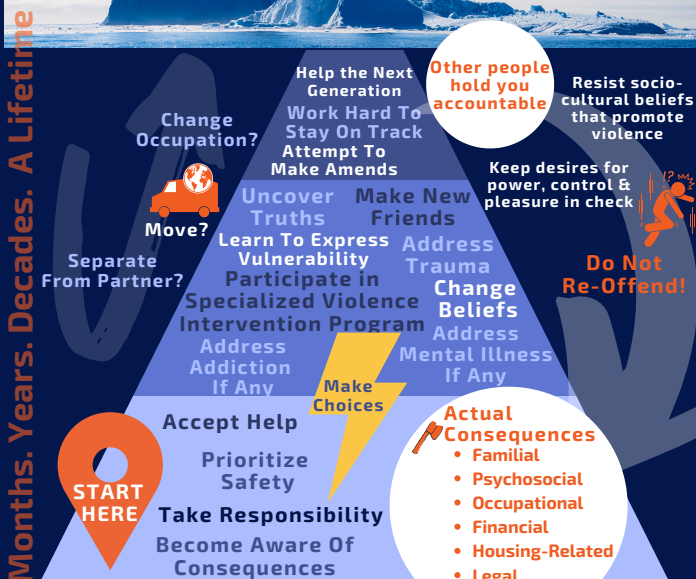


# SOME PEOPLE WHO USE VIOLENCE CAN CHANGE: HERE'S HOW

THEBRAVEMANBOOK.COM



Hope is just the tip of the iceberg. People want to know if they can change, or if their partners can change, or if they can change their partners. This infographic shows you what real hope might look like.



\* Many people still choose to use violence during and after interventions. Some never really change.

## Real HOPE



- Sees beyond the tip of the iceberg
- Knows that using violence is a **choice**
- Takes massive action and individually seeks professional help
- Knows what change looks like from others who have ended their violence; can tell the stories of the role models or healers who helped them find the inner work
- Usually requires **a minimum** of six months in violence-specific group/individual program work
- Consciously continues to work at growth and maintaining non-violence over the course of years and decades
- **Has nothing to prove, does not rationalize nor make excuses**
- **Is not false hope nor wishful thinking**

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