

# THE SUN FACE

We honor the Father Sun that provides the light and warmth & gives direction and guidance to all Creations.

HERSTORICAL

FUTURE

## WHAT I KNOW

Assessment: The Herstory of domestic abuse; Traditional Indian views toward domestic abuse and violence against women. Where did we learn violence and passiveness? Role modeling of our significant others as we were growing up. Messages we got from institutions and society in regards to our battering/ victimization and misogyny. What were we taught by these different influences in growing up?

AWARENESS

## WHAT I ENVISION

How do I want to live in the future in relation to my partner, children and other family members? Transfer and Maintenance of Change. Deal with other issue in my life: Alcoholism, Drug Abuse, Parenting, Adult Child, Victim of Sexual Abuse, etc. Become a facilitator or counselor. Sharing what you've learned with others. Role model non-violence and respect for women and children.

ONGOING CHANGE & ADJUSTMENT

## WHAT'S GOING ON TODAY?

The different tactics of abuse. Power and Control Issues. Beliefs that support Abuse/ violence/ victimization. Intents of violent behavior. Affects on self, partner, children and others. The dynamics of battering and its affects.

MIRRORING OF WHAT I'M DOING

## WHAT I NEED TO KNOW

Violence; what is it and how do I use it? Time-Outs, Trust Builders. Thought identification and process. Self-talk- think before action. Feelings: Identification and express. Relaxation and visual imagery. Role Reversal/ Sweats and offerings & Ceremonials. Relationship expectations and enhancers.

SELF & RELATIONSHIP BUILDING

TODAY

TOMORROW