

THERAPY TASKS*

Fort Campbell

1. **OWNERSHIP:** Tell your offense story in group in a way that shows total responsibility for your deviant offense behavior. Show 100% responsibility for your actions by using “I statements.” For example, “I slapped, I forced, I punched,” etc. Include the following:
 - a. How you selected the people you abused (emotionally or physically); how/why you selected him or her.
 - b. How you set them up for the abuse. Include how you isolated, maneuvered, watched for opportunity, conned, groomed, berated, degraded, tricked, etc.
 - c. How you coerced, forced or made victims do what you wanted them to do. Include tricking, lying, threatening, scaring, and using weapons, assaulting, pleading and/or confusing.
 - d. What you did to what parts of the victim’s body with what parts of your body. What you forced or asked him or her to say while you were assaulting. What you said to him/her during the assault.
 - e. How you kept the secret. What you did or said to keep the people you abused and/or others who knew from telling.

2. **LIFE AND ABUSE AUTOBIOGRAPHIES:** Write (or tape record) a history of your life from your childhood to the present. Explain your home and family upbringing, school experiences, significant relationships, marriages, deaths, divorces, employment history, military background/history, substance use and all events that had a major impact on your personal development. Include a detailed abuse autobiography that explains how you learned about relationships with other, your early healthy and unhealthy family/social experiences, the history and nature of your anger arousal, the history of your own abuse as a victim (if applicable) and how your views about the use of abuse and power and control developed.

3. **MINIMIZATION:** How have you presented your offenses to make the abuse seem not so bad, less serious, or less harmful? Include the small, seemingly unimportant, subtle ways that you minimize your offense(s) to family, friends, the group and yourself. How have you used minimization to protect yourself and how has it hampered you in your recovery? Identify one way each member of your group minimized/minimizes the effects of their offense.

4. **SEEMINGLY UNIMPORTANT DECISIONS (SUDS):** Define SUDS for the group. Do so without using notes. Describe what role SUDS played in your abuse cycle. List the SUDS

* These Therapy Tasks are the minimal tasks you must complete in order to successfully complete the treatment program. Length of time for completion, if not determined by statute, (i.e., two years), will depend on the effort you put into completing the tasks.

you used in your cycle of abuse/offending. What excuses did you give to yourself and others that lead you to high risk situations? Correct those excuses with true statements. Cite one of your recent SUDS.

5. **CYCLE OF ABUSE:** Write in detail your cycle of abuse. Utilize the graph provided to you and describe each phase of the cycle in detail.
6. **HIGH RISK SITUATIONS (HRS):** Define high risk situations. Describe what role they played in your abuse cycle. Identify and list your own high risk situations. Describe how you can avoid each one. Give three examples of how you would avoid each one. List two thinking errors that you used to place yourself in a high risk situation. Correct these thinking errors. Develop at least ten of your own personal relapse prevention rules that will assist you in avoiding high risk situations/behaviors. For example, “I will not discuss interpersonal issues with my spouse immediately following a long stressful day at work” or “I will not drive after a heated argument.”
7. **RESTITUTION:** Propose a plan of restitution for yourself that offers some of your personal resources for the benefit of others. Examples of a restitution assignment are as follows:
 - a. Agree to meet with and assist new clients in treatment that are unable to break through denial and admit their offenses.
 - b. Agree to meet with a new group and assist them in understanding and assuming ownership of their offense by presenting your own offense story.
 - c. Agree to present to a class, interested in understanding abuse and its impact on victims.
 - d. Make a financial contribution to an agency that treats or provides services to victims of abuse.
8. **VICTIM EMPATHY:** Empathy is the ability to exchange places with the person(s) you abused and feel what your victim felt. Among the purposes of this assignment, one is to make you aware of the pain and damage you inflicted upon your victim. Write a detailed first person (“I”) essay describing all of the following from the perspective of the person(s) you abused.
 - a. Describe how the person felt during the offense. Place yourself in your victim’s shoes! Write in the first person, present tense, as if **you** are the person and the offense is happening now. What was your victim feeling at the time?
 - b. Describe how that person felt immediately following the offense. What were the predominant emotions experienced by your victim? Write a first person account (“I felt”) of how it felt as he/she went through the following ordeals:
 - 1) In the emergency room; medical exam.
 - 2) Interview by police/social worker/prosecutor.
 - 3) Court hearings/trial.

- c. Describe how this person would feel five years after the offense/abuse. Example: “It’s been five years since I was abused, I have nightmares and I’m scared of being in the dark.”
 - d. Describe the long-term effect your offense has had on the victim. What lifelong trauma or damage did you inflict? How did your offense affect your victim’s perception of him/herself, men/women and the world?
 - e. How did your offense affect your victim’s family, friends and loved ones? How did they cope with the news of what you had done to this person?
 - f. Write an apology/clarification letter to the person(s) you abused. Have a group member read the letter in group while you assume the identity of your victim.
9. **YOURSELF AS VICTIM:** One of the most damaging aspects of abuse is the secrecy that surrounds it. Secrecy increases feelings of shame, low self-esteem and isolation. Part of healing is breaking through the silence and talking about what happened to you. Prepare and present your personal history of victimization. Share those incidents where you were the victim of physical, emotional and sexual abuse or neglect. In what ways did you blame yourself? How did you bury your shame about what happened? What other feelings are you aware of as you talk about your victimization?
10. **RELAPSE PREVENTION PLAN – FINAL GROUP REVIEW:** Write, present, and pass group review of all aspects important to maintaining an offense-free lifestyle in the community. Identify all aspects of your offense cycle including; thinking errors, apparently irrelevant decisions, high risk situations, warning signs and all other significant parts of your relapse prevention plan.