

Dear Jessica,

I have been abusive, controlling, and violent toward you by yelling, calling you nasty names, threatening to rip up our marriage license, cheating on you, intimidating you by entering your space, destroying items like a computer to hurt you, grabbing you, and pushing you.

When I have been abusive, controlling, and violent to you, the specific excuses I gave myself were: "it's not my fault," "it's everyone else's fault," "You made me do it because you hurt me and made me mad," "I felt I should hurt you." But it wasn't your fault because I did not control my emotions. I didn't think before I reacted. I didn't tell you that you hurt me so you didn't deserve for me to hurt you.

Being abusive, controlling, and violent I have harmed you emotionally by making you cry. By scaring you and intimidating you I made you scared of me and made you scared to open up to me and tell me when something is bothering you. I made it difficult to communicate. I may have changed your thoughts about yourself and others by calling you a nasty name. You now question if others may feel you are this bad name. I have made it difficult for you to trust others and hard for you to communicate with others in fear they may hurt you like I did. I affected you physically by grabbing you, entering your space, and yelling in your face. I left a mark on your arm that hurts. I gave you a lot of stress and headache and chest hurt from anxiety. By doing this to you, I may have hurt the children because they got scared. They get scared now every time they hear us raise our voice. I made them afraid that it could happen again. I have made it impossible to pass this behavior on to the kids for them to repeat.

I hurt you economically by controlling the money and ATM card by taking it so you couldn't have it or use it. I took the cigarettes so that you couldn't have any or so you had to ask me for them.

I will make a conscious choice not to abuse, control, or to be violent to you because I have seen how I have hurt you and the kids. I realize now that it could end our relationship. I realize that it has ended our relationship because of the stress and emotional toll it has caused us.

The specific ways I plan on being respectful and not violent are to:

- 1) Really listen to everything that you say
- 2) Following through on all my promises and commitments I make to you
- 3) Bettering myself through anger management class and professional help
- 4) Taking responsibility for what I have done to you by expressing it to you
- 5) Realizing what it is that sets me off and controlling us

The hurtful behavior I decided to discuss is the time I went and met my ex-girlfriend at a bar while in a committed relationship with my now wife. It was about a week before our wedding day. This was very harmful to my wife. I left the house that night lying about where I was going. She of course found out later through mutual friends exactly where I was and who I was with. This hurt my wife extremely bad. It made her cry and broke our trust. My motive for this was to find out if marrying my wife was truly what I wanted. I left my soon to be wife and children at home because I was scared that I was making the wrong choice. I promised to always be honest about my feelings, stay with your girl, and be faithful.