

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 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.

The Freedom Programme

is running

Awareness Raising Courses for Women in

There is no charge

www.freedomprogramme.co.uk