

# Men's Preparation Information

*Thanks for signing up for a powerful time!*

We have a great group of men (and waiting list) for this level-1 men's group! If you have yet to have a session with me, please sign up for a phone session before the group to help lay the foundation. The cost of that would be \$166 per 45-minute phone session. You can schedule with my assistant Melissa at [info@ChristianCC.org](mailto:info@ChristianCC.org)

I am honored that you have chosen to do this deep work, it speaks to who you are.

Please read carefully the information below:

## **PREP WORK BEFOREHAND:** Two Different Tracks

Sexuality Track vs. Abuse Track (you can choose both if you need both, just read more)

#1- Readings- Books

### **Sexuality Track:**

Read *The Sexually Healthy Man* and *The Psychology of Porn*. Be familiar with the themes. Also, read the "Sexuality Section" of the book *To Be A Man* by Robert Masters and bring that book with you.

### **Abuse Track:**

Read *How Not to Be an \*SS and Why Does He do That?* By Lundy Bancroft. Also, read the "Anger chapter & Sexuality Section" of the book *To Be A Man* by Robert Masters and bring that book with you.

## #2- Write your Story

### Assignment #1

This is a detailed timeline of your sexual and/or emotional development, a map, so you can locate where you have been. Start at the beginning. How was sexuality or emotions introduced to you? How was sexuality or violence talked about or not talked about in your home? What was the first time you were introduced to pornography and/or trauma? Abuse? Begin to enter into the stories. These should be bullet points to help locate you in your current story.

### Assignment #2

Choose one story from assignment #1 and dive deep into that story. Use all five senses, in the scene of abuse, or first exposure to pornography, or sexual betrayal: what were the smells, the sights, what did the chair or bed feel like? What was the taste? During this assignment, you are landing the plane into your story, not merely flying over it. You must feel the weight of the story, if you are not feeling it or want to distance yourself from it, it is not worth your time doing it. Allow your body to enter back into what it has been trying to escape all these years. You will bring this to the first group meeting.

### Assignment #3

Read and bring To Be A Man by Robert Masters the Anger chapter and the entire sexuality section- bring this book as we will briefly review each group. And make sure you have read How Not to Be an \*SS or read or listened to The Sexually Healthy Man & The Psychology Porn.

(Please print out and bring the WAIVER form filled out)

Let Melissa know if you have any other questions. Looking forward to it.