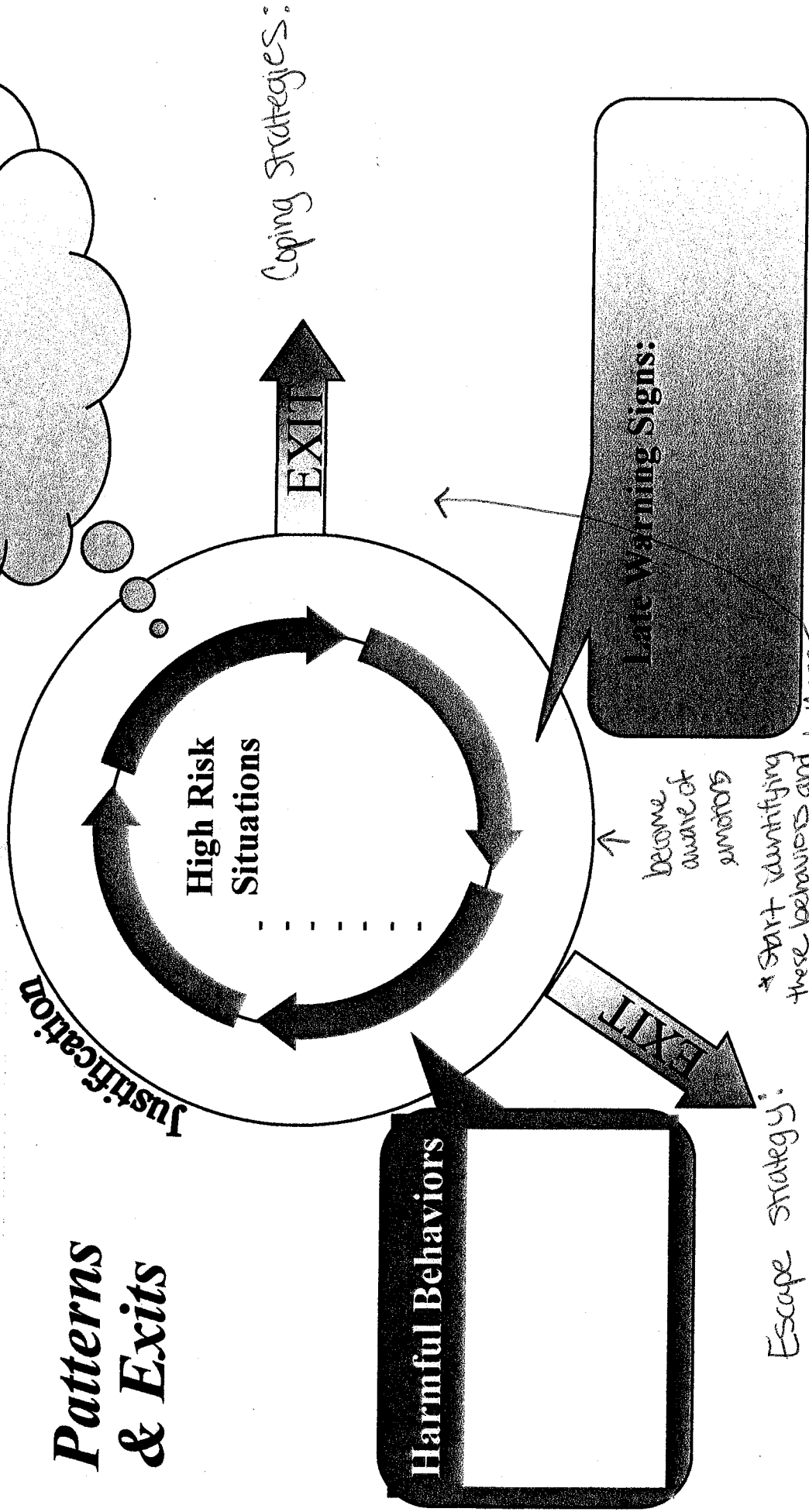
Trauma Outcome Process



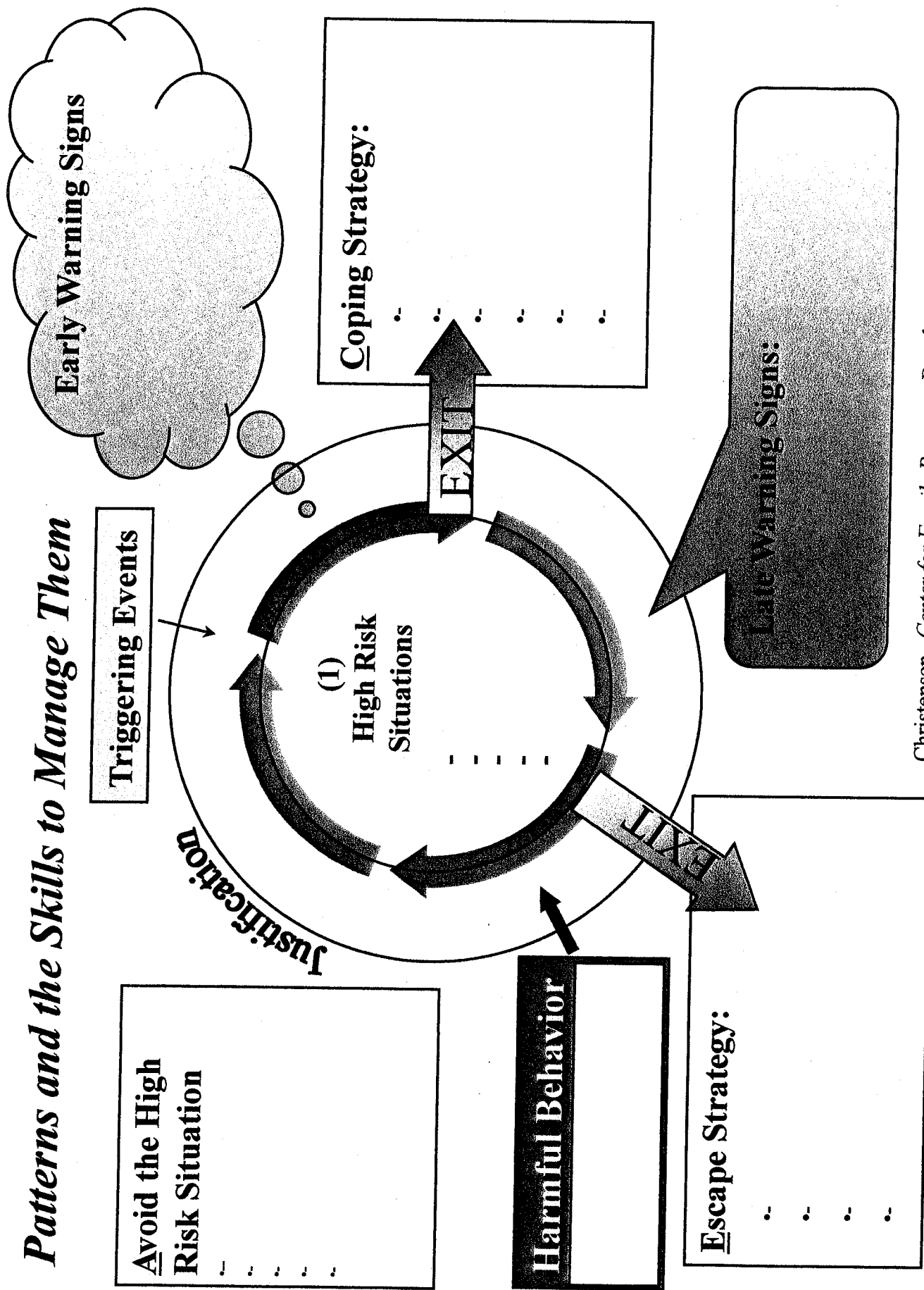
Triggering Events

Early Warning Signs

Patterns & Exits



Patterns and the Skills to Manage Them



TRAUMA OUTCOME PROCESS

Center for Family Resource Development
University of Louisville

