

Project Mirabal

How much do you think
you've changed as a result
of being on the programme?

Funded by:



northern rock
foundation



How much do you think you've changed as a result of being on the programme?

I'd like to think that I have opened up more as an individual, become more trusting towards Rachel, because of the levels of communication that have increased and the honesty and all that. I think, I'd like to think that, you know, our relationship has become more loving because of it.

There was always two sides of me, there was always a good Dave and a bad Dave, and I think the bad Dave has gone. So I haven't changed as a person, I've just removed the bad parts of me. Julie always used to say that good Dave is amazing, brilliant and perfect, bad Dave is a horrible and nasty person. I think bad Dave has gone so there is just good Dave left so, you know, I'm still the same person underneath. What happened was that all that bitterness and anger and nasty stuff came up and came out and has been and gone and there is just good things left.

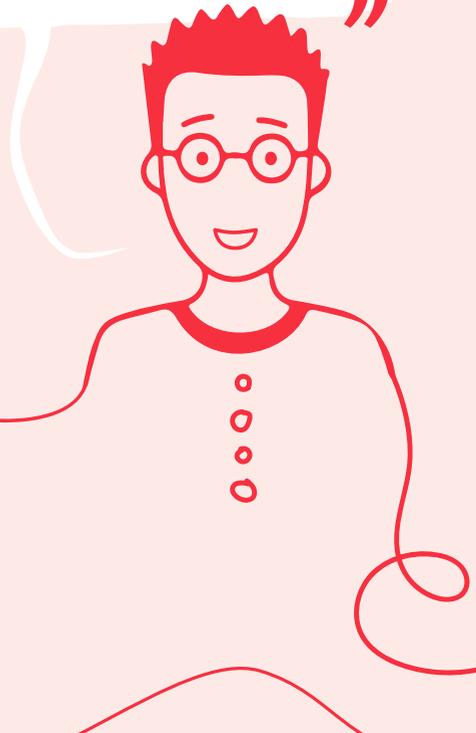
I would say, I definitely wouldn't say I'm cured, no, not by any stretch, not by any means at all. No. But I think that its given me a lot of ideas and understandings on how to change long term. You know, I don't think there's any instant pill that you pop and you're a changed person. I think what they try to do on the course is to try and make you think and recondition some of your thought processes.



Quite a bit. I don't think along the same lines.

100% from my behaviours in the past. Behaviours of physical behaviour, without doubt 100%. Er, shouting and raising my voice 100%. Listening and communicating I would say improved but room for much more improvement. Yeah, I would say overall, you know, the bigger picture, I've definitely improved considerably. Without doubt I am definitely a better person than I was.

A lot. I'm a lot calmer, more thoughtful, just – I think I'm a better person in myself. I feel happier and I'm not as angry, I'm not as stressed, I still have stresses and stuff but I try not to build it up. I try and talk to someone and get it out rather than build it up, build it up, then scream at someone. If I've got a problem I'll pick up the phone and phone my brother or a friend or someone.





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