

Project Mirabal

How did you feel about
the groupwork?

Funded by:



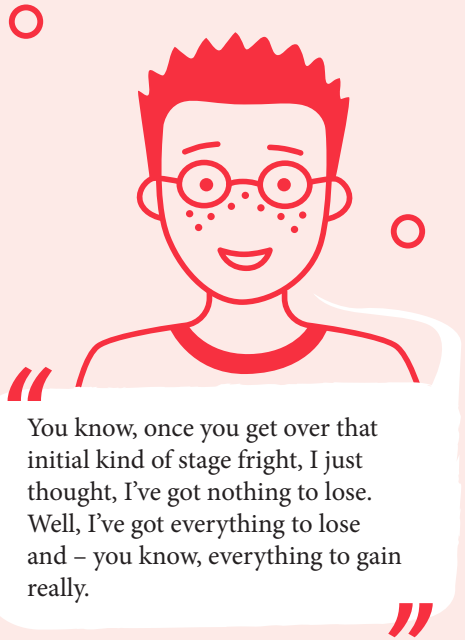
How did you feel about the groupwork?

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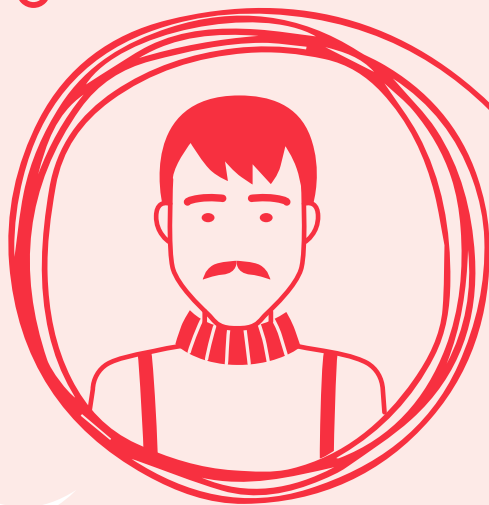
So it's not entirely foreign to me. Erm, with kind of my church background we have lots of small groups that meet and we'll do, you know, we'll pray for each other and stuff, so these kinds of details of sharing this kind of stuff is not entirely alien to me. I've not necessarily been sharing the kind of stuff I share with the group with my church pals, but as I say it's not entirely alien to me.

Erm... it does take guts. Because there is – there is always the conflict. "I wanna do this, but it's just easier not to. I wanna share this, but it's easier not to."

It's easier to listen to other people's stories.




It's quite scary in a lot of respects, erm, because you've gotta sit there and talk about the way you've been – in front of other people that you don't know to start with. But there's also that thought in your head that, well you're not the only one. In some respects I suppose you could say it's – I don't know whether "exciting" is the right word to use, but it's – it's something I'm looking forward to getting going, because I need to do it for me, and I want to do it for Sue. And, I want to be the husband that she wants and deserves. That's what I want to be.



It's good to speak in front of people there 'cause I learn off some people, like the lads on the course, and they might learn some stuff off me too, so it's good to share the information in the group instead of one-to-one.

I don't have a problem with it being a group because everyone there is in the same boat. We're all trying to get help to sort the problem out so I don't have a problem with it.





Project Mirabal was a research project which investigated the extent to which perpetrator programmes reduce violence and increase safety for women and children, and the routes by which they contribute to coordinated community responses to domestic violence.

projectmirabal.co.uk