# The Dominator

The **Dominator** was inspired by the Duluth Domestic Violence Intervention Project in Minnesota. He is one man, but he will change into the other characters to use different kinds of controlling behaviour. He can change from one character to another with lightning speed.



## The Bully

- He uses intimidation to control his partner by shouting, glaring, sulking, driving too fast and firing questions at her without giving her a chance to answer.
    - As a result, she believes he is angry and tries to placate him.




## The Headworker

- The Headworker uses emotional abuse to control his partner.
- He may tell her she is ugly, stupid, fat.
- He may never use physical violence.
    - He may never need to! He has all the control he wants and needs by being coercively controlling and emotionally abusive to a point where she will lose all self confidence and self esteem.

**The Jailer**



- He isolates his partner by sulking when her friends visit.
- He refuses to look after the children when she has arranged to go out or go to work.
- He charms friends and family, so they do not believe her.
- He moves her to remote places.
- As a result, women are completely isolated.



**The Liar**

- He makes the abuse seem less than it was by using the 'only' word. For example, it was 'only a slap'.
    - When the 'only' word is used the listener does not really hear the rest of the sentence.
- He also denies there was any abuse, or he blames the victim.
- Many men come to the programme asking me to help them to deal with this horrible woman who forces them to be violent.
- The Liar also uses a bewildering array of excuses.
    - He blames drink, drugs, overwork and unemployment.
    - He blames loss of temper, low self-esteem and insecurity.
        - As a result, his victim and many other professionals believe him.




**The Bad father**

- He uses the children to control his partner.
- He turns them against their mother.
- If she leaves him, he uses the courts to harass her for access.
- He denies paternity and tells her she is a bad mother.
- As a result, women can have their children removed.
    - He can seriously damage their ability to parent effectively.



**The King of the Castle**

- He controls his partner by treating her like a servant and expecting her to do all the dirty, menial jobs.
- He controls the money and makes all the major decisions.
- As a result, women can come to believe they are second-class citizens.

**The Sexual Controller**



- He uses sex to control his partner.
- He refuses sex, demands sex, and rapes her.
- As a result, women feel dirty and used and unable to stand up to him.



**The Persuader**

- This persona comes into play if his partner has left the relationship or reported him to the police.
- He uses coercion or threats to persuade or frighten her into resuming the relationship.
- He wheedles his way back into the relationship by threatening suicide, crying and saying he has nowhere to go.
- He threatens to hurt the pets.
- As a result, women have him back and drop charges.

**Why does the Dominator want to control women?**

The behaviour of the **Dominator** is based upon his beliefs. This applies to everyone. All our actions are motivated by our beliefs. They are the engines that drive our behaviour. We often do not actually know what we believe. If we think about our beliefs at all we see them as facts. The **Dominator** holds hundreds of beliefs which allow him to abuse us. Many of them contradict each other. This is known as '*cognitive dissonance*'.