

Who is it for?

For women who are experiencing or have previously experienced domestic abuse.

- Do you feel afraid of your partner?
- Is your partner excessively jealous and possessive?
- Do you feel you are walking on eggshells to avoid making your partner angry or aggressive?
- Does your partner blame you for everything?
- Does your partner pressure you to have sex when you don't want to?
- Is your partner constantly criticising you and putting you down in front of others?
- Does your partner tell you what to wear, who to see and where you can or cannot go?

The aim of the programme is to;

- Provide information that will help you understand abuse.
- Help you to recognise the beliefs held by abusive men.
- Assist you to meet other women with similar life experiences.
- Illustrate the effects of domestic violence on children.
- Help build your confidence and self-esteem.
- Help you recognise future abusers and move on to abuse free lives.
- Provide the information in a confidential and safe environment.



Mr Wrong

An Abusive Man

- Shouts.
- Sulks.
- Smashes things.
- Glares.
- Calls you names.
- Makes you feel ugly and useless.
- Cuts you off from your friends.
- Stops you working.
- Never admits he is wrong.
- Blames you, drugs, drink, stress etc.
- Turns the children against you.
- Uses the children to control you.
- Never does his share of the housework.
- Never looks after the children.
- Expects sex on demand.
- Controls the money.
- Threatens or wheedles you to get his own way.
- Seduces your friends/sister/anyone.
- Expects you to be responsible for his well-being.



Mr Right

A Non-Abusive Man

- Is cheerful.
- Consistent.
- Supportive.
- Tells you look good.
- Tells you you're competent.
- Uses your name.
- Trusts you.
- Trusts your judgment.
- Welcomes your friends and family.
- Encourages you to be independent.
- Supports your learning, career etc.
- Admits to being wrong.
- Is a responsible parent.
- Is an equal parent.
- Does his share of the housework.
- Accepts that you have a right to say "no" to sex.
- Shares financial responsibility.
- Takes responsibility for his own well-being and happiness.

In short... Behaves like a reasonable human being.