

Empowered Man

CLEANING & CLEARING CONVERSATIONS

WEEK 6 ASSIGNMENT

Please make a list of 3 messes that are energetically and or physically still not clean/ clear. You can list some thoughts here:

1. _____ 2. _____ 3. _____

Once you have your list of you're going to contact either face-to-face or on the phone. Feel free to blame Empowered Man as the reason for the call. You can say something along the lines of, "I joined this Mens Program and one of our assignments was to reconnect with someone who we care about that we've harmed/wronged or where things didn't end well , and I thought about you." My intention for this call is to take full responsibility for the part I played in our relationship.... BELOW ARE A FEW STEPS YOU WANT TO BE CLEAR ON. My ask is that you practice at least twice with you group/buddy before making the actual call. If the person won't speak to you email/text them what you were going to say and let them know you're available anytime they want to chat and that you truly apologise.

STEP #1 Begin with the end in mind- What is your expectation/ intention for this call? Get clear that the intention is to FREE them and yourself from this energetic breakdown in your relationship with them, asking for forgiveness, giving you both closure.

STEP #2 Prepare to LISTEN without expectations. They may be very hurt, so prepare yourself to allow them to express without trying to defend yourself, justify or fix the situation.

STEP #3 Get off the phone asap! The tendency for most people is to justify our behaviour. The issue with this is it creates a cycle of back and forth where both parties can find themselves justifying their behaviour. Share your piece, take responsibility, allow them to share anything they have to say, say thank you & then get off the phone.