



Chapter 30-Malika (“Industrious” or “striving”)

The next two chapters are about Malika (a woman who for some time has allowed herself to be controlled) and her very controlling boyfriend Mojag. While their stories are in many ways very connected, they are at the same time two very different people. Mojag’s methods of control are so sophisticated and refined, I have decided to give Mojag his own chapter. This first chapter is Malika’s story.

Malika is an only child in her mid 20’s who works as a clothing designer in a fairly large metropolitan city. She is originally from Europe and her parents still live abroad. Malika has been living in the US for approximately the last six years. She is attractive, dependable, capable, intelligent, and very mature for her age. She is the type of person who tries to take care of herself. Malika loves food and music. When she is at the beach, she is almost always dressed nicely. Her clothes appear very neat and well cared for. She is the type of person who enjoys socializing with others. Malika is trustworthy. She is honest about just about everything except for her feelings. As a clothing designer she is very creative, talented, and a hard worker. She often puts in 12 hour days providing fittings for women of every kind of fashion that you can possibly think of. Malika is very good in a field with few qualified colleagues. Her skills are very much in demand even though the pay itself is relatively poor compared to most jobs. She earns enough to afford a very modest one bedroom apartment and little else. There are actually two people living off her salary, as she supports her boyfriend Mojag as well. He recently turned 30 years old, but has no job and has not worked for at least three years since he met Malika. During the summer, when he is not sleeping from an over-indulgence of self-medication, he is content to do nothing but sit at the local beach and drink, smoke, and partake in as many recreational drugs that he, or Malika, can afford. During the winter months, he stays at home and does the same while Malika works.

This has been a great source of frustration and unhappiness for Malika. Mojag is also extremely emotionally abusive. Despite the fact that she provides his daily food (whenever he wants it) and a place to live, he is unappreciative, degrading, and manipulative. He insults and berates her whenever she is in his presence, and even more when she is not. When she is not around, he very casually refers to her as “Hitler.” At times, Mojag’s verbal abuse in public is so severe that Malika is reduced to tears or she often pretends that she has not heard his rude and hurtful comments. When Mojag’s criticism is too intense or unbearable, rather than get into a full scale argument in public, Malika will usually withdraw from the encounter, sit by herself, take a walk, or join in conversation with other people who happen to be sitting around. When these methods do not work, Malika will usually begin to drink or partake in recreational drugs. For the most part, Malika appears to be very much in denial about her relationship with Mojag. In public, she presents herself as a very tough woman. Her ability to pretend that nothing is wrong is at times profound. Sadly, on the inside, she is allowing herself to be torn to pieces.

...