Exploring Dom-Sub Relations
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After reading the piece on Dominant-Subordinate Group Membership, you may wish to do any or all of the following activities:

Exploring the Dom role:
Choose one category of your identity (maleness, race or ethnicity, educational level, able-bodiedness, religion, heterosexual, etc. – this will be different in different cultures) where you have dominant group membership. Then make a list of all the ways you have privilege, benefit, or advantage in your society because you belong to that group. Be as specific as possible. Now consider what you can do to share that privilege with those in the Sub category.

Again, choose one category where you have the Dom role. In the evening, before you go to bed, think back on your day, and make note of all the times and situations in which, were you someone in the corresponding Sub role, your life would have looked very different.

In a conflict situation in which you are involved or act as a peacebuilder (or one that you are a witness to), who are the Doms? What privileges, advantages, and benefits do they have that the Subs don’t have? What are the stories they tell themselves about their position of dominance?

Exploring the Sub role:
Choose one category of your identity where you have subordinated group membership. Imagine that you have someone of the corresponding Dom group in front of you, and he or she is prepared to practice Compassionate Listening with you as you tell your story about a particular Sub experience you had that impacted you. Tell your story in as great detail as you wish. If you can actually find someone to do this with you (especially someone who has membership in that dominant group), that would be wonderful. If not, imagine it – telling your story and being listened to, deeply and lovingly, by someone in the Dom group. What do you notice?

Again, choose a category where you have the Sub role. In the evening, before you go to bed, think back on your day, and make note of all the times and situations in which, were you someone in the corresponding Dom role, your life would have looked very different.

In a conflict situation in which you are involved or act as a peacebuilder (or one you are a witness to), who are the Subs? What struggles and difficulties do they have that the Doms don’t have? What are the stories they tell themselves about their position of subordinated group membership?