

The Freedom Programme
Home Study Course
A supplement for the book
'Living With the Dominator'



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Freedom Programme Home Study Course
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'Living with the Dominator' Workbook

Section 1

1.1. Introduction

Welcome to the Freedom Programme. This workbook is to help you to experience the programme and to acquire the knowledge, which can help you to live a safer happier life. It is suitable for you if you are attending the programme as it can increase your levels of understanding. If you cannot get to a Freedom Programme then this workbook is a way of completing the course in your own time. After you have finished it you may be inspired to join a programme if one is available. Completing the workbook is an excellent preparation for the course itself.

The facilitators are wonderful and will give you lots of support and practical help. You can also make friends with other like-minded women.

If you are a man who is waiting to attend a Freedom Programme then this workbook is also for you.

This workbook must be used in conjunction with the book 'Living with the Dominator'. Please read it before starting the workbook. Then work steadily through the programme following the instructions on how to refer to the book. It is useful to read each chapter again before starting the appropriate section. 'Living with the Dominator' can be bought from Amazon, Lulu, W.H. Smith and from my web site, www.freedomprogramme.co.uk. Contact details for UK Freedom Programmes are also listed there on the home page of the web site in '*programme venues*'.

While doing this work we may begin to realize how very abusive our current partner actually is. It is wise not to challenge him. Complete the course. Knowledge is power!

If you are thinking of leaving try to plan carefully. If you are in the UK, call the **National Domestic Violence Helpline 0808 2000 247** for information and help. Download a free version of the book, 'SAFE' by Neville Evans from my web site.

1.2. Statistic quiz. How much do I remember from the book?

Tick the boxes. The answers follow so you can check your score.

The Quiz

1. Domestic Violence accounts for:

2% 10% 25% of all reported violent crime.

2. In Britain a woman is killed by a violent partner or former partner every:

3 days every week every 2 weeks

3. It is estimated that:

3% 13% 33%

of women experience domestic violence in their lifetime.

4. How many times on average is a woman assaulted before she seeks help?

5 15 35

5. On average, how many men a year are killed by their female partners or former partners?

22 52 112

6. On average, how many women a year are killed by their male partners or former partners?

12

52

112

7. How many women's refuges are there in England?

275

1000

5000

8. Is a woman:

less likely

just as likely

more likely

to be assaulted when she is pregnant?

9. Domestic Violence happens because of:

drink

drugs

stress

mental illness

unemployment

Power/control

10. What percentage of murder victims are men who have been killed by a partner or former partner?

4%

40%

80%

11. In Britain, police receive a complaint about domestic violence every

60 seconds

6 minutes

6 hours

12. In Britain a woman is assaulted in her home every

6 seconds 60 seconds 6 minutes

THE ANSWERS

1. 25% of all reported crime (Amnesty UK 2006)
2. Every 3 days (Home Office 2007)
3. 25% (Home Office 2007) my experience with the Freedom Programme leads me to believe it is higher. Many of us do not realise we are being abused.
4. 35 (Amnesty UK 2006)
5. 22 (Home Office 2007)
6. 112 (Home Office 2007)
7. 275 (Women's Aid 2004) and approximately 1500 animal refuges.
8. Women are 3 times more likely to be injured when pregnant (Refuge 2007).
10. 4% (Home Office 2001)
11. 60 seconds (Day to count 2000 *Elizabeth E. Stanko*)
12. 6 seconds (Day to count 2000 *Elizabeth E. Stanko*)

1.3. The Dominator and Mr Right

You will see from the statistics that most abusers are men and that they use abusive behaviour to keep us women under control. Now open your book at the picture of the Dominator on page 11. Read about each type of abuse. You can then add more examples of each type of abuse to each type.

When you have done this look at Mr Right on page 15. Read all the examples of non-abusive behaviour. We will return to study him in greater detail later in the course.

Question

Why do abusive men want to control us?

Answer.....

Check your answer with page 13 of 'Living with the Dominator'

Sometimes we don't know what we believe. Sometimes we think we believe something when we actually believe something different.

Beliefs awareness exercise

Do I believe that is important to keep the air we breathe clean?

Answer.....

Do I drive a car?

Answer.....

If the answer to both questions is yes what do I actually believe?
It is possible that I believe that my own comforts and needs are more important than the need to have clean air.

Do I disapprove of bullying?

Answer.....

Have I ever shouted at my children, partner or the dog?

Answer.....

If the answer to both questions is yes what do I really believe about Bullying?

Do I believe in keeping my body healthy?

Answer.....

Do I smoke, drink or eat too much?

Answer.....

If the answer to both questions is yes what do I really believe?

Do I believe women have a right to say no to sex?

Answer.....

Have I ever made a feeble excuse?

Answer.....

Have I huffed and puffed and sulked?

Answer.....

If the answer to two of the questions is yes what do I really believe?

Congratulations! You have completed section 1. There is a lot to think about!

Notes

Write your thoughts and feelings here to begin to keep a record of your progress through the programme.

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This is the end of the sample chapters