

## "A Safe Place" Miguel, ManKind Participant

Miguel was originally from Los Angeles and a third-generation addict. He who grew up in a broken home and witnessed domestic violence from as far back as he could remember. He was selfish and felt that everything should revolve around himself, which eventually led him to prison.

Miguel married within a year after release and continued his abuse. He had the final word in his wife's choices, including what job she took or who she could socialize with.

One night, he chose to start a fight and point a shotgun at her, threatening her life. She'd had enough and called the police. He went to jail and his wife got a restraining order. He decided it was time to figure out why he kept returning to abusive behaviors.

Probation sent him to the ARMS ManKind domestic violence intervention program. He initially just wanted to jump through the hoops and put this chapter of his life behind him. Miguel wasn't invested in changing. He never planned on becoming vulnerable or taking responsibility for his actions. He had always believed he only reacted to outside conditions.

Miguel told his facilitator he just wanted to be done because he was frustrated that probation had taken his contact away with his wife and family. It took him some time to make progress and begin exposing what he had done to his wife and kids.



Continued on page 2

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Please join our first ever ARMS Extraordinary Race, where teams of two go by car (one walking stretch included) using GPS to find their destinations and complete a fun task, as they follow an abuse victim's journey of fleeing her abuser to finding healing. Fun and prizes for everyone! \$50 per team.


We are very excited about this new event and ask you to join us and to bring some friends! Let's all help Stomp Out Abuse!

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## **About ARMS**

*ARMS exists to bring healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships.*

## **Our Programs**

### ◇ **Her Journey**

Free, 15-week class to help women in their recovery from domestic abuse.

### ◇ **ManKind**

Classes for men who are abusive and controlling that provide the opportunity to learn how to have healthy relationships.

### ◇ **Virtue**

Classes for women who have used abusive/controlling behaviors, who may also be victims.

### ◇ **Community Outreach**

Trainings and support to the community around domestic abuse.



## Contact ARMS

**National Office**  
503-846-9284

**National Toll-Free**  
866-262-9284

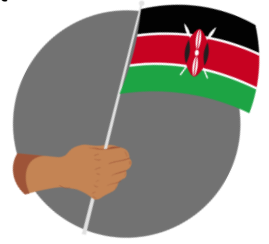
[www.abusercovery.org](http://www.abusercovery.org)



## **ARMS-Kenya needs your help!**

Help ARMS-Kenya launch with success as they start their first year as an official non-profit.

Domestic violence in Kenya increased 300% during COVID. There are few resources available to victims of domestic abuse. The ARMS-Kenya team is working to establish and grow the Her Journey program in this country. Our goal is to raise \$5000 for their first year's efforts.



Donate online and select "International" in the drop down. Your support will save lives!

## **"A Safe Place" continued**

After about six months in the ManKind program, he began being honest with himself and his classmates. "A huge part of being accountable was having a safe place to share," Miguel shared. He understood that he had chosen to act abusively based on unhealthy beliefs. Nothing had forced him to be abusive; he had given himself permission to be abusive.

While working on his homework, he began to understand what he'd done. Miguel started looking at his choices. Little by little, he was able to accept who he had been and the damage he had done.

Miguel shared that the homework felt like peeling back the layers of an onion, painful and ugly. At this point, he started to use the tools ARMS had given him to better handle difficult situations, or when he just wanted something his way. He slugged through his negative beliefs and grew to accept his value in God.

Instead of having the final word, he was able to really listen and talk about what was upsetting to his wife. He accepted his wife's suggestions, rather than seeing them as an attack. He had to slow things down and use kind words and actions. Miguel realized it all boiled down to his own selfish feelings and that wasn't okay.

Miguel was able to give up control, which made him a better partner and father. He's now able to have good conversations with his wife but admits he still struggles. He recognizes he has a long way to go, but his desire is to break the cycle of abuse he grew up in. He wants to speak love to his family.

Like many men who complete, Miguel did good work while in the program but found it harder to practice what he learned without the weekly accountability of the group. He and his wife made progress, but he has slipped back into some old patterns. He is thankful to ARMS and what he has gained and is still working on.

## **ARMS is Hiring!**



ARMS is currently hiring a part-time Men's Group Facilitator, located at our national office in Beaverton, OR.

If you or someone you know is interested in working with ARMS, visit [Indeed.com](https://www.indeed.com) or contact Stacey Womack at [stacey@abusercovery.org](mailto:stacey@abusercovery.org).