

## Results: Well-being Questionnaire Programme

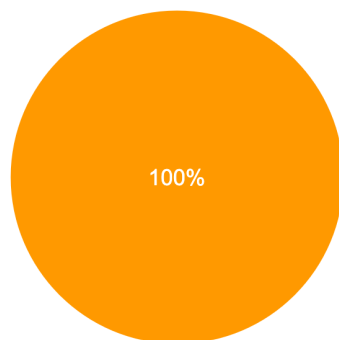
# Freedom Programme

Evaluation Form Follow-Up - Results January 2023

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I am better able to understand different aspects of abusive behaviours and the reasons and beliefs behind them.

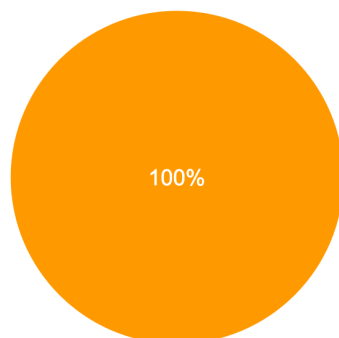
5 responses



- Disagree
- Somewhat agree
- Strongly agree

I have gained a greater awareness of healthy relationships and non-abusive behaviour

5 responses

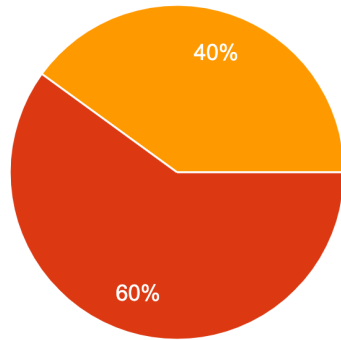


- Disagree
- Partially agree
- Strongly agree



I have gained some self-confidence and am more compassionate towards myself

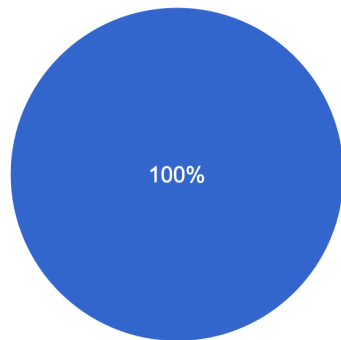
5 responses



- Disagree
- Partially agree
- Strongly agree

Do you feel this programme was of value to you?

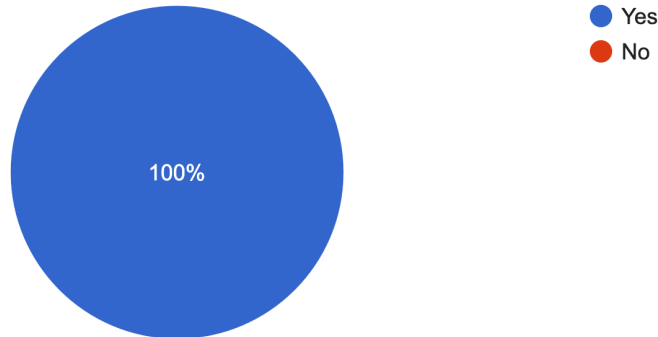
5 responses



- Yes
- No



Do you think this programme will make a difference to you, your family and/or your children?  
5 responses



If yes, please make any comments about differences...

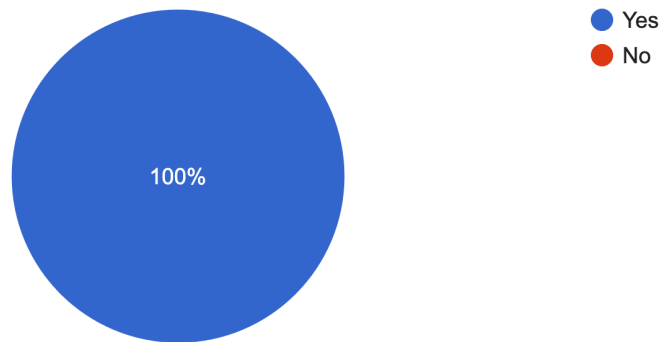
5 responses

1. I have a better understanding of abusive behaviours and feel it will better my future and my children's future.
2. Yes - can strive for and recognise healthy relationships and pass this on to my children  
I have extended my friendship network
3. I will always suggest this course and I can now cut toxic out
4. It helps me see what the triggers are and how to resolve them to keep everyone happy and safe
5. Being able to recognise abuse and keep my children away from it



Have you managed to make any changes or take any actions as a result of attending this programme?

5 responses



If yes, please make any comments about changes or actions...

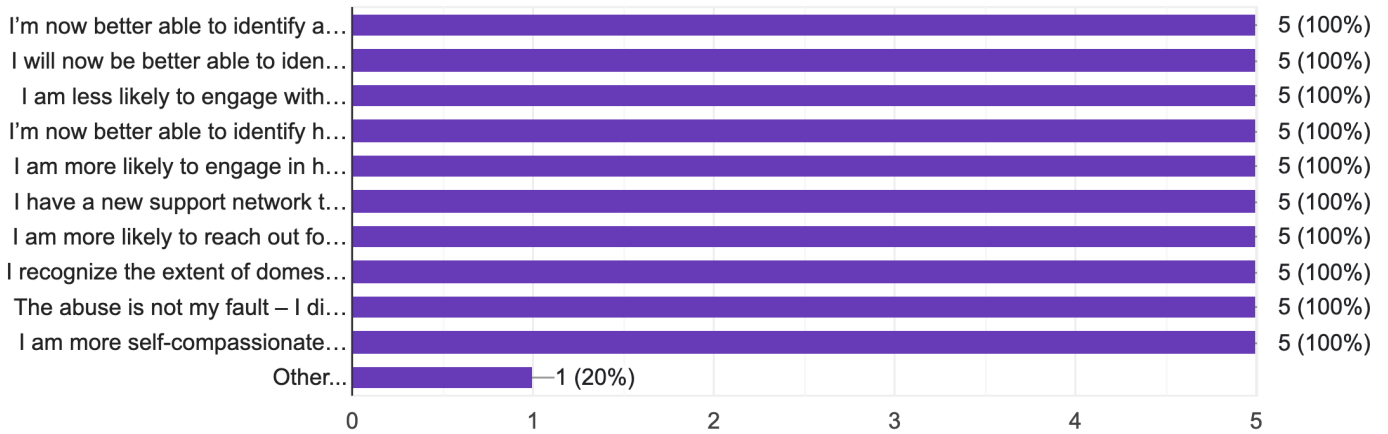
5 responses

1. Realising and making steps before arguments happen.
2. Reminded me that my ex partner's actions are still about power and control so I have kept my boundaries strong as a result of reinforcing my knowledge.
3. I haven't killed all of mankind (joking)  
(I have ADHD no filter)
4. Me and my partner have started to talk more and understand we both need to help each other
5. Beginning to move on from the past and start living the now instead of dwelling on the past.



If there are any key learnings that you took from the programme, what would they be?

5 responses



Please comment on any other key learnings...

4 responses

How to make my children's future better

2. Learnt more about rape culture

3. We all deserve better

(Notes on tick boxes, TL answered:

1/2 to "The abuse is not my fault – I did not choose for myself or my children to be abused"

1/3 to "I am more self-compassionate and kinder to myself"

4. I have learnt that not everything is my fault and it helped me notice signs I didn't know in a relationship that were bad.



## Any other comments/suggestions?

4 responses

1. Brilliant course, will recommend

2. To give examples of how each 'dominator' persona can be present after you have left the relationship ie through 'bad father', 'headworker' etc

3. Keep Lesley and Marie on this  
More women need this

4. Talking from a single mother perspective, this course has taught me not to give up and there is light at the end of the tunnel.  
Meeting previous people who have attended the freedom programme has made me realise we are not alone.

I agree for my comments to be used anonymously by Oasis for future marketing

5 responses

