

Change Star[™] Scales

The Outcomes Star for behaviour change for men

For each of the six questions, choose the answer that best describes you.

1 Stuck 2 Engaging 3 Acknowledging 4 Learning new ways 5 Being respectful

1 Taking responsibility

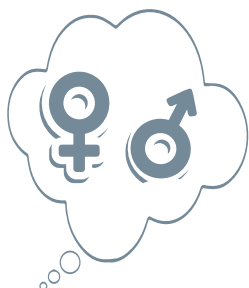
Taking responsibility for violence or abuse, understanding the impact and consequences



- 5 I am respectful towards my family and take responsibility for my actions
- 4 I'm starting to understand how my behaviour affected my family and to take more responsibility
- 3 I recognise that at least some of my behaviour is abusive
- 2 I'm starting to listen and to talk about my behaviour but don't see it as abuse
- 1 I have not done anything wrong or it's not my fault

2 Thinking and attitudes

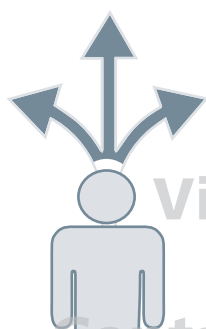
Views on your partner or on women in general, social attitudes, past influences



- 5 My thinking and attitudes are mostly positive and respectful
- 4 I'm learning to talk and act in new ways, based on respectful thinking and attitudes
- 3 I recognise that some of my thinking and attitudes cause harm or are disrespectful
- 2 I'm starting to listen and talk about my thinking and attitudes
- 1 I don't see any problem with my thinking or my attitudes

3 Safe actions and reactions

Recognising strong feelings, the impact of alcohol or drugs, strategies and safe choices



- 5 I'm managing to make safe choices even when I have strong feelings
- 4 I'm learning new, safe ways to respond to strong feelings and trying to put them into practice
- 3 I recognise that the way I react when angry, frustrated, afraid or upset needs to change
- 2 I'm starting to listen and talk about how I react when I'm angry, frustrated, afraid or upset
- 1 I can't help reacting in violent ways when I'm angry, frustrated, afraid or upset