CONTROL LOG
Men’s Education Groups

Name ____________________________
Date ____________________________

1. ACTIONS: Briefly describe the situation and the actions you used to control your partner (statements, gestures, tone of voice, physical contact, facial expressions).

__________________________________________________________________________
__________________________________________________________________________

2. INTENTS AND BELIEFS: What did you want to happen in this situation?

__________________________________________________________________________
__________________________________________________________________________

What beliefs do you have that support your actions and intents?

__________________________________________________________________________
__________________________________________________________________________

3. FEELINGS: What feelings were you having?

__________________________________________________________________________

4. MINIMIZATION, DENIAL AND BLAME: In what ways did you minimize or deny your actions or blame her?

__________________________________________________________________________
__________________________________________________________________________

5. EFFECTS: What was the impact of your action?

On you
__________________________________________________________________________

On her
__________________________________________________________________________

On others
__________________________________________________________________________

6. PAST VIOLENCE: How did your past use of violence affect this situation?

__________________________________________________________________________
__________________________________________________________________________

7. NON-CONTROLLING BEHAVIORS: What could you have done differently?

__________________________________________________________________________
__________________________________________________________________________