

# Toward Change, Healing & Restoration

The Church is vital in supporting both abused and abusive partners by providing safety & accountability, supporting change & restoration as each partner walks their path toward healing.

Abused Partner	Church & Community	Abusive Partner
<b>Safety &amp; Support</b> <ul style="list-style-type: none"> <li>• Protect herself and her children (emotionally &amp; physically)</li> <li>• Identify sources of support</li> <li>• Identify the ways in which she has been abused and its impact on her &amp; her children</li> </ul>	<b>Education &amp; Awareness</b> <ul style="list-style-type: none"> <li>• Educate itself about abuse: cycle, patterns, types and impacts</li> <li>• Be aware of community resources</li> </ul> <b>Protection &amp; Support</b> <ul style="list-style-type: none"> <li>⇒ Hear, believe and affirm her</li> <li>⇒ Ensure her security</li> <li>⇒ Receive her permission before taking action</li> <li>⇒ Work with shelters, advocates and counselors to provide support</li> <li>⇒ Support &amp; accompany though the legal system</li> <li>⇒ Provide help with housing, moving, food, finances, childcare, etc.</li> <li>⇒ Encourage and trust her to make her own decisions</li> <li>⇒ Don't pressure to forgive</li> <li>⇒ Acknowledge pain and loss; mourn &amp; lament with her</li> </ul>	<b>Confession</b> <ul style="list-style-type: none"> <li>• Admit fully to history of abusiveness</li> <li>• Acknowledge abuse was wrong</li> <li>• Recognize his behavior was a choice, not a loss of control</li> <li>• Seek out appropriate professional help</li> <li>• Recognize the short-term and long-term impact of his abuse on his partner, children and others</li> <li>• Identify his pattern of controlling behaviors and entitled attitudes</li> </ul>
<b>Healing &amp; Discernment</b> <ul style="list-style-type: none"> <li>• Gather evidence to discern if changes in partner are real and lasting</li> <li>• Have control over how to communicate and make contact with partner</li> <li>• Take time to heal</li> </ul>	<b>Hear Confession</b> <ul style="list-style-type: none"> <li>⇒ Help him examine and admit to his behavior</li> <li>⇒ Help him recognize the impact of his behavior on his partner &amp; children</li> <li>⇒ Help him find professional counseling &amp; support</li> </ul> <b>Accountability</b> <ul style="list-style-type: none"> <li>⇒ Create structure of accountability</li> <li>⇒ Help him examine &amp; change abusive attitudes and beliefs</li> <li>⇒ Support him as he admits truth to family and friends</li> <li>⇒ Monitor cooperation with counseling &amp; justice system</li> </ul>	<b>Repentance</b> <ul style="list-style-type: none"> <li>• Stop all forms of abuse</li> <li>• Develop respectful behavior and attitudes</li> <li>• Re-evaluate distorted image of partner and replace it with a positive view</li> <li>• Accept the consequences of his actions</li> <li>• Admit abuse to friends and family</li> <li>• Recognize and give up privileges</li> <li>• Communicate respectfully and negotiate fairly terms of separation, custody &amp; access, etc.</li> </ul>
<b>New Life</b> <ul style="list-style-type: none"> <li>• Set the pace for restoring the relationship</li> <li>• Continue to listen to her "inner voice"- the spirit of discernment</li> <li>• Take joy in new beginnings such as home, job, sense of self, etc.</li> </ul>	<b>Restoration</b> <ul style="list-style-type: none"> <li>⇒ Affirm new beginnings</li> <li>⇒ Affirm and respect her choices</li> <li>⇒ Ensure movement toward reconciliation is mutual</li> <li>⇒ Support steps toward reconciliation</li> </ul> <b>Social &amp; Cultural Analysis</b> <ul style="list-style-type: none"> <li>• Consider ways it condones or fails to challenge abuse</li> <li>• Consider how its culture permits the misuse of power and subtly encourages abusive attitudes and behavior</li> </ul>	<b>Restoration</b> <ul style="list-style-type: none"> <li>⇒ Celebrate and affirm change</li> <li>⇒ Continue to hold him accountable</li> <li>⇒ Support continuing growth and healing</li> </ul> <b>Restoration &amp; Restitution</b> <ul style="list-style-type: none"> <li>• Demonstrate long-term commitment to ending abuse</li> <li>• Be willing to be accountable for his actions—past, present and future</li> <li>• Adopt &amp; demonstrate respectful, equal &amp; mutual attitudes</li> <li>• Acknowledge his partner as the "expert" on how to be in a mutual relationship and learn from her</li> <li>• Make restitution in every way possible – financially, socially, etc.</li> <li>• Work continually to rebuild trust</li> <li>• Accept that overcoming abuse will be a life-long process</li> <li>• Actively support partner's healing and restoration</li> </ul>