



The
Liberated
Woman

A Path to **Hope and Healing**
from Domestic Abuse

**Love Shouldn't Feel
Like This**

*How to spot control
before it steals more of you*

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www.theliberatedwoman.org

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WOMAN TO WOMAN

This is for you.

If you've been feeling uneasy, second-guessing yourself, or wondering if you're "overreacting,"

I want you to know this: you are not imagining it.

This checklist is here to help you notice patterns that are often hidden in plain sight.

This is not about labels or rushing decisions. It's about seeing clearly, at your own pace.

HOW TO USE THIS CHECKLIST



Read slowly. **Notice what lands.**

Tick or underline anything that feels familiar.
Even one tick matters.

Reflect in the notes space, this is for your eyes only.

Patterns can be subtle at first.

You may have been living with them for so long that they feel “normal.”

WHY THIS MATTERS

Coercive control is a predictable pattern, it doesn't always lead to physical violence, but it can.

The early stages often look like:

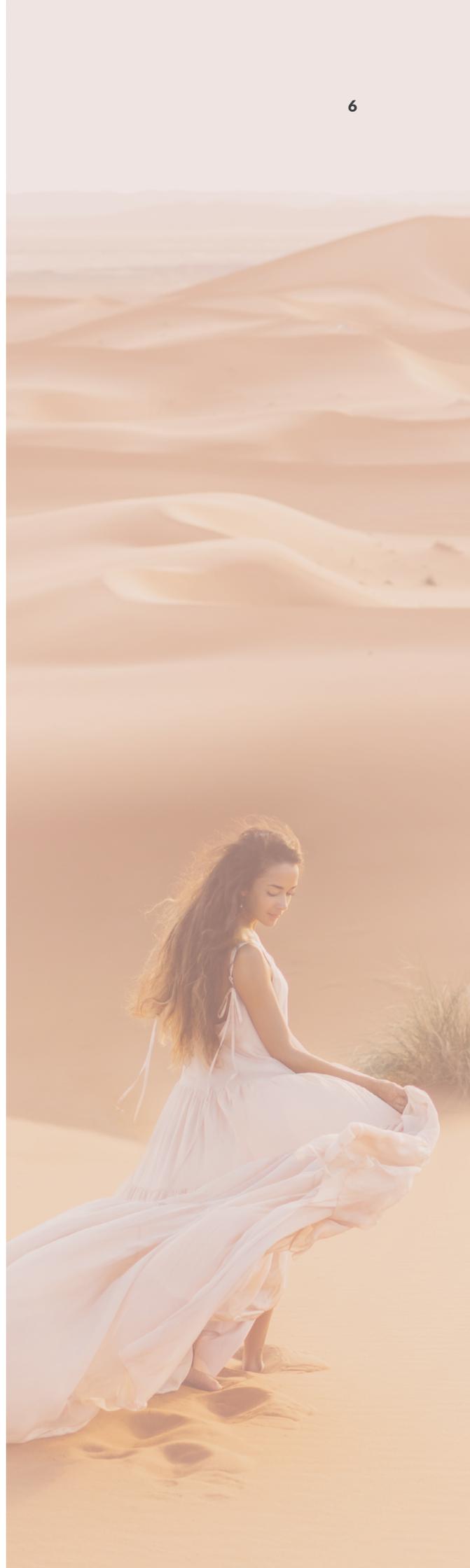
- Love bombing (overwhelming attention)
- Control (rules, restrictions, "concern")
- Isolation (pulling you away from support)

This control can continue even after separation, often through:

- Manipulation in co-parenting
- Financial control
- Using "concern" as a way to undermine your independence

Why It's Hard To See:

- It happens slowly
- It's wrapped in love or care
- You've been told you're "too sensitive"



WHAT YOUR TICKS MIGHT MEAN

- 1-2 ticks:** Your discomfort is valid. Pay attention, these may be early warning signs.
- 3-4 ticks:** There may be a sustained pattern of control developing.
- 5-6 ticks:** These behaviours are often part of established coercive control.

This is not about diagnosing abuse. It's about recognising patterns so you can protect your wellbeing, and, if needed, plan safely.

*If My Best Friend Told Me These Things Were
Happening To Her, What Would I Think?*





QUIET NEXT STEPS

- Keep this checklist somewhere safe, or memorise it.
- Notice if these patterns repeat or intensify.
- Talk to someone who will believe you without judgment.
- Learn more about coercive control, knowledge is protection.

You're not alone.

This checklist is part of The Liberated Woman, a safe, discreet program for women moving from confusion to clarity to confidence.

We walk beside you, no pressure, no judgment.

HELP IN DUBAI

- For immediate help contact Dubai Police 999.
- For medical emergencies visit Rashid Hospital they assist with the legal paperwork (private hospitals usually don't).
- Dubai Foundation for Women & Children
800 111 | help@dfwac.ae (Call ahead)
- You can also connect with your Embassy if you are in need of emergency support.
- Reach out to someone you trust—such as a friend (not a mutual friend), a therapist, or your employer.
- Check whether your workplace offers an Employee Assistance Program (EAP), which can provide free confidential support

In the UAE, your battle against domestic abuse is supported by the law—specifically, Federal Decree Law No. (13) of 2024. This legislation isn't just about offering help—it's about ensuring justice. The law acknowledges various forms of abuse, including psychological, sexual, and financial.



I want you to have this, no pressure, no judgment.

It's a free, 30-minute Private Clarity Call with someone who truly gets it.

If you'd like to talk through what you've noticed and how it's been affecting you, I'm here to listen.

And if you feel ready, we can explore The Liberated Woman program, a safe, guided space to make sense of what's happened, reconnect with yourself, and begin creating a life that feels like yours again.

It's free. It's private. And it might just change the way you see everything.

In Light,

Saria

Founder: The Liberated Woman

ABOUT US

At The Liberated Woman, we believe every woman has the right to feel safe, seen, and supported, without judgment, without pressure.

We work with women who have experienced domestic abuse, whether recently or in the distant past, and are now ready to make sense of their experiences, reconnect with who they are, and begin moving toward a more peaceful, empowered future.

We know what it feels like to walk on eggshells. To question your reality. To feel like the old you has disappeared. And we're here to remind you: you're not broken. You're not overreacting. And you are not alone.

**We are survivors,
specialists, coaches,
and advocates working
together to make sure
no woman has to rebuild
alone.**





Saria Moran

Founder TLW

An NLP Practitioner and Certified Life/Divorce and Domestic Abuse Recovery Coach, utilizing her extensive experience in Corporate Safety Security & Health to empower clients towards emotional independence. She is a Chartered member of the Institute of Safety and Health (IOSH) and an Accredited member of the International Coach Federation (ICF).



Rana Saadedine

Program Manager

Over 20 years of corporate experience, including roles at Emirates Airlines and Dubai Airports. Currently, the Manager of Learning Partners at Dubai Airports, overseeing Leadership Development and specializing in networking, project management, and promoting women's empowerment as an active member of the Dubai Airports Women Network.



George Howard

Financial Advisory

With over 30 years of investment, pension, and estate planning expertise, George is enthusiastic about empowering women to achieve financial independence post-separation. Passionate about growing and transferring wealth across generations, she offers expert guidance to high-net-worth clients, focusing on UK tax rules and financial strategies for families.



Samara Iqbal

Advisor

UK-born Islamic Scholar and lawyer Samara specializes in divorce litigation in the UAE, with offices in Dubai, Doha, and Riyadh. Recognized for her expertise in Sharia law, she supports expatriates in legal matters and serves as a legal consultant in international family law. Samara is a member of the International Bar Association.

Safety Note:

If you think your phone or laptop might be monitored, open this on a safe device or screenshot only the sections you need. The title and language have been chosen to be neutral, so it's safe to keep them if that feels right for you.

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