



Violent No More Workbook

Michael Paymar

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This workbook is intended to be used in conjunction with the book *Violent No More: Helping Men End Domestic Abuse, Third Edition*.

The exercises in the *Violent No More Workbook* are specifically designed to help men who batter understand, monitor, and stop their abusive and controlling behavior. Also included are exercises designed for couples who are working through basic relationship issues such as negotiating, communicating, compromising, and disagreeing without becoming abusive or controlling.

Mental health counselors or facilitators in domestic abuse programs make the book *Violent No More* and the *Violent No More Workbook* available to men in their domestic abuse groups or the clients they are seeing on an individual basis. Some programs provide the book and workbook to participants as part of their fee; others require participants to purchase the book and workbook, or contribute to the cost. The *Violent No More Workbook* is an easy to use, step-by-step process that is written directly to men.

Men who batter can change if they have the courage and motivation to change. The exercises in this workbook will help them on their journey.

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