



Cycle of abuser and loser

If we abuse and disrespect others we are losing relationships and opportunities. Before we can change from loser behaviour we need to know what it is that we are doing wrong.

Mostly when we hurt others we have a period of tension-building beforehand and after hurting someone we have a period of feeling bad about it and maybe trying to make up for it.

Think about the times that you have hurt someone in your family or close to you. Then think about the lead-up to that. If we know the lead-up signs then we can avoid damaging other people.

Tension

Tension has inside signs like breathing, pulse, temperature, sweat, stomach, energy and muscles. Then there are outside signs like fists tightening, feet shifting or wanting to kick, arms raising, jaw tightening, lips pursing, eyes narrowing, hair standing up.

These have already been covered in this chapter (see the 'Early warning signs of feeling anger in your body' handout).

Triggers

Triggers are things that we have sore spots about – like money, times to come home, boyfriend/girlfriend, pimples, names.

What are yours? Write them in the top box of the 'Cycle' diagram on the next page.

Abuse or hurt

Consider the ways you most commonly abuse or hurt someone – physically, verbally, emotionally, socially, with property or sexually.

Write down the details in the 'Abuse' box e.g. punching, swearing, stealing, lies, hiding things and making up gossip.

Regret

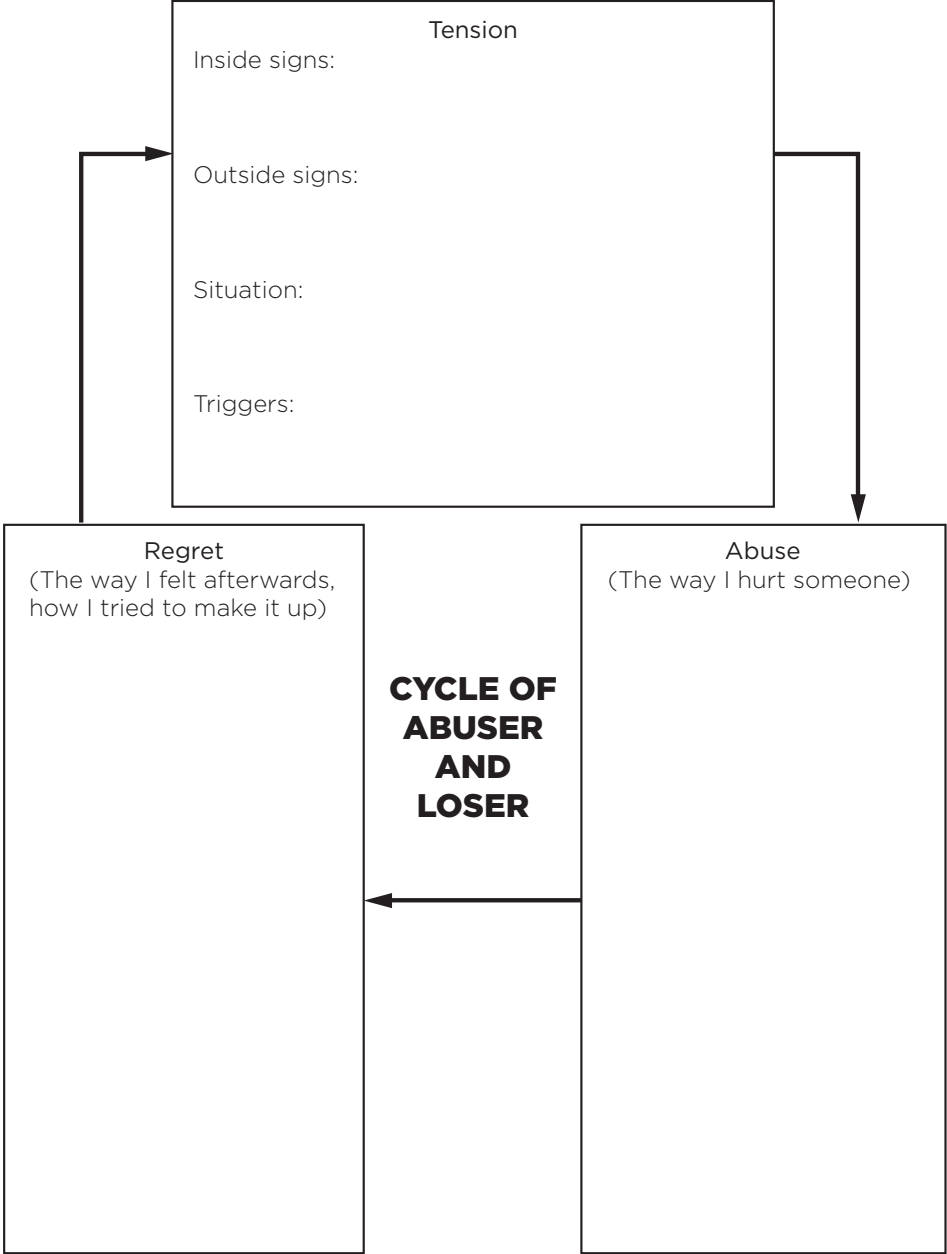
Then think of the things you do to make up for what you have done because you regret 'losing it' or hurting a person that much: do jobs for Mum, buy presents, offer to take them out, sweet talk, do what they want. Write those down in the 'Regret' box.

Stopping the cycle

This is a cycle so the more often that you do it the more you may hurt someone and the less you regret it. That's bad for your later life and for your current living. Be good to people that you love and who support you and would probably help you whenever you asked.



The cycle can be stopped by being aware of the tension building and choosing to do something else to release the tension and not hurting anyone. Take Time Out, or start talking so that the tension can be brought down. If you feel regret, then the best thing that you can do is to find a way you can be absolutely sure you will never do the same thing again. Talk to someone about your patterns. Ask your parents to do the exercise too.



Key concepts

- ◆ We need to break negative cycles.
- ◆ If we know early warning signs of anger then we have more choice.