

Walking the Path Together Tool: POP TARTS

Protection, Options, Planning:

Taking Action Related To Safety



Name: _____ Date: _____

Code word(s): _____ Action: _____

What are the signs you are in Protection Mode? What changes do you see in him? In yourself? In your kids?

Next time you need to go into protection mode, what are your options? Who can you call or text? Who can give you a ride if you need one? Where can you stay?

Let's make a plan for next time you need to get away. How will you contact me or the people who can help you? Can we pick a code word or phrase in case you are not free to talk? What important things do you need to take with you?

What you might see in
HIM

- Picking fights for no reason
- Finding excuses to get angry about things
- Yelling at the kids about nothing
- Changes in his drinking (e.g. drinking more or drinking more often or running out of booze or falling off the wagon, etc.)
- Hooking up with old drinking buddies he hasn't seen in a while
- Running out of his pills or being near to running out
- Things aren't going well for him right now (e.g. he lost his job, has no money, etc.)
- He is obsessed with the idea that I am going to leave him and I can't convince him that I am not
- He is saying things like how he'd be better off dead or he'd be better off if I were dead
- Giving me that "look" that scares me
- Finding fault with everything, blaming everything that goes wrong on me
- Giving me the silent treatment
- Knowing he is going to run out of money soon

What you might think and feel inside
YOURSELF

- Feeling like I'm "on guard," can't relax, jumpy, tense, panicky
- Bad feeling in my stomach / feeling of impending doom / nausea / can't eat
- Changes in sleeping (e.g. sleeping with one eye open, sleeping in my clothes, etc.)
- Wanting people to spend time at my home, especially male relatives who protect us
- Trying to avoid contact with him, like staying in the bedroom most of the time
- Trying to avoid talking with him because anything I say will start an argument
- My relatives (or his relatives) are worried about me
- Feeling like I'm at the end of my rope / can't take this much longer / going to snap
- Tired of fighting or tired of trying to keep the peace
- Being grouchy or yelling at the kids for no reason because I'm tense and preoccupied
- Trying to keep the kids quiet so they don't get on his nerves
- Finding other places for the kids to stay for a while
- Feeling like "here we go again"
- Feeling scared to be with him alone
- Wanting to be around other people because I feel safer
- Feeling like I should find another place to stay for a while

What you might see in your
CHILDREN

- Being clingy, needing to be with me or close to me all the time
- Hanging around the house more — even skipping school sometimes— so I am not alone
- Trying to be invisible and stay "below his radar"
- Being super good so they don't make him mad
- Having stomach aches, headaches, wetting the bed, looking unwell or unhappy
- Getting angry with me over small things
- Asking to go stay with relatives or at a friend's house for a while
- Refusing to leave if I suggest going to stay with relatives or with a friend
- One of my eldest kids is taking care of the younger ones, trying to keep them quiet and out of his way
- My kids want me to leave him and stay somewhere else
- My kids know how to get help (e.g. who to call or text if things get bad, etc.)
- They cry or get scared easily, like at sudden noises

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**SIGNS YOU ARE MOVING INTO
" PROTECTION MODE"**



ACWS
A Circle of
Women's Strengths

