

# HEALING SHAME

## by BEFRIENDING IT

WHEN, WHERE: **APRIL 14, 2007** Saturday, 9:00 AM--about 4:30 PM:  
MKP-Chicago MEN'S CENTER [Kuempel], 1900 W. Fulton, Chicago

WHO: MEN only [All men invited]

COST: No fixed price for this program. Free-will offering will be requested; we'll tell our expenses  
BRING your own lunch, drinks, snacks; or lunch at an eatery reasonably close.

PRESENTERS: John Everingham, Andrew Fash, Scott Hellem, and probably others.

CONTACT Everingham 847.657.0677h or 847.204.7450m [before March 1] everjohn87@aol.com  
for questions, directions, or to 'register' by giving your name, intent, and contact info. Please  
pre-register soon after you decide to come. We can handle last-minute deciders, and will  
NOT turn away any man who hasn't pre-registered, yet our planning--and our enthusiasm-- will  
benefit from having some idea of how many men are coming.

Shame becomes toxic when I try to avoid feeling it, or shift quickly to anger, fear or emotional  
shutdown. Although it's mostly a silent emotion, we can learn to welcome and talk about shame, and  
experience it in our bodies--thereby detoxifying it. We'll have fun playing with how to spot and  
defang ten bad Shaming 'Rules.' And we'll spend some time receiving, giving and asking for  
blessing--both to practice it and to celebrate. **An intensely personal workshop, with maximal  
safeguards.**

AGENDA:

1. "My shame is welcome here"
2. Emotional Safety: OK to pass--with honor, each man controls his own 'zipper,' confidentiality
3. Check in 1
4. Context: Primary & internalized [toxic] shame; The befriending process, and how humor helps.  
-----Container is now CLOSED. No entry after Check-in 2 begins-----
5. Check-in 2: Important tool: Name It--Major shame issue and shadow naming.
6. Feedback, questions & answers [may be interspersed].
7. Lunch break
8. Tune up container--Ritual of Shadow Naming
9. Empathy heals shame; lack of empathy generates shame
10. Another tool: Recognize the non-empathic setup--Shaming 'rules' to be aware of  
Have fun with Shame 'rules'--mime, ham acting, jokes, 'Shame Jeopardy,' and ???
11. Possibilities--We may offer 2 or 3 of these at the same time; men will chose which to attend
  - A. Feel shame in the body--an exercise in owning shame and rendering it less toxic
  - B. The Shame Doctor--dealing with shame in Guts/Psychodrama
  - C. Deepening--revisit # 5
  - D. Visualization--becoming a conscious channel for the Divine
12. Money and shame: How to give what feels right to you
13. Blessing heals shame: Practice and celebration--giving & receiving blessing; asking for blessing.