

THE DOMINATOR

The Friend

Based on
'The Freedom Programme'
By Pat Craven

Rosie Philomena

The Dominator

Trigger warning -

This piece includes descriptions of various types of abuse and coercive control.

Pat Craven is a qualified social worker and probation officer who ran courses for male 'perpetrators' of violence against women and children.

In 1999 she used her experiences to write 'The Freedom Programme' to educate women, girls, men and boys on the subject, and in 2008 published 'Living With The Dominator'.

Although the original '**Dominator**', '**Mr Wrong**', '**The Friend**' and '**Mr Right**' described by Pat Craven were male, the information is still relevant to all types of relationships.

I also write from my own experience where the 'dominator' was my husband.

The Dominator

'Mr Wrong'

Pat Craven's '**Freedom Programme**'

Helped me understand my life

Back then was in denial

Of my treatment as his wife

They're called the '**dominator**'

And controlling is their game

(For all of their behaviour

Just remember you're to blame)

The '**bully**' or the '**jailer**'

(Never knew that was a thing!)

Ensures you know their status

Of the castle they're the king

The '**headworker**', '**bad father**'

The '**persuader**' and the '**liar**'

The '**sexual controller**'

Work together to conspire

Against you as a partner

Using guilt, or shame and fear

Destroying with intention

Everything that you hold dear

The '**liar**' can't be trusted

Don't believe a word they say

The truth's a foreign concept

They're deceitful in their ways

The '**headworker**' will gaslight

Makes you think you're going mad

Or ridicule you daily

Everything you do is bad

'**Persuaders?**', now they'll guilt trip

Use coercion and/or threats

Intimidating others

To ensure their needs are met

The '**jailer**' hides your house keys
And confines you to the home
Your wings are clipped, they've trapped you
You can't go out on your own

The '**sexual controller**'
Will assault or cruelly rape
Or use humiliation
With this person you're not safe

The KOC ('**king of the castle**')
Expects *you* to meet their needs
Sex, cooking, washing, cleaning
Are among those tasks in deeds

And then the cruel '**bad father**'
Uses access to control
The whole family dynamic
As they play the leading role

The '**bully**' preys on others
They perceive as being weak
Enjoys exerting power
Takes control over the meek

They'll use intimidation
Either pacing up and down
Block exits so you're cornered
Giving evil stares and frowns

They sulk or they'll use gestures
Tap their foot or clench their fists
They'll shout, slam doors and cupboards
(It's not unexhaustive list)

This way of living's toxic
Always ready for a fight
But all's not lost believe me
There is always '**Mr Right**'

The Friend

'Mr Right'

Now in this brief description
A true picture we should paint
They're normal human beings
They are certainly not saints!

The '**lover**' and the '**partner**'
The '**truth teller**' and your '**friend**'
'**Good father**' to your children
If they're wrong they'll make amends

Negotiating issues
Boost your confidence it's true
With them you're liberated
They bring out the best in you

The '**lover**' buys you presents
Wanting nothing in return
Romantic in a good way!
They'll show genuine concern

The '**partner**' shares the housework
Pays their portion of the bills
Equality is foremost
And they're glad to share their skills

Then next, a good companion
Is the ever faithful '**friend**'
They'll talk as well as listen
And on them you can depend

The '**truth teller**' is honest
They're not sly or underhand
Direct communication
Means you know just where you stand

Responsible for actions
And admits when they are wrong
Will be upfront and honest
Not keep stringing you along

The '**liberator**' welcomes
Friends and family to the home
Supports you in a business
Or career of your own

They value your opinions
And support your hopes and dreams
Give compliments and mean them!
They're as nice as they first seem

Encourage your endeavours
Give your confidence a boost
With words of affirmation
Self-belief can be produced

'**Negotiators**', now then
They're a very different breed
Responsible, accepting
Of arrangements you've agreed

They want things to run smoothly
With both access and divorce
Reducing stress for children
As agreements are endorsed

And then the fair '**good father**'
They'll work with you as a team
Supporting your decisions
Not imposing strict regimes

And so...

By fleeing the abuser
I had time and space to see
The way I had been living
Was an unfair safe place to be

I found the freedom programme
Helped me educate myself
On all types of behaviour
Which improved my mental health

You'll find some more examples
On their website, take a look
They've videos on YouTube
Courses, leaflets and some books

My book, 'Journey To Freedom'
Will explain a little more
I share my own examples
There's a lot there to explore

References

Copyright: Pat Craven - 'The Freedom Programme' 1999
& 'Living With The Dominator' 2008.

The Duluth Model - Domestic Violence Intervention Program (DAIP) was developed by Ellen Price and Michael Paymar in Minnesota 1984.

'The Power And Control Wheel' was adapted from the model.
The diagram explains the tactics that an abusive partner uses to keep their victim in a relationship.

Other resources

'*The Journey To Freedom*' By Rosie Philomena free to download @
www.rosiephilomena.org

Website: '*The Freedom Programme*'
www.freedomprogramme.co.uk

Helpline: 01942 262 270

Helpdesk email:
help@freedomprogramme.co.uk

Business email:
info@freedomprogramme.co.uk

National Domestic Abuse Helpline: 0808 2000247

Website: www.nationaldahelpline.org.uk

Domestic Abuse Support: '*You Don't Own Me*'
Website: www.ydom.co.uk

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