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| Assessing ChangeLiza Young, LPC, CCPS |  |  |  |

**The 6 A’s of Change**

**The following should help you assess whether or not your partner is truly changing.**

1. **Admits** responsibility and does not minimize or blame.
2. **Acknowledges** the hurt that he caused.
3. **Apologizes** for that hurt with true remorse.
4. **Abuse** **stops**, if any.
5. **Attitudes** towards women and relationships become healthy.
6. **Actively** gets consistent, long-term therapy.

Without empathy these steps can be hard if not impossible. Thankfully, empathy can be taught through consistent therapy.

If there are narcissistic traits this could make it harder for true, lasting change to take place due to their belief that they are not in the wrong and they don’t need to change anything.

There is hope if he is willing to take the 6 A’s seriously. You are looking for consistency and forward progress in all of these areas. That’s not to say there won’t be setbacks.