

## **Feedback from our Men's Programme**

### **Wigan 13/14 October 2014**

My God, what can I say? Life changing/attitude changing. I will change and will carry on reading. Learned so much about myself

Although the programme was only two days long it was intense. It was well demonstrated and opened my eyes as to my beliefs. I know I can be a better man and benefit from what I have learned.

I am pleased and honoured to be allowed to do this programme. It has been a great experience and I have learned a lot about my manners. Thank you very much to the very brave lady Chris who was superb.

I'm happy I attended the course. I learned a lot about how I impact on my children and how that shapes their lives. Looking at this was very distressing. I did not know how painful emotionally this could be for them. I will be withdrawing my application for residency of the children from court. Their mother is an excellent mother and I will support her.

This course opens your mind. Chris was brilliant and helpful. It has been great I would definitely recommend to other men.

The course was interesting; gave lots of time for discussion around the men over women agenda. I didn't know what I was doing was abusive but I have been abusive to my partners.

I think the programme is very good. It has taught me and made me understand a lot about how I have been putting so much pressure on to my family without me knowing what I was doing. I will go from here and be able to be a better father and partner. I really couldn't believe there was a part of me and what I've done in this book. It is my time to change

Many thanks for this programme. You were very honest and didn't hold back on the impact of my behaviour. It was a hard thing to be faced with very upsetting, but nothing compared to what I put my wife through. It was a shock when I saw images of me reflected back.

It was a good course. I learned a lot about relationships and how adults' behaviour affects all the family

Thanks for delivering such an informative programme which has certainly put things into perspective for me. Chris is fab so welcoming and really made me feel at ease from the start and comfortable at all times especially broaching some difficult subjects which made me feel emotional at times.

I will be going home and apologising to my partner and my kids. I don't expect them to forgive me and realise that I will have a long way to go but I will try my best to undo the damage I have done. Thank you

I never saw myself as one of those men - how stupid was I

So glad I attended with my partner. Wow, how much have I learned. I often wondered how I ended up here now I know and have knowledge

Thank you for the programme. I am not going to stop here I am going to continue to work on my behaviour, before I even think about being in any relationship.

Very emotional to hear how my behaviour was shaping the future of my children. Very powerful

I blamed social workers for removing my children I blamed her for having me thrown out I blamed the police for arresting me. I blamed her friends for putting ideas into her head. I blamed her family because they never liked me. I blamed everyone except the person whose fault it was ME

## FEEDBACK FROM MENS PROGRAMME APRIL 2015

Very Helpful and thought provoking

Makes you question yourself and address things you may have done

Only a 2 day course but very intense and helpful

I will go from here still thinking and reverting back to things we have discussed and dealt with

This was only two days but could potentially last a lifetime in a positive way

I found the course to be helpful in understanding better my abusive behaviour and the mechanics of it. The facilitator was helpful, non- judgemental and precise.

I believe the course should be made more widely available as domestic abuse seems to be more in the public eye. Better to work this way working with the cause and not the end result is clearly the way forward. Thanks for your help and showing me I can improve my behaviour.

I really found this programme helpful. It has certainly opened my eyes about my abusive behaviour. Everyone was open about all issues of abusive behaviour. I know in my own mind I will not be an abuser again. Thanks to everyone involved in the programme.

I was a woman on the course, I attended with my partner. The course has helped to reinforce the lessons he has learned and the changes he has made to his beliefs and behaviour. Chris was very good at helping the men challenge their beliefs. Course was emotional but helpful. Raises lots of questions.

I have got a lot out of this course, seeing things I do to my partner without noticing it myself. I leave this course knowing a lot more about why I do things and seeing myself in the characters involved.

I found the course revealing mostly concerning my behaviour and understanding it. I feel I have now taken responsibility for the changes I need to make in order to move on.

I am under no illusion that it will be an ongoing process for the rest of my life. The skill and non-judgemental attitude of Chris Ashton's conduct of the course was all inspiring for me to embrace the change needed and to truly respect and love my wife unconditionally.

So glad we attended the Freedom course together, has definitely been good for my husband to see everything through my eyes and put himself into my place in all the awful situations that we have been through. I know it has given him an understanding as to why he behaves in such a way and made him take a deeper look into the person he is without using excuses for his behaviour.

I can only thank you for organising a joint group session for us and believe it has enlightened our relationship to make the changes and improvements necessary for a better life together.

The programme is such an ideal realisation of how responsible I have been for the whole way my family has functioned. It is hard to believe. I now accept more responsibility than I did before the course. I have taken so much away with me.

I thought the course hit home with a lot of stuff that I had been though in my relationship Everybody knew it was toxic but me. This course has made me realise there were a lot of things wrong Chris broke it all down so that I could understand how wrong I had been. Thanks Chris

Great opportunity to understand my own behaviour and start improving my family life.

Look forward to seeing if the information gained has an effect on my husband and my home life. Just after the first day, the relationship felt more positive

Helped me to put all my hurt and confused thoughts and feelings into some sort of structure. Has armed me with information to assess my partner's behaviour and make decisions to improve my future.

Meeting other women in similar situations helped me clarify my thoughts too, and to know that I wasn't imagining things and that domestic abuse, even if non-violent is unacceptable.

Chris (and her team if you call the helpline) are great. Passionate and dedicated. The course can be really hard going – emotionally and very thought provoking, disturbing even. Advise for anyone looking to do the course- do the coursework to get full benefit. Take your time and di it bit by bit. It's tough at times, but do it and think about it. Remember there is an answer and you can hope but you have to be open and honest. It's totally transformed my perspective on and understanding of abuse.

### **Feedback from Men's Programme 13/14 October Thank you Chris Ashton**

Men and partners wrote:

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