

Tuesday 13<sup>th</sup> of October 2015

Tonight we discussed and explored the ideas of Own-her-ship. We first went about by characterising Own-her-ship and what it might say to our friend Jack.

### **Own-her-ship**

“Jack, she is yours now that you are an item. She should fit into your lifestyle. She should never say NO to you”.

“She should agree with you” “She’s your property” “She’s at your disposal” “She has no voice”

We discussed a scenario – Sue talks to Jack about a week’s holiday in Bali with her girlfriends, some of whom are single.

### ***What would Own-her-ship suggest to Jack about Sue’s discussion around going to Bali?***

“Is she single now?” “Don’t let her go” “Question her motives” “Where are we going?”  
“You can’t trust her” “Can you trust her?” “You need her” “Gotta look after your property mate”

### ***What value might Jack see in taking Own-her-ship’s advice?***

Get what you want      Control/dominate      No feelings of jealousy/insecurity  
Respect of others (men)      Easier

### ***By taking on the suggestions of Own-her-ship, what might be the effects?***

Dangerous Ideas      Jail      Pushing her away      Looping out      Overthinking  
Worry      Anger      Frustration      Aggression      Distant      ↓ Trust

### ***Where would Jack have seen Own-her-ship before? What phrases, traditions or movies would he have seen it in?***

Friends/family      Movies – “Cook my eggs bitch” from ‘Once Were Warriors’      Weddings      Names of cars

### ***What would Jack be doing if he resisted Own-her-ship’s advice?***

Trusting her      Supporting her      Reassuring her      Happy for her

### ***What would be the effects?***

↑ Relationship      ↑ Love      ↑ Closeness      ↑ Trust

### ***If Sue was resisting Jack’s relationship with Own-her-ship, what might she be feeling, thinking, doing or saying?***

She’s distancing      Unhappy      More time with friends      Walk on eggshells  
Worry about being accused      Unsure if she wants this relationship      Feel unsafe  
Feels less as a person      Doing the opposite      Complying

Have you ever taken on Own-her-ship’s advice before? What was that like for your partner?

Which of the above effects do you want more of in your life and your relationships? Why?

Have you ever resisted Own-her-ship’s advice? What did you do? What were the effects?