

A Safety & Protection Plan for Couples

# **ANGER MANAGEMENT CONTRACT**

We both realize that committing any type of physical violence, sexual abuse, or making threats of violence against each other (or children), restricting a partner from leaving or calling for help (yelling, use of phones/computer or other devices) is a crime and against the law. For committing this crime, I can be arrested, prosecuted, receive jail/prison time, be ordered by the court to comply with a Restraining Order (having no contact with the victim/children), and have to successfully complete an anger management or domestic violence treatment program.

When I get angry and feel out of control, I will say to you, "I am feeling angry and need to take a Time Out." This means I need to isolate myself from you and/or the children for up to one hour. I will go outside or to some isolated area in the house to cool down (exercise, talk myself down from being angry, contact a friend/relative/counselor/or some other professional). When I return, I will say and do one or more of the following:

1. Apologize for being angry and out of control.
2. If I am still angry, I will tell you that I am still angry and need to take another Time Out.
3. Talk to you in a calm and non-threatening manner about the subject/incident/issue that made me angry and out of control.
4. Ask that we talk about the issue at another time.
5. Request that we do not discuss the subject/problem/issue until we have a friend/relative/counselor/or some other professional mediate our conversation on the topic.
6. Both decide that it was an isolated incident/problem/issue that may not come up again and we both have decided not to talk about it.
7. Learn the non-violent technique called Fair Fighting/Arguing.
8. Agree to participate in couple's counseling / marriage counseling / family counseling / individual counseling / anger management counseling / pastoral counseling / domestic violence treatment program.

At no time during our relationship will we commit any type of physical violence, be sexually abusive, or threaten violence against each other or the children. We both know and understand that these acts of violence will not be tolerated and the necessary steps will be taken to insure the safety and protection of the victim and children. These steps may include calling the police to have the batterer/abuser arrested immediately and prosecuted. A Restraining Order will also be filed to keep you from contacting the victim and children.

I agree to all items stated in the Anger Management Contract

Signature of both partners in the relationship:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Partner's Name: \_\_\_\_\_

Date: \_\_\_\_\_

A witness can be present, if both partners agree:

Witness Name: \_\_\_\_\_

Date: \_\_\_\_\_