

If you think your behaviour may be harmful at home

### **Take responsibility**

Join our programme and learn strategies and techniques to change

### **Our groupwork programme**

#### **Covers 5 areas**

1. Physical abuse
2. Sexual respect
3. Emotional abuse
4. The impact on children
5. Rebuilding trust and respect

Sessions run weekly and last 2 hours.

To join the group, men are required to attend an assessment interview and commit to the full 30 week programme.

# **0117 964 1060**

## **Getting in Touch**

Please contact us directly by phoning:  
0117 964 1060

Or you can complete a referral form on our web site ([www.splitz.org](http://www.splitz.org)). This can be printed off and posted if you prefer.

Voluntary agencies and statutory services can signpost men who are seeking help to change violent, controlling or harmful behaviour.

We work on a first-come first-served basis. There may be a waiting list for these groups.

This service is free of charge. The programme works to Respect standards.  
([www.respect.uk.net](http://www.respect.uk.net))

### **Contact Us**

Telephone: 0117 964 1060  
Email: [svp@splitz.org](mailto:svp@splitz.org)  
Web: [www.splitz.org](http://www.splitz.org)



**Splitz Support Service** Registered charity: 1064764  
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# **Stopping Violence Programme (Bristol)**

Do you think you may have been abusive to your partner or frightened her?



Our programme is aimed at men who have been harmful in an intimate relationship with a female partner and includes an integrated safety services for partners/(ex)partners

# **0117 964 1060**

**SPLITZ**  
Support Service

Abusive behaviour is any action which causes pain or harm to someone else. Initially it may not be intentional, but can become a harmful pattern.

The following list contains some examples of abusive, controlling and violent behaviour. If you have done anything on the list below the chances are that you are already damaging your relationship, perhaps without realising it.

**If you want to stop doing these things we can help you.**

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- Do you think your behaviour might be harming your relationship?
- Do you think your partner is ever afraid of you?
- Do you think your children might be afraid of you?
- Have you ever hit, pushed, threatened, frightened or intimidated your partner?
- Have you broken promises about changing your behaviour?
- Have you ever punched a wall, banged a table or broken something during a disagreement?
- Have you ever grabbed your partner during a disagreement?
- Have you ever tried to stop your partner from leaving, locked her in or restrained her in any way?
- Do you pressure your partner to do things your way, even when you know she doesn't want to?
- Has your partner ever said "you're always trying to control me"?
- Do you use names, put-downs or swearing to control your partner?
- Do you sometimes blame your partner for things you are responsible for?
- Have you ever found yourself 'keeping score' of the wrongs your partner has done to you in order to hold those things against her?
- Have you ever blamed your abusive behaviour on alcohol, other drugs, stress or family problems?
- Have you ever insisted on sex when you knew your partner didn't want to?
- Have you ever upset your children or made them frightened?
- Have you ever encouraged your children to be nasty to their mother?
- Has your partner complained about jealous or possessive behaviour on your part?
- When you do something that hurts your partner, do you say "I'm sorry" and then expect acceptance of your apology without making any change in how you were hurtful?

# Stopping Violence Programme (Bristol)

**If you answer yes to any of these questions it's likely that you are being abusive.**

This can destroy your relationship and drive your partner and children away - get help now.

Call us on

**0117 964 1060**

Groups are free and available at different locations in Bristol.

**SPLITZ**  
Support Service