

Powerful And Loving

The 5 Phases of *UNSHAMING*



The specifics of a gradual process of releasing toxic shame fully to experience a more authentic, whole, natural, at ease and confident self.

Phase 1

I SEE you

You have already gone through half of phase 1, completing the following steps...

- Spot the signs of shame
- Identify Core Message(s)
- Glimpse potential of true self

To finish this phase, you will need to...

- Situate and source where is shame in my body.
- ID negative impacts
- Commit to Radical Ownership:
 - Withdrawing projections of shame on others.
 - Tracking the root of negative thinking, harsh judgment and blame back to shame.

Phase 2

I KNOW you

Before anything can truly change,
we need to gain a deeper *understanding*...

- WHERE healthy and toxic shame really comes from....
 - Developmental purpose
 - Physiological function
 - Societal utility
- WHY toxic and healthy shame is stuck within you – THE IMPOSSIBLE CHOICE
- The different parts of your unique SHAME COMPLEX:
 - The Victim Child who had to swallow it.
 - The Rebel Teen/Revolutionary Warrior who rejects it.
 - The Overcompensating Adult who hides it to save face.
 - The Poisoned Mind that projects it.
 - The Deceived King who is advised by it.
- Glimpsing the “healthy shame” (diamond in the coal mine) that is waiting for you.

Phase 3

I LOVE & ACCEPT you

- A gathering of 8 ALLIES
 - Eco-consciousness
 - Ancestors
 - Higher Power
 - Mind - Magician
 - Heart - Potent Lover
 - Solar plexus - Loving Warrior
 - Belly and roots - Wild Healer
 - King ~ whole body and self

- "Tapping" with aspects of shame ~ one of the gentlest, most effective, and easiest ways to invite love and acceptance, soothing and rewiring negative thoughts and emotions within the reactive nervous system, trackable in real time.

- Foreshadowing the Great Reveal ~ A gentle way to observe, track and encourage ourselves to continue unshaming...

Phase 4

I am NOT you

With deep understanding, complete support, and the process of healing shame already underway, it is time to track remaining shame and actively release it.

- The Shame TEST ~ flushing and measuring remaining shame.
- The Flush ~ “Active” and gradual releasing process.
- The Continued Cleanse ~ Continued tracking and “passive” releasing...
- The Final Illusion ~ when we hang on to the ghost of shame...
 - Dissolving deceptive fears
 - Embracing and disarming secondary emotions like grief, healthy guilt and remorse...

Phase 5

I AM...

Having released a significant if not entire aspects of shame, we are ready to celebrate, reveal and revel in the presence that is at the core of our true self.

- The Great Reveal** ~ Recognizing WHO remains...
- A Crystal Clear Mirror** ~ Witnessing and celebrating profound impacts of our unique presence...
- Pulling Back The Curtain** ~ When and how we may reveal our true face.
- The Penetrating Gaze** ~ seeing and helping those we love and spend time with to see beyond their own shame.

ONE CAVEAT

Doing it alone

As you may have seen me explain in the video [here](#), I would caution you from thinking you can and should attempt to go through all 5 Phases of Unshaming alone.

I recommend you defy the voice of shame telling you to hide and that you should continue the path as a lone wolf.

I also know from personal and professional experience that when toxic shame is shared with loving and accepting allies, the process of unshaming is sooo much easier and accelerated.

ONE INVITATION

UNSHAME with US...

*Imagine going through the 5 phases of unshaming
within the span of a spacious weekend....*

The Great REVEAL



Guided by five seasoned leaders and with a small group of men highly committed as you are to release their toxic shame so as to be able to reveal to their loved ones a clearer and more confident present selves.

Having led hundreds of men through this 1-1, I have seen how the process together in a group over a weekend is much more amplified and accelerated.

We will proceed, phase by phase, step by step, observing and measuring progress.

And though you might not expect it, we will also be having a *lot* of fun!

To learn more and get the current details
about any upcoming unshaming events like
THE GREAT REVEAL retreat...

[DETAILS HERE](#)