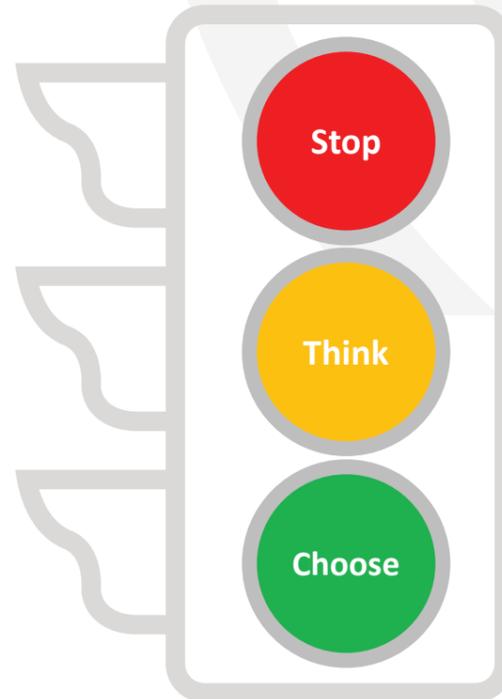


# Discussion Tools

## 1 Body Signs

Use the Body Signs tool to move to a conversation about any agitation he might be experiencing or has experienced, by asking him about what he notices is happening in his body when he feels upset or distressed. Talk with him about why noticing his body signs is an important way to establish control over his emotional regulation.

## 4 Traffic Light Pointers



The Traffic Light Pointer tool is his 'tool' to manage his emotions, thought pattern and his choices about abuse and violence. Begin a conversation through the Red, Amber and Green lights about connecting his body signs to what is happening in his thought patterns and then extend this conversation into his choices about keeping himself and his family safe. Point out that using the Traffic Light tool increases his capacity and competency to choose and to act in non-abusive ways – to effectively work in a way that 'interrupts abusive thinking, abusive patterns and violent actions'.

## 5 Safety and Accountability Planning

Every service interaction provides an opportunity to collaboratively identify action focused strategies that he will practice and use in daily life. Focus on doable actions practiced over and over rather than general statements and make sure safety actions are timed. Work with him using a strengths-based approach and ask about previous safe decisions he has made, what worked? What didn't work?

## Thought Stacking 2

Use the Thought Stacking tool to explain what might be occurring in his thought patterns. This connects him to noticing a negative pattern of thoughts that build on top of one another until there is an angry or violent outburst. Thought stacking usually precedes or accompanies physical signs of agitation in the body.



Thought Stacking and Dangerous Thinking are interlinked. Notice any statements that normalise dangerous behaviours (e.g. "I can understand why men who don't see their children, might kill or abduct their kids"). Dangerous thinking is where the escalation of thought stacking leads to a dangerous set of ruminating patterns where thoughts begin to normalise possible lethal actions as acceptable. It is important to ask specific questions about what he might mean by those types of thoughts and to encourage him to reach out for support to MRS. Dangerous thinking needs to be carefully monitored and acted on where practitioners become concerned for the wellbeing of the victim-survivor and/or children in the family.

## 3 Dangerous Thinking

## Practice

Encourage him to practice these tools, explaining that their old ways of communication are no longer working and that learning about new ways of expressing strong emotion and handling conflict in relationships with others requires lots of practice. Practice these tools with him by exploring a previous incident and working it through using the tools.