Liza Young Counseling, LLC

**The 7 A’s of Change**

The following should help you assess whether your partner is truly changing.

1. **Admits** responsibility and does not minimize, excuse, 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.
7. **Accountability** consistently.

**Other signs include:**

* Identifies patterns of controlling behavior
* Identifies the beliefs that drive abusive behavior
* Develops respectful, kind, and supportive behaviors
* Carries his weight
* Seeing you as an equal
* Changes how he communicates during arguments
* Changes his parenting if applicable

Without empathy these steps can be hard if not impossible. Thankfully, empathy can be taught through consistent therapy. If there are narcissistic and/or controlling 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 7 A’s seriously. You are looking for consistency and genuine forward progress in all these areas.

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