

Abused Woman Recovery Program (AWRP) "Empowering the abused woman to recover"

What It Is: A program designed to provide educational support, through training, to abused and battered women of domestic violence.

Mission: To teach abused women how to recover from the bondage of domestic violence and abuse.

Purpose/Goal: To help abused women realize they can recover from the bondage of domestic violence/abuse and show them how to recover.

Program Theme: The theme of the program is "Recovering From Abuse." Each book or teaching/lecture we discuss will be centered on recovering from the bondage of domestic violence. However, the main tool that will be used in the AWRP is an educational skills training program called, "Tools for Triumphant Living." However, for this particular part of the recovery program, only the Basic Course from the "Tools for Triumphant Living" will be used which are "Violence & Abuse" and "Anger Management Recovery" Programs (see attached syllabus) along with the "Importance of Forgiveness Recovery Program."

Program Vision: To empower abused women of all nationality through education and training so they will be set free from the bondage of domestic violence.

How Does It Work: This program is an interactive one. Each week on Saturday I will post a part of this teaching on the Recovery page at Facebook. If there is a question with an asterisk (*) in the middle of the lesson for that week, answer that question and send it back to me by Wednesday of that week. Also, I would like for you all, the ones who are going through this program, to get together and have a discussion about one (1) mutual thing you all are experiencing and send me the discussion (tell me what was the issue and what was the solution - one person can be the spokesperson) by Thursday of that week. The exercises at the end of each lesson are due by Friday of each week. We will have a live conference call on Tuesday or Thursday evening; you let me know what is best for you and the time. If you have any questions about any part, let me know. This is all designed to help you apply what you learn here to your life every day and this will help with your recovery process. Recovery is a process and the more you work on that process, the sooner you will get through to it.

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AWM Recovery Program Agenda – Feb 23, 2013

- 1. Start session with prayer – ask Holy Spirit to give you understanding and give you inner healing**
- 2. Study each part of session – all programs focus on healing of the spirit, soul, & body. The AWM Recovery Program consists of three recovery programs into one:**
 - Importance of Forgiveness Recovery Program**
 - Violence & Abuse Recovery Program**
 - Anger Management Recovery Program**
- 3. Rap Up – write down any questions you may have and send them to me before the next part is sent to you on Saturday, Mar 2nd. The next part will not be posted until the first part is completed; you can quit at any time – if you do not turn in homework or contact me to let me know you want to continue, I will assume you want to stop the program.**
- 4. Homework: complete any homework for this session and return to me by Wed of next week (Feb 27th).**
- 5. Close in Prayer – just pray what you feel in your heart**
- 6. NEXT PART WILL BE POSTED SATURDAY MAR 2ND IF YOU COMPLETE THIS PART**
- 7. If you have any questions let me know**



"Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences" 2013

What it consists of:

1. **AWM Counseling Recovery Program**
 - A. The Importance of Forgiveness Recovery Program – **Last class May 11, 2013**
 - B. Violence & Abuse Recovery Program – **Last class Apr 19, 2013**
 - C. Anger Recovery Program – **Last class Mar 30, 2013**
2. **Emotional Healing Series – Begins Fall Semester 2013 - Aug 10, 2013**
3. **"Unholy Matrimony: Healing For The Abused Woman" book discussion group (includes Study Guide) – Begins Winter Semester 2014 – January 18, 2014**
 - A. Rejection
 - B. Loneliness

About It! The name says it all! "**Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences**" is a declaration for 2013 and beyond that you are going to continually pursue your freedom from **whatever** that has had you in bondage for years, recently, or at present!! Continually pursuit of your freedom means that you will stay free by any means necessary!! You will no longer tolerate foolishness of any kind!! You will rise up and by God's grace take back everything that the enemy has stolen from you (your self-esteem, your self-worth, your freedom to live life as God designed you to, your boldness God gave you through Jesus, and much, much more!! This year, 2013, is the beginning of your life and the best is yet to come!!! God has a plan and purpose for your life and I am your life coach; I am here to show you how to be set free from bondages so you can know and embrace God's will for your life!!

Abused Woman Ministries, Inc. is dedicated to helping women, their children and men who have been abused! We do this by providing them with the tools they need to recover from the bondage of domestic violence and abuse. However, we know that domestic violence/abuse is not the only traumatic event that can keep a person from having a healthy relationship! Therefore, we will also focus on recovering from the following traumatic experiences in the "**Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences:**" sexual assault, rejection, abandonment, neglect, loneliness...(whatever other traumatic experience God gives me to include).

The AWM Counseling Recovery Program which started on Jan 19th is the first course to your "**Journey of Freedom!**" I am dedicated to walking with you (I cannot do it for you - I am an instrument that God is using to help you recover - as He gives me your tools of recovery, I give them to you then you must decide to take this journey) so are you dedicated to take the journey? If so, let me know by responding to this post!

The journey may not be easy but we are in this together and we will hold each other up; no person left behind!!! If you have any problem, post it here and we will respond or contact me directly!! We got you!! Most importantly, God got you in the palm of His hand and nothing and nobody will be able to pluck you out!! God will **NEVER** leave you nor forsake you!! **Trust Him!!**

Now let's do this!! We are moving forward; not backward!!! We are gaining our momentum; God is catapulting us into our destiny!!!

Welcome to your "Journey of Freedom!!!" Let the Recovery begin!!!

Theme Song: "[Freedom](#)" by Eddie James

May God give you the strength you need for your journey!

Dr. Dorothy E. Hooks



Importance of Forgiveness Recovery Program Outline

- I. Introduction – 1A – Jan 19, 2013/1A-1-Jan 26, 2013**
- II. Connection Between the Mind & Body – 1A-2 – Feb 2nd**
 - **First Point of View – Personal -1A-2-1 – Feb 2nd**
 - **Second Point of View – Medicine/Psychology – 1B – Feb 2nd**
 - **Third Point of View – Scriptures – 1C/1D – Feb 9th**
- III. Take Action By Taking Responsibility – Homework – Feb 9th**
 - A. Forgiveness – 1E – Feb 16th**
 - **The Forgiveness Affidavit – 1E – Feb 16th**
 - **Prayer Against Unforgiveness – 1E-1 – pray during session – Feb 16th**
 - B. Self-Bitterness – 1F – Feb 23rd**
 - **The Self-Bitterness Affidavit – 1F – Feb 23rd**
 - **Prayer to Overcome Self-Bitterness – 1F -1 – pray during session – Feb 23rd**
 - C. Bitterness – 1G**
 - **Levels of Bitterness – (1-3) -1G/ (4-6) - 1G-1**
 - **The Bitterness Affidavit – 1G -1a**
 - **Prayer Against Bitterness – 1G-1b – pray during session**
 - D. Rejection – 1H**
 - **What is Rejection? – 1H**
 - **Root of Rejection – 1H-1**
 - **Walls of Rejection – 1H-1a**
 - **Who You Are In God – 1H-1b**
 - **Release from Rejection – 1H-1c**
 - **Prayer and Process for Overcoming Rejection – 1H-1d/1H-1e**
 - E. Discovery Prayer – 1I/1I-1**



Importance of Forgiveness Recovery Program – Part 1F

III. Take Action By Taking Responsibility – Homework – Due Wed Feb 23rd:

B. Self-Bitterness – 1F

Loving and forgiving yourself is just as important as loving and forgiving others; if you do not love yourself, you will abuse your own self. Jesus said in **Mark 12:30-31**:

³⁰”Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

Self includes many modifiers:

- Self-abandonment: disregarding; disregarding all self-interest.
- Self-abasement: humiliation of one-self.
- Self-absorbed: focusing on oneself to the exclusion or consideration of others.
- Self-abuse: comes in many forms, i.e. obesity or anorexia; sleep deprivation or too much sleep; lack of exercise or pushing oneself to the brink; denial of normal sexuality (with spouse) or preoccupation with sex; calling yourself “stupid,” “fat,” “ugly,” “dumb or other names that will demean and degrade yourself [you are “fearfully and wonderfully made” – Ps. 139:14].
- Self-accusation: constantly finding fault with oneself.

To be set free from self-bitterness:

Make a list of all the bitterness you have had in the past or have now against yourself. You need to confess and repent before Almighty God for holding onto this bitterness and believing it, instead of believing Him [God]. The stronghold that self-bitterness has held in your life will be destroyed.

After you have written your list, pray the “Prayer of Release” (listed below) for each issue on your list; do not do a “blanket” prayer – praying each issue separate will cause you to face and deal with each issue one at a time.



**Importance of Forgiveness Recovery Program – Part 1F
Take Action By Taking Responsibility – Homework (continued)**

**III. Take Action By Taking Responsibility – Homework – Due Wed Feb 23rd:
B. Self-Bitterness Affidavit – 1F**

The Self-Bitterness Affidavit – 1F – Complete by Wed Feb 27th & Keep

Make the list of all the bitterness you have against yourself. You need to confess and repent before Almighty God for holding onto this bitterness and believing it, instead of believing Him. The stronghold that bitterness has held in your life will be destroyed. **Bitterness gains entrance into your life through unforgiveness. Once you get rid of self-bitterness then you will become free of all shame, guilt, self-condemnation, regret, sorrow and other negative emotions that have attached themselves to you through self-bitterness.**

SELF-BITTERNESS IN AREA OF:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTE: This is for your personal use; just send me an email letting me know you completed it!



**Importance of Forgiveness Recovery Program – Feb 23rd
Pray this prayer to Overcome Self-Bitterness using “Self-
Bitterness Affidavit” as a guide**

**III. Take Action By Taking Responsibility – Homework – Due Wed
Feb 23rd:**

B. Self-Bitterness

- **Prayer to Overcome Self-Bitterness – Pray at session –
1F-1**

Dear Heavenly Father, in the name of Jesus, and as an act of my free will, I confess, repent, and renounce my (specific sin of self-bitterness). I ask You to forgive me for this sin. I purpose and choose to forgive myself for this (specific sin of self-bitterness) from my heart. I release myself from any guilt or shame because of this self-bitterness. In the name of Jesus, and by the power of His blood, I cancel Satan’s authority over me because of the self-bitterness of (specific sin of self-bitterness). In the name of Jesus, I command this spirit of self-bitterness to go.

Holy Spirit, I invite You into my heart to heal me of self-bitterness, in the name of Jesus, Amen!

Note: Forgiveness journal is a notebook you can use to write things down; it is up to you but I highly suggest you keep a journal.

Goal is for deliverance; not speeding through the prayers. If an issue returns, write it in your “Forgiveness Journal” (label which one of these issues are trying to return –deal with issues as they arise not let them control you again) and let me know so we can pray through that memory again in the next session. Therefore, praying through the issues may take longer than one session or two or even three sessions.

Abused Woman Recovery Program (AWRP)

"Empowering the abused woman to recover"

Basic Course – 12 Hours Certificate Program Syllabus

Basic Course Program Topics:

- + Getting Beyond the After Effects of Violence & Abuse (Three Sessions)**
- + Anger Management (Five Sessions)**

Description of Basic Course Program Topics:

Violence & Abuse (Session One) – Goal: to define violence & abuse. To accomplish this goal, we will:

- + List Types of Abuse – Part 1A – Jan 19, 2013/Jan 26th**
- + Define each type – Part 1A-1 – Jan 26th**
- + Discuss the Cause & Effect of Abuse – Part 1B – Jan 26th**
- + Discuss the Cycle of Violence in Domestic Abuse – Part 1C – Feb 2nd**
- + Explain God's final word on generational sin – Part 1D – Feb 9th**
- + Closing Scriptures & Prayers Against Domestic Violence – Part 1D – Feb 9th**

Violence & Abuse (Session Two) – Goal: to recognize Abuse & its Cycle. To accomplish this goal, we will:

- + Review Previous Section – Part 2A – Feb 16th**
- + Premise Before Start Next Section Part 2A – Feb 16th**
- + List the ways to recognize Abuse – Part 2B – Feb 23rd**
- + Learn & Understand the Cycles of Abuse – Part 2B-1 - Feb 23rd**
- + Explore how to Stop the Cycle of Abuse**
- + Establish a Personal Bill of Right**

Violence & Abuse (Session Three) – Goal: to recognize Abuse & its Cycle. To accomplish this goal, we will:

- + Understand Why Abusers Abuse**
- + Understand Why The Victim Stays**
- + Develop Strategies for Breaking the Cycle of Abuse**



Violence & Abuse Recovery Program

Lesson: Session Two – Part 2B – Feb 23, 2013 – Study This

Open in prayer: Father I thank You for giving these group members Your wisdom, knowledge and understanding as they study this teaching; help them to recover completely in the Name of Jesus, Amen!

Session Two’s Goal: to recognize Abuse and its Cycle

- + Review Previous Section – Part 2A – Feb 16th
- + Premise Before Next Section – Part 2A – Feb 16th
- + List the ways to recognize Abuse – Part 2B – Feb 23rd
- + Learn & Understand the Cycles of Abuse – Part 2B-1 – Feb 23rd
- + Explore how to Stop the Cycle of Abuse
- + Establish a Personal Bill of Right

Ways to Recognize Abuse – Part 2B:

PHYSICAL Does your partner?....	EMOTIONAL Does your partner?....	SEXUAL Does your partner?....
- Push or shove	- Ignore your feelings	- Tell jokes
- hold you down	- make fun of you	- makes demeaning remarks
- slap or bite	- insult your family/friends	- gets jealous (form of control)
- kick or choke	- embarrass you in public	- forces unwanted sexual acts
- hit or punch	- call you name or shout	
- throw objects	- control your action	
- abandon/threaten/hurt you	- lie/manipulate	
	- Make decisions for you	
	- injure your pets	
	- threaten you w/weapons	



Learn and understand the Cycles of Abuse – Part 2B-1

The cycles of abuse are tension building, explosion and love. Each phase will increase in time and intensify the longer the abuse goes on. Let's look at what happens during these cycles so that we can help you recognize each cycle so you will know them to prevent this abuse from happening again.

Tension building: victim can sense the abuser's edginess; small issues are smoothed over; victim feels the need to control the situation; victim denies anger; victim believes they deserve the abuse. To cope, victim denies the second phase will occur and believes they have control; victim's anger grows after each incident; the abuser knows their behavior is wrong and fears losing the victim; victim withdraws in order to stay away from the abuser; abuser's jealousy and smothering brutality increases; abuser accepts that their rage is out of control, but justifies it; tension rises....

Explosion: Abuser no longer understands their rage; abuser feels the need to teach the victim a lesson; victim will often release their anger and fight back; incidents generally last from a few hours to a couple of days; abuser seems to know how to prolong the attack without killing the victim; the victim will deny the seriousness of their injuries, sometimes to stop the abuse and assure that phase is over...

Love: Welcomed by both; abuser sorry, tries to make up; fears losing the victim; charming and manipulative; abuser believe they can control the victim and never hurt the one they love again; abuser convinces everyone; victim wants to believe this and convinces their self; victim sees a glimpse of the original view of how nice the abuser was; abuser plays dependent; victim ends up feeling responsible for the abuser and the victimization itself (this establishes a victim mentality in the individual); abuser gives the victim whatever they want.

Anger Management Recovery Program Outline

Anger Management (Session One – Part 1A – Jan 19, 2013) – Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Give an introduction about Anger
- + Complete the "Anger Ruler"- Homework – turn in by Wed Jan 23rd
- + Prayer and Declaration to Overcome Anger

Anger Management (Session Two) – Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session One – Part 2A – Jan 26th
- + Define the Four Classes of Anger – Anger, Resentment, Rage & Fury, Wrath – Part 2B - Feb 2nd
- + Explain What Makes Us Angry – Part 2B - Feb 2nd
- + Learn Proper & Improper Ways to Respond to Anger – Part 2C – Feb 9th
- + Have a Quiz on Anger – Complete First – Part 2C – Feb 9th

Anger Management (Session Three – Part 3A – Feb 16th) – Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will – This is a review of Session Two:

- + Summarize what we learned from Session Two – Part 3A – Feb 16th
- + Define the Four Classes of Anger – Anger, Resentment, Rage & Fury, Wrath
- + Explain What Makes Us Angry
- + Learn Proper & Improper Ways to Respond to Anger

Anger Management (Session Four) – Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session Three – Part 4A – Feb 23rd
- + Define the types of Anger expression: Suppression, Repression, & Uncontrolled Expression – Part 4A – Feb 23rd
- + Learn Relaxation techniques for controlling Anger

Anger Management (Session Five) – Goal: to explain the God given emotion, anger. To accomplish this goal in this session, we will:

- + Summarize what we learned from Session Four
- + Discuss Anger Interruption Techniques and Strategies (AITs)
- + Learn Relaxation techniques for controlling Anger
- + Finish this session with an Anger Management Final Evaluation which must be passed before receiving Certificate of Completion

Open in Prayer – Pray from your heart

Discuss the Goal: to explain the God given emotion, anger – first part is a review of Session Three

- + Summarize what we learned from Session Three – Part 4A – Feb 23rd
- + Define the types of Anger expression: Suppression, Repression, & Uncontrolled Expression – Part 4A – Feb 23rd
- + Learn Relaxation techniques for controlling Anger

God Knows We Have Anger Issues

Review Previous Session:

The last time we met, among other things we talked about the importance of performing self-examination and the importance of the role that journaling helps in that process. We learned that there are key items in helping us learn how to manage our anger and that first we must identify a few things:

What triggers our anger (then we can ask God's help in digging down to the underlying reason for our anger). How we respond to things that angers us is important.

Hurts, Frustrations, Fear or Anxiety

Homework- Describe in your own words the individuals who express their anger this way:

- **Suppression (“Crème Puffs”).** These people don't want to acknowledge their anger so they: deny it, ignore it, they are over controlled, and are over responsible.
- **Repression (“Steel Magnolias”).** These people stuff their anger down: have a hard cord inside; may smile but you can feel the knife in your back; often sarcastic; they say things that really hurt and then turn it around on you – “Gee I had no idea you were so sensitive;” hand out the silent treatment; send mixed messages.
- **Uncontrolled Expression- (“Locomotive”).** This is where we can find ourselves in trouble with others. These people: let it all hang out; they explode – intending to hurt anyone or anything in their path; they often are hostile; combative; critical; they shame others; they do anything they can do to make the other person feel their wrath; it's always someone else's fault.

We learned that all of these improper responses to anger affect our bodies and can make us physically sick: they can make us physically sick (heart attacks, high blood pressure, ulcers) or emotionally sick: depressed, anxious, withdrawn, psychotic.

We also learned that God did not say we had to do this alone. He gave us His Word and His Word says He will never leave you or forsake you – You are not alone even when you are angry!