



## Man on Purpose – Session 3 Transcript

### “Mapping Your Life as a Man”

[0:00:00]

Chris: Hello, hello, men. Welcome to Session 3 on the Man on Purpose course. Understanding How You Resist the Call. It's so great to have you here. Once again, Chris Kyle is here along with Michael Russer, our Program Manager. Hello, Michael.

Michael: Hi, Chris. After a long weekend, it's good to be back with everybody.

Chris: Yes, likewise. It's great to be here with all of you. I see some men still rolling in. And we got a good crew. Just hitting some names here. We got Bill here and Randy and Tom, Dwight, Carrie, Ed, John, Gary, William, Michael, Paul, Ken and many more. So thank you, men. Shout out to some of you that are here. More men are just rolling in as I speak.

So wonderful sharings on the discussion forum, such great activity and supporting each other. So thank you, men, for staying active and sharing your thoughts and your vulnerability and also sharing with each other and supporting each other. So thank you, thank you.

So as I introduced last week, we'll get started with our four levels presencing practice that we did last week. If you weren't on the call last week and you didn't hear it, you'll go through it with us right now. So if you can, if you're not driving or doing something else where you need to keep your eye open, why don't you just ground your feet, put your feet flat on the ground, close your eyes if you can, if not, just bring your awareness to your body and your breath.

First level of presencing is we get present with our physical body. Generally the best way to do that is just tap in and connect with your breath. Deep breaths all the way down into your belly. Let the breath be full. Bring yourself to this moment and your awareness to your body. Do a little body scan if you choose from your feet all the way up to your head or from your head down to your feet.

And what that looks like is just noticing your head and feeling it, feeling into your chest and your arms, your belly, just let your mind check in with each of those parts of your body, bringing your awareness to the sensations in your body. You can feel kind of a tingling as you bring awareness to different parts of your body. Let the breath deepen as you welcome your body here right now. Your physical presence is here right now. Welcome. Welcome, my body.

We move to the next level, the level of the mind. Have this mind-body connection. And now we take a look at my thoughts right now in this moment, thinking about that's got my attention from earlier today or yesterday or something I may be thinking about in the future, for later tonight or tomorrow. So just bring your awareness to what you're thinking about right now.

Present in your thoughts, presence to your thoughts as well as to your body right now. Just notice and then welcome those thoughts. "Oh, I notice I'm thinking about this conversation I had earlier today with my friend or with my partner." Noticing I'm thinking what I have to do tomorrow morning for work or whatever I have, responsibilities with the kids, whatever it may be.

And just notice those thoughts and notice how they tend to pull us back into the past, something that we're dwelling on, or pull us into the future. So as you're hearing my voice right now bring your thoughts to this present moment. "Ah, I'm here on this call with all these amazing men. I'm hearing Chris. My mind is here. And welcome." So welcome your mind and welcome your thoughts right now.

And then we move to the next level, the third level, which is our emotional state, our feelings. Just notice and check in with that -- some call that subtle body, the emotional body, that there is a current of feelings like waves that move through us. Some of the common feelings, the primary feelings are bad, joyful, fear, anger, shame, all those, the kind of five primary feelings.

**[0:05:10]**

You might have some subtleties of that right now, feeling slightly frustrated or a little bit anxious. Notice the quality of how intense the feelings are right now, these emotions. And see what's most predominant right now for you. I'm noticing for me right now it's predominantly sadness and joy together, sad and joyful. So I bring that here right now. And so welcome our feelings, these waves of feelings that are never permanent, that are always moving and shifting. And so just notice and welcome feelings right here right now.

And then we move to the fourth level which I call the level of intention. And this is where you have an opportunity in this present moment to set an intention. That intention might be something as simple as that I'm here willing to receive the learning at this time in this course today or I'm open to really hearing more deeply my call, open to learning about the resistance that I have to my call, even as simple as I'm present and open.

So whatever your intention is now and maybe you want to bring your intentions somewhere that's related to the course, something about the call or something about your resistance you're already noticing, and to just bring that as an intention. I'm willing to see and embrace my resistance, opening myself to the call more fully so that it's for you. Just take a moment to feel into that very simple intention.

So thank you, men. Welcome. Welcome again to the call. And I just always find that it grounds me to go through that process. I can feel more in my body and my mind slows down. I'm just here with you, men. I'm not worried too much about how the end of the call is going to go and what we need to do halfway through. I'm just right here with you.

In a moment we're going to do a quick poll around this idea of the call or the calling that you're receiving. And then we're actually going to go into a breakout session pretty quickly here. But before we do, I just want to speak to this second of the course, this idea of listening for the call. And I have read all of your posts in the website, in the discussion forum. And so thank you. Some really insightful posts, beautiful sharing, vulnerable.

And I just want to encourage you men to keep that up, just keep the momentum. If you haven't yet posted there, certainly tonight or tomorrow go and post what you're experiencing around the call. This is what really deepens the container, opens up the space for deeper insights for a-ha moments, for kind of a shared journey like you're seeing what other men are sharing and it really resonates with you. Bringing more transparency of your journey will help not only you but other men.

So this is part of the opening. It's part of our catharsis together as men as we go on this journey. And we're starting step by step. We're not just jumping right into saying, "Okay. Write your purpose statement out here in week 2." We're on a journey together. And it's an important step by step journey. So keep with it and keep opening yourself up.

And so I am seeing as I'm reading, and this has been my experience over the last several years of leading the course, is that not all of you are feeling challenged by "not hearing" or having a call like, "I don't get it, I don't have it, I can't hear something." And let me tell you. Wherever you are at right now is completely okay. There is no like everybody should be getting X kind of course. Right now if there is nothing really clear coming, that's a sign or a signal to just be patient or make sure you're spending enough time alone or journaling, whatever it is. Make sure you're giving yourself a space to hear something or to have something emerge for you.

So it's okay. Wherever you are and whatever you're experiencing is completely fine. There is no right or wrong. I declare right now a perfection-free zone. So this course and everything in it is a perfection-free zone. You get to explore and play and learn without having to feel you need to do it right or you need to somehow be perfect.

**[0:10:06]**

If you're struggling a bit to find the call, I want to remind you of a couple of things. This idea of the call early on in our journey around purpose is not purpose. Remember, the call right now is not your purpose. It may be something very simple that draws you deeper into the adventure of you opening yourself to eventually start to see, "Oh, this is really the pointer towards my purpose." So right now the call is really more like, "Where do I need to put my attention? What's arising for me now that's really important or that I'm not looking at?"

So one example for you is -- this is my own life -- a number of years back the call that I was feeling is that I wasn't being as creative as I wanted to be in my life, like boldly creative. So the call really was investigating what's holding me back from being more creative in my life, like more writing, more music, more original things and programs I was creating rather than kind of being that good coach or consultant or supporting other people with their creative projects or being a good facilitator of programs and workshops that other people have created. Wonderful. I'm sure many of you do that, lead workshops or do programs that other people have created and you're a coach or a facilitator of that experience.

What I realized is that there wasn't sort of a pure creativity coming out of me. So my call which is not really my purpose was how can I find a pathway to bringing more of my creativity forward. So you see, in a way that's simple. And a few of you on the site have had hit that simple thing. "Oh, I know that I just need to bring more focus to this journey to allow myself to really land on something that has most juice for me."

Others were sharing a little bit about just the journey of looking at my resistance and noticing where I check myself out, where I sabotage which is what we're going to talk about today but that could be part of the call, really dealing with this big, juicy, negative message that I've got. And those are all part of the call to say, "This is something I need to look at and embrace so that I can continue to move deeper into the journey."

Two things are likely happening for you around this idea of the call. One is that you may be trying too hard to listen for the profound call, the deepest call, the calling of your life, the yearning. And sometimes that can be daunting. It's almost too big. And it might be more that pointer of, really, you're already starting to think about purpose and I'm just inviting you in to what's the simple call right now that's grabbing your attention that came out of you exploring all areas of your life.

And maybe that's the perfection zone there. That's where you're trying to find the perfect call, the right call. And it may be actually a series of calls as I've written in my emails. It may be two or three interwoven calls or not just one singular one that say, "Okay. This is what I need to be looking at and paying attention to."

And then the other one, the other likely thing that may be happening if you're struggling with this idea of call is you're trying to think yourself into it and that you

want to know it right now. And I'm going to suggest to you that you can simply go back to your notes that you've written in the first week of the course. You can kind of reflect on some of the things in your journal, look at what men have written. And then give yourself space to feel what might be most juicy for you, most up for you now, what's calling you now. And sometimes that may come from a quiet moment of just insight and inspiration, not trying so hard with brain to think about it like, "I should know this. I got to figure this out." Let it be.

If something still is not there, that's okay. It means that you're in some kind of limbo space that it's "Ooh, okay. I'm just open. I'm open to see what emerges in the coming weeks." And that may be it for your call. I am curious and open and a little scared about what might come out. And that's what's calling me right now, my willingness to be in that unknown.

So the simple thing for your journals or a simple exercise if you're still in the conversation with yourself about the call is just to write in your journal this very simple phrase and fill in the blank. The call I'm noticing now is. The call I'm noticing now is. And let it rip. Don't be under perfection. I encourage you not to overthink it. Let it come out of you. And it may be interesting to see as you let a freeform thought that something does emerge from that that is clearer for you.

**[0:15:14]**

So there you go. Please be in the perfection-free zone. Trust where you are right now. It's exactly where you need to be.

So I'm going to do a quick poll with you men. And the question is pretty simple. How many of you have noticed the call or experiencing a call that is pulling or tugging at you now of any sort? You got it. It could be very simple. It could be something more complicated. But if you have a call, press 1. If you feel like you don't have a call at all, like it's just not clear, you're drawing a total blank, press 2 on your phone. And 3 is really not sure or sort of. I'll let you off the hook here. If you feel like something's emerging and you're in the question of it and it feels like something's coming but it's not as clear as a yes or no, then go ahead and push 3.

So you have 1, 2 or 3. And go ahead and do that now. I see you guys are coming through. So just keep doing that so I can see all the responses. So you can hit 1 if yes, 2, no, and 3 not sure/sort of. Great. So keep doing that. If you're able to, I hope you can on your phone. You can just press 1, 2 or 3.

And what it looks like now is 44% of you are yes. It just looks like one person is a no. And 29% or eight men are sort of, the 3, not sure/sort of. And there's a few for whatever reason didn't get a chance to respond because they're on a hone or on the computer or something like that.

So that's pretty interesting, very interesting. So mostly the yes and the not sure and very, very small for the no. So that's really wonderful to hear, men. Thank you.

You're in the exploration, you're in the journey and there's very, very few of you that are in the no. And for whoever is the no, I can't see it here, hey, let me offer you this. You don't have to end that exploration this week. You can let it percolate through this week. Give yourself the space to really sit with it.

So thanks for that poll. I really appreciate it. Very helpful.

And now we're going to go into breakouts here. I'm going to have Michael mute you all and then put you into groups of two, so into dyads. And one of you may have three in a group because I think we have an odd number tonight. But we're going to spend just six minutes in the dyad, three minutes each.

And the question that I'd like you to answer, to share with your partner are what is the call you're experiencing. We just took a poll and most of you have something. So just get right into it. Just introduce yourself and then say, "Hey, the call that I'm noticing or experiencing now is this," just start with that. No preamble. Just get right into it. Describe it. So you have the full time to share about that and what's coming up for you around that and everything.

And then the support question is what are thoughts and emotions around the call that's coming up for you. So first is just describe what is the call, what are you noticing, whatever that is for you, and then what are you noticing about your thinking and your feelings around it which is really important.

I'm just going to do a quick thing here. I'm going to mute them. We need to mute them, Michael. So you're all in groups. I think we have one group that's in a group of three. So just manage your time. I trust you men can get right to it. I think Bill, Mark and Gary, you're in a group of three and all of you are in dyads, you're in just pairs.

What I'd also remind you is just when you decide who goes first and you're the listener, just listen, hold space, allow the man that you're listening to to just share. Don't respond or ask questions or interrupt. Just let that man flow it all out. Hopefully that can be done within three minutes and then we'll switch partners. So really just hold space for the man to do his sharing and then it'll be your turn next.

So here we go. Just listen to my voice. I'll come in at three minutes and say, "Hey, it's time to switch partners." And so here we go. I'm going to unmute you men and you're going to just hear your partners.

**[0:20:00]**

All right, men. Sorry. That might've been a rough end but that's just how it goes. We don't know where you were at the time but great shares. I was able to jump through some of the rooms and listen to the shares. So thank you, men.

And so what I'd like to do is have some share outs from a couple of you men, share publicly like talk radio with the rest of the men here. I'd love to hear from one or two

men that really feel like you know your call, you're clear. And certainly we'd love to hear from a man who's not that clear or in that sort of space. If you want to share, hit 1 on your keypad. I'd love to hear from a few of you men. So go ahead and do that now. Hit 1 on your keypad to share what you shared in your breakout.

All right, great. Let's hear from a couple men. There we go. All right. Thank you, men. Great. Joe, you're live. I'd love to hear what you shared.

Joe: Wow. Okay. Well, what's calling me is that I've been stagnant for a while and I feel as though I have many gifts to offer that I'm not offering. And I've been in a much better place we'll get in the discussion forum where I'm appreciated, was looked up to, I was a great role model to follow, I was shining a light for others to follow, a good light. And I've lost that and I can see how that's affecting all my motivations along with those all around me especially the close ones and my family and friends. It spiraled down.

Chris: Thanks, Joe. How might you frame that as positive as you can? Certainly there are a lot of "Gosh, I don't want that and that's been a problem." Is it something about shining your light more brightly? Is that how you would positively put it?

Joe: I want to be able to offer the gifts that I have to give.

Chris: Offer the gifts you have to give, that's what's calling you. Great, okay, good. And I like what you said. I was just feeding your words back. There's something about shining more brightly. I didn't make that up. Do you remember saying that? There was this kind of shine brightly quality.

Joe: Maybe seven or ten years ago I had a good taste of it. I had a lot of ups and downs and turmoil throughout life. I'll let you see it all. But I've had a touch of that being in the king role, and I want it back.

Chris: Great. Thank you, Joe. Thanks for sharing your call. I appreciate it. Great. And let's go to John. Hey, John.

John: Hey. How are you, Chris?

Chris: I'm doing well. What's your call? What are you experiencing?

John: What am I experiencing? It was interesting when you said that there could be more than one. Yes, I'm looking at one but I came up with a second one. So I'm noticing that I am in my marriage but resisting getting out of it. Does that make sense?

Chris: Yes, I do. I know that. I've been there.

John: And I've been separated three times. The thoughts and emotions that come up around it is that I can't do it on my own. I can't be on my own even though I've been

separated. And those voices sort of come from my wife's perceptions and judgments when we were separated, and I bought into them.

Chris: Yes. Good. That's a good one. And what's the second one or the other one?

John: And the other one is doing something different. I've been in the same location for 30 years and trying to step out and look at the world and be connected. I'm pretty much sitting in a room all day and work on television. So I want to be connected to the world.

Chris: Great. You want to be connected to the world. I like that.

**[0:25:02]**

John: I do. Thirty years of doing television. I was telling Patrick who I was in the room with, I'm seeing the world but never left my room to experience it.

Chris: I love your combination of calls because I do know for when my marriage was breaking down, it really felt like I needed to get really honest with myself about that relationship. And in a way it was preventing me or holding me back from really giving more fully of myself or stepping more on my purpose path or bringing more energy to other parts of my life. It was a big drain. So it was connected. Even though the call is about really dealing with my relationship, it was true and that it opened up a lot of space for me when I got really clear that it was not working for me. And I did get a divorce. And it opened that space and energy for my purpose. It was incredible.

So I really hear you there and I also hear this adventure of getting out, being out in the world more and making a change, something new. Thirty years of doing the same thing, it's time. That's a call. It's just time. And that's enough. Those two are enough energy, John, to move you as we explore more directly your purpose. Those are two huge pieces of energy that will help you on your path.

John: Awesome. Thank you.

Chris: Yes. Thank you, John. Thanks for sharing. We'll do one more man. Let's go to Gary. Gary, how'd you like to share?

Gary: Hey. Yes, I'd like to share. I thought I was that no. I believe there's stuff emerging through me. It was very helpful to be able to dialogue. I think what's up around my call is just being seen more. I think I've gotten to a comfort zone. Content wise, I'm good at what I do but I think the world and everything around me is telling me it's not really enough anymore. There's so much technology. There's so much tools that you have to be very flexible with. I have to get through that resistance. It's kept me on my growth edge for a long time. I just feel myself fading to the back of the stage. I think that's what I'm getting clear about is that I need step up.



I just had this little anecdote and I didn't realize it was part of this. I was actually at a community place. I was donating blood which something I haven't done for a long time. Anyway, I've been in this room many times. I noticed there was a lectern there and I thought all the times I've been in this room I've never been the person presenting. Yet in my work I've gotten called to do that not infrequently. I just decided it wasn't a role for me but it can be.

Chris: It can be, yes. Beautiful, Gary. And I like that. A little element of your call came in more of an anecdotal and image of that. So maybe there is something to "What do I want to share now? I've been speaking. I've done speaking before. But what now wants to come out of me? If I was standing at that lectern what might I say now that's more true or deeper or important for me?" So that's something you can investigate, this idea of what's the message underneath the call.

I would say, Gary, go and start journaling around "Why did I not stand up there?" but maybe it's more stand up there with a different message and maybe there's something underneath that imagery that you got.

Gary: Thank you.

Chris: Thanks, Gary, Good share. I appreciate it. All right. I know we have a few other hands up but we need to move on. Certainly feel free to share any thoughts that come up right now in the forum if you'd like.

So we're going to transition from the sharing about the call to now really what the meat of this week. This session is about how we resist the call. And I've already been hearing from you men not only in the discussion forum but just now in the share outs that the resistance is already there, it's already present. That's what's so amazing about this. We take a look at what might be drawing us or calling us forward on this adventure of life. And then almost immediately there's something that arises with it.

**[0:30:11]**

So I'm going to first take us back to the Neo story, Neo and The Matrix. And that's going to set the context for us diving into basically the mechanism of resistance in human beings and then we're going to talk about our inner bullies which is a term I coined. Martin, a good friend and colleague, and I coined the term inner bullies. And we're going to explore that today.

Let starts with the context for today around resistance or resisting the call. And that is going back into the story of Neo in The Matrix. So let's pick up the story where we were with him before. As you recall, he's gone to the night club, came back to his office. He got a phone from FedEx. And Morpheus dials him and is talking to him. And now he's actually in a conversation with a man that he's wanting to talk to or had been curious about for however many months or years he's been looking for Morpheus and trying to understand what the Matrix is.

And remember, the simple call in him right now is not the complete impression of his purpose by any means. The call is what is the Matrix. What is this thing called the Matrix? What does it mean? And I feel something in my life like I need to figure this out. What is the Matrix? So that's his emerging call.

And so he's moving through his office to avoid the authorities. And Morpheus is guiding him. And to a certain degree, he's trusting Morpheus. Okay, go here, go there. He gets out on a ledge. He's 30 stories up. And he's afraid of heights. He drops his phone. Even though he's trusting Morpheus at this point he says, "This is crazy. I can't do this." And in that moment he shuts down and says, "No, I'm going back in."

And he's captured by the authorities, taken to the police station and interrogated there. So he's fully in the Matrix. The agents are interrogating him. And then he has a freak out where his mouth is covered up and he can't even speak. And then he just wakes up the next morning like it was a bad dream.

And so this is the first resistance point, a ledge and him feeling confused and scared and unsure, facing some deep fears of heights or doing whatever he needed to do. He stepped away. And then there were things that happened, the authorities and getting reprimanded and all that. And there is supposedly a bug that's been put in him. He thought it was a nightmare but they put this electronic bug that's inside his body.

And so now the second point, the second resistance point, so he's curious, he's on the trail of Morpheus and Trinity and what is the Matrix. And he's interacting with Morpheus. And then boom, he's resist the call. "No, can't do it."

The second time is then he gets a contact from Trinity and is told to meet under this bridge in the city. It's raining. And he goes to this bridge. A car pulls up. She calls him into the car. He's in the backseat with Trinity and the other two are up front. And basically they have a conversation. "Are you ready? Are you ready to find out what the Matrix is?" And he's unsure.

One of the women has a gun on him. She's pointed it at him and he's freaking out. And he basically says, "Fuck it. I'm out of here." He opens the door. He starts stepping out saying, "I don't need this. I'm just going to go back to my life in the software company. This is too much for me."

And Trinity, he doesn't quite know it but there's something about her that he already trusts. There's already a spark of chemistry, all that. He trusts her in a way that she says, "You know where that road leads. Look down that road." And he looks down the road where the car had just come. And it's raining and dismal and drizzling. And she says, "You know where that road leads."

Think about that, men. You know where that road leads, the old road, the trodden path, the do it the right way, get the good job, whatever, follow the path prescribed for you. And that's going to work anymore.

And she says, "That's not what you want. That's not what you want, to go down that road." It actually stops him in his track. "Yes, this is scary. I don't know what's happening. I'm totally confused. But that is not the path I want to go down, that old path. I'm ready for this new path and to understand." So he gets back in the car and he basically -- at least in that point -- he moves through another resistance point of the call but he has the resistance like, "I'm out of here. I don't need this. I don't want it."

**[0:35:00]**

And so the interesting thing is now it starts to shift where he begins to see that he has allies now on his path, on his own purpose journey path to really finding out what he's meant to bring and give. What does it mean to be -- eventually we'll find out -- to be the one and can be embrace that, his gifts?

And so he starts to trust a little bit more and trust in his allies. So he's introduced to Morpheus. He's now trusting Trinity more, Switch and Apoc. All these others around him are now going to be part of his support team. The Men on Purpose team, the men in the course, your partners, the mentor that you'll have, the passion test facilitator you work with, they're all your allies on this journey. And that's part of the hero's journey is that you meet support along the way, you find allies along the way. And you're in it and you're in it right now of getting the support you need.

So we'll leave Neo there. That's where Neo begins to really see and face his resistance and he begins to understand a little bit more of how he resists the call. And there'll be some other points where he keeps resisting the next step but we'll pause there.

And so what I'd like to do is use that as a transition to just do some very brief teaching around what I call the mechanism of resistance in us humans, in human beings. And we're going to talk a little bit about the stories, the made up stories that we make up about our lives. And then we're going to dive into a short guided visualization and then we're going to talk about the inner bullies.

So let's take a look at the mechanism of resistance in human beings. Number one is that we all, all of us, deal with resistance because we're here and we're present and we're being human. It's part of the human experience. None of us are immune from this idea of mental and even physical resistance that comes up usually around something new in our lives, some change, some possible change or something that is different and out of the norm is generally where our mechanism, our brain mechanism wants to really step in and say, "Whoa, whoa, whoa, stop, stop. We're not going to entertain that. That is unknown and too scary."

So our egoic mind will initiative resist change, something different, something new or some new direction. It's better for our mind to find out ways to keep us safe so it's easier to look at what's the known the territory that our brain knows "Oh, this is okay. This is safe." So we're keeping things the same, if you will, to keep us safe.

Our brain can also begin got project forward and we can look toward what the future might bring and what actions we might take. And that also keeps us in resistance around moving off that path. Here's how it's worked in the past. This is what we're going to now do. This is what your egoic mind says. This is what we're going to do now going forward which is usually very prescribed, safe path based on past experience.

You've probably heard this phrase and I'll give it to you again. What you resist persists. So what your mind continues to look at as some kind of block of resistance to move in some direction -- and we'll talk a little bit about the messages in a little bit that our brain makes up that's unique to each of us. What you resist persists. So the more you resist something the more it persists.

So here's the interesting thing. Resisting the resistance is what is futile. Consciously or unconsciously coming up against continuing to resist that resistance is coming up. So my invitation is don't resist. Be an explorer of the resistance.

Our brains are still hardwired primarily for survival, protection and the status quo by keeping things the same in a safe zone. And our brain has a negative bias too. It's been proven. Brain research and neurologists and neuroscientists have proven that there is a negative bias in the brain toward the I can't or I shouldn't or this is too much or watch out, that's scary. There's a negative bias toward that.

**[0:40:01]**

So we know we're already moving against our biology when we're coming up against these resistance points that basically say, "I can't do that. I don't have enough skill. It's not okay. That's going to be unsafe," any number of things.

We each have our own track that we run, our own recording that we run, and sometimes we have many of them. But there may be a few key ones that are the resistance recordings that we run like an old grooved record player that just keeps playing around and around in circles. Sometimes it skips where it's skipping on the same short phase. I'm not good enough. I can't possibly do this. I'm too weak. I don't have the skills. So whatever that is, there is a resistance that comes up in our minds. And generally it's framed as some kind of story that I tell myself. And our brain, to a certain degree, is hardwired this way.

On the other side, the whole concept of neuroplasticity and what neuroscience says is that as I choose to be in a learning modality or try new things on or embrace shifts and changes that I can actually rewire my brain. I can actually create new neural

pathways. I can ungroove that record of saying a certain thing to myself all the time that I come to believe. I can actually begin to shift that.

However, guys, I need to be able to see and listen to and hear that story that I make up about myself. So our minds made up stories about our life, about our condition, who we are as individual people, as individual men. These stories are neither good nor bad or they're both good and bad. It's not about that some stories are bad and some stories are good. Some may have a negative flavor to them and some may have a positive flavor to them. Some might be more grandiose and there's grandiosity and some of them are really deeply shaming and hurtful.

The thing is they're all just stories we tell ourselves. Again, it's the traps of our mind. As we face something in our past, as we face challenges and difficulties and just growing up from boys to young adults to men is that the wounding that we carry gives us these stories. It provides the story lines, if you will.

Sometimes they're just short phases or messages but they can be full-blown stories, a whole defense mechanism that I have a whole story about how I can't do something. I know you all have it. I have it. I know we all have some areas of our lives or some ways where we have a very built up structure that tells us why we can't take on something or do something.

It might be like, "I have all these responsibilities in my life. There's no way I can actually go for that that I really love or this passion that I really want to embrace more or give myself more to. No, I can't because I have this, this and this. And I'm a good man that provides." All those are the whole stories. And it might be as simple as "I can't because I'm burdened by responsibilities."

Here's the tricky thing. Then we start to be righteous about our own beliefs, our own stories. This is just how it is. There's no way to change that. And sometimes the stories and the messages we tell ourselves are so insidious that we do really believe that they're actually the truth of who we are, of how we need to be or what we should be, what defines us, what is success for us or what are we told to believe somewhere in our past we take on as absolutely that's the right way to believe.

And we all create these stories about our lives based generally on our past and then we layer over them more meaning. They actually more grooved in our lives. What I like to say is that we're meaning-making machines as human beings. We're constantly taking something little or something that happened to us and then making meaning and bigger meaning out of that.

So we think in terms of the story, really not in terms of what the truth is in the moment or what's happening in this present moment, what's real here, what's truth here. But we're filtering it through the story that we've built up over our lives, possibly our entire lives. And that's what we want to poke through.

**[0:45:06]**

When we start to look at understanding how we resist the call we're going to start to look at not only that we may be continually facing our resistance and we're actually kind of resisting the resistance, but we also then tend to make so much meaning out of certain things that have happened in our lives, certain story lines. And that's what prevents us from continuing on the journey, to continuing on the adventure. We just cut it because of whatever our story tells us.

Here's what I'm going to offer you as we go through the guided visualization in a moment and start talking about the inner bullies. I would say that our resistance stories, the negative messages that we tell ourselves, really can boil down to two key interpretations or two key phrases. There are lots of variations of this but, really, the two biggies are simply I can't -- so something about I can't -- and then I'm not good enough or I'm not worthy of having this or having that or being this or being that.

So I can't is like a resistance. I can't do that. I don't have the skill. I don't have the ability. I don't have the education. I can't because of (fill in the blank). And the other one I'm just simply not good enough. And then lots of variations from those. So these stories that we create, what we make up is what adds to our resistance of new ways of acting and being. So it adds resistance there. It stops us from living our passions and it keeps us small.

So the key thing is to begin to really investigate and look clearly at these resistance points, these stories, these negative beliefs. And if we can bring them more out in the light and if we can even have some play and fun with them, then we can begin to pop the energy that they have or poke at them in a way that they have less influence on us. It's not like they'll magically go away but we need to bring them out into the light. We need to say, "Okay. Here's a call emerging. Here are some things that I really want to do. Here are some passions I'm feeling about that I really want to explore." Oh, but there's the old freaking resistance again.

So what I'd like to do now is to do a guided visualization with you. I'm really excited about this. Again, if you're at your desk or in a chair or sitting comfortably, just allow your feet to come to a comfortable position. If you actually want to stand for this, that's okay too with your legs relaxed and stand and have your eyes closed or you can be seated. If you're driving, you can just listen to my voice. Don't close your eyes but just see if you can relax yourself enough to just follow this visualization.

So go ahead. And if you can, close your eyes. A couple of deep breaths, really fill down into your belly. And just tell yourself, "I am relaxed." Just breathe to relax you more deeply. Feel yourself, be present here right now in your body, relax, your breath is deep.

And from this place get connected to a key want or desire right now. What do you want? It could be your call or it can be more simple around what you want in your life right now. Maybe you've wanted it your entire life and you don't have it at this moment. Something you want and you don't have it.

So visualize that. See it playing out in front of you and see who's there with this want, what does it look like, what does it feel like to imagine having this life, that you're living passionate your purpose. It may be a new relationship that really inspires you. It may be the kind of money and wealth that you deserve doing something you love. Whatever it is for you, just see all aspects of it, how does it feel, what do you notice happening as you have it. Do you imagine having it?

**[0:50:09]**

Maybe with your mind you can put it into language, just saying to yourself, "I want this. I don't yet have it and I want it." See it out there in front of you. See the tableau of this or the energy of it out in front of you. It's a ways from you.

So I'd like you now to -- in your mind's eye -- take a step toward it. It's in front of you but you haven't got it, you haven't braced it, taken a step. Now take another step toward it. It's not there yet. It's still just out of reach. You take another step and it's still not near and in your reach.

Now notice what thoughts or words can you hear right now as you think about having this big want for yourself that's in front of you but it's not quite in your grasp yet. What comes up? Notice those words right now. It's right there in front of me but I can't quite get there. I'm taking another step and I'm not there, out of reach. You're moving toward it.

What are you noticing gets in the way of this want that you have for your life? What do you say to yourself? Voice or a thought emerges right now? What is it? I really want this and I somehow can't quite get it or reach it because of what. What is happening for you? Remember that thought. It's probably something pretty simple, but remember that thought as you go for what you want, as you move toward it but can't have it or get it. There is something that your mind says to you, something inside of you that says why you can't have that or it's out of reach.

If you have your pen or your pad next to you, go ahead and just open your eyes and write that down. Come back to this place and time into the room that you're in right now and just wiggle your feet. And if you haven't open your eyes yet, open your eyes now. Remember what it is. Now, if haven't write it down, go ahead and do that. What is the message as you were making that step toward what you want?

As we get close to that want we come up against our own internal resistance, our own story about ourselves we make up. And you might know it. For some of you it might've been like, "Hmm." You just don't know. And that's okay because we're going to explore this a little more. For some of you, you may have it really clear. And it may have come down to something like I can't or I don't deserve it or I'm not good enough for that or that's not my path. I don't deserve to have that. Whatever it might've been for you, it's part of you starting to see what your own internal messaging is, your own negative scripting.

So now we're going to shift this and have a little bit of fun. And we're going to be able to open this up after we talk about the practice and the reflection questions for this week. I really want this to be a fun conversation that we have in our Q&A and all that. You hopefully saw this on the week 3 practice document. If you haven't, if you're at your computer, you can go to the course website. You can go to session 3 and click on the practice document. It'll pull it up right away. And that practice document is your inner bully archetypes. And so that's what we're going to talk about now, your inner bully archetypes.

Let me give you a definition, an overview of what I mean by that. Inner bully is a word that I coined. Noah, Martin and I coined this term. It's really a cool word particularly for me to understand their inner critic or their inner saboteur. There's been a lot written about the inner critic or your inner gremlins. You probably her didn't word gremlins. There's a book called Dealing with Gremlins. It could be your inner saboteur, your negative messaging, any way you want to frame it.

**[0:55:14]**

Our inner bullies are those voices in our being, in our minds that basically push us around. They bully us, these negative messages. Bully is kind of unique to men. A lot of men can really relate to this idea of bullying in some ways more than women. At some time in your life you've been bullied by somebody older, bigger, stronger than you or maybe at some point in your life you were the bully but the bullies were also inside of you but you were the one doing the bullying. And maybe you've been on both sides of that.

And so there's something primal for men about understanding that I'm getting pushed around inside my psyche here by my own inner bullies. And these inner bullies are really the archetypes that we've created. And we've created 15 archetypes. And these come from just talking to literally thousands of men about how would you describe this inner bully's voice or that inner bully's voice or this inner bully's voice.

And then we took this creative process to just start naming them, giving them kind of funny, cool names so that we could begin to have a new relationship to these negative messages, these internal stories, these inner bullies, so that we can bring them more out into the light and they will have less power over us as we begin to look at them, explore them, even have conversations with them. We take them out of that place of resistance for resistance's sake and we look at them. We have a conversation.

And again, you can get the document on the website right now. We've created 15. There are so many variations of these inner bullies. You could certainly create your own and give it your own name. In fact a lot of the work I do with men, some of the work is around voice dialogue which is a very specific process of looking at our



different parts and different voices that we have inside of us that we can actually be in healthier relationship with.

So these inner bully archetypes are like that. They're parts of ourselves that if we come into relationship more and bring them more out into the light, we can transform them. We can shift into new choices and a new way of being that will make it much easier for us to hear the deeper call to then begin to really craft and understand our purpose so we can live it more fully. So we have to do this work. And I say that strongly.

My invitation for you to is to dive deep into this work because this is where we start to clean up the closet. These inner bullies are all under the bed and in the closet and in your backroom, wherever.

So I'm going to share a few of the names. I'm not going to go through all of them because you can just find them right there on the page. These inner bully archetypes have names like the Good Boy, Victim Vinnie, Captain Comparison, Mr. Perfect, the Weird Dude, the Guru, Play it Safe Sam, Atlas Man, Eeyore, the Lone Wolf, Arrogant Al, the Flying Boy, the Accountant, the Drill Sergeant or Put Down Pete.

So these are all just creative names as we looked at these different archetypes that we came up. And you may have your own flavor of variation. A few that I'm going to share are the ones that I found, time and time again, are the most predominant. I'm going to share with you five that I hear time and time again.

The first is the Good Boy. And this is something like, "I have to be good so everyone will like me. Oh, my partner doesn't like that I drive a motorcycle so maybe I should sell it. Oh, it only really matters what she likes or he likes. I want to make sure I don't do anything to upset that." So this is essentially the pleaser voice, the nice guy, the one who wants to make sure everyone is okay and that you're being nice so that you don't have to face any kind of repercussions and face the anger coming back at you. So we play nice, we play good boy and nice and we become the pleaser.

Another one that I see a lot is Mr. Perfect. And this voice is something like, "I've got to get it just right. It's got to be just perfect. You know what. It's got to perfect really all of the time. I don't want people to see that I don't have it all together and that I'm not doing it all perfect. I want to make sure they think I got it all under control. And because I'm perfect, everything will turn out okay and will be easy and all right. I'll be okay if it's all perfect "

**[1:00:16]**

So this is the voice of the illusion of perfection and that perfection will somehow make things easier or safer for me. And underneath that is the fear of making mistakes. So Mr. Perfect absolutely does not want to make mistake or get caught making a mistake because that will be bad. Imagine you're really trying to explore a new way of being, new ideas for yourself and a new direction and purpose. Mr.

Perfect is definitely a message that could get in the way of that journey and at exploration, keeping it very tight.

Another very common one is Atlas Man. An Atlas Man is "I am responsible for everything. It is up to me. And no one else in the whole world can do it other than me. I am the one who has to carry it for my family, for my partner, for my community, for my church," whatever it is. "I'm so weighed down by my responsibility that I can't move. This is just how my life is. In fact, you know what, I'm feeling smothered by it but that's just life." So this is really carrying the weight of the world on your shoulders. "I'm the guy that's going to do it and no one else can."

And then the next is the Lone Wolf. And this is very common specifically for men. This is one of mine too. Mr. Perfect is one of mine and the Lone Wolf is one of mine. This is "I got to do this alone. I really can't count on anyone else but me. I've got to make it happen by myself. You know what. I'm better on my own. I'm good doing it on my own. It's best for me. If I don't take it on and do it alone, then somehow it simply won't get done either. I can't trust other people to do it so I'll just do it. No one else really gets it or gets me so I'm just going to keep doing it alone."

So those are some of the biggies. What's going to be a big part of this week in the practice is to really explore these archetypes for yourself and actually have fun with them. When we talk about the Guru, the Guru is this arrogant quality of that "I don't really have to deal with this. I'm beyond these earthly realities. Just being spiritual is all that matters." You don't have to worry about money or anything. The Guru can bypass things. The spiritual bypasser.

And I can have fun with that because part of me can see at times that I'm running that message. I shouldn't have to do all this. This is beneath me. This is not my spiritual path. And of course, it is. Going through my challenges and resistance and looking at all parts of my life is part of my spiritual path but a part of me wants to bypass it.

We're going to wrap this up now and talk about the practice. But the inner bullies are your internal strategies, your negative voice or the negative messages, the non-empowering messages that keep you rejecting the call or rejecting something new or something that is going to bring about change in your life. They all have some kind of strategy to keep you basically in the sameness or status quo.

And then the outcome of these bullies running your life is that you have the life you have. And fair enough, you do. And some of it is from the choices you've made and some of it is also from these stories, these inner bullies that are running you that also keep you in a certain way of being, that it's time to really look at shedding these old stories, shedding these inner bullies, coming into your power.

And this is not a moral dilemma. So as we look at these inner bullies and you start to explore this more deeply for yourself, it's not about a moral issue of these messages or what I think about myself or others. It's really just an assessment. It's really looking

at how might I be thinking that I'm unconscious to. What are some of the story lines that I run that could come from anywhere? We don't even really need to know exactly where they come from but you can begin to see that they're there. And it's not a right or wrong. So it's not that the morality of these messages is wrong. It's just a message and it's having negative impact on me or there's this other message and I can see that has a positive impact for me.

**[1:04:59]**

So the key question is that as you begin to explore these inner bullies and you start to see the messages that run in your life. Is this what you really want for your life? Do you want these bullies running your life? And it may sound like a rhetorical question but it's an important one to ask yourself. As you work with these archetypes it's really asking yourself, "Do I want to continue to allow these bullies to run my life?" And if it doesn't work for you, then the question becomes "Okay. Are you willing to confront the reality that these stories still are working you?"

So this is what sets up the ordeal for it. This is what really sets up : "Okay. Now I'm starting to get more clear on how I sabotage myself, how I do take myself away from what most meaningful for my purpose or things that I want for myself," whatever it is, you begin to see that now you're coming up against your own internal battle, your internal ordeal. You'll see it in the document, all the inner bullies.

So what I encourage you to do is read all of the little blurbs for each of the inner bullies. And then as you go through them just sit with them a little bit. Don't rush to say, "Oh, I'm this, this and this." You may have a little bit of all of them in you but you may also see which ones are loudest, which are the loudest voices, the archetypes that have the most juice or energy.

At the bottom of that document is the actual exercise where we'd like you to actually do your own selection. Think about which are the top three inner bullies -- what we call your inner bully triad -- your top three inner bullies that have the most juice for you, you most resonate with. "Yes, that's me." And then select those.

And then we're also going to encourage you to seek out two people who know you well and give them that sheet and ask them which ones they see. And maybe they'd just pick one or two. They don't have to pick three. But get some feedback from somebody else and have some fun with it too. "Chris, my crazy purpose teacher, is asking me to do this. Could you help me out? Could you just read through this list? It's basically just one page, a little more than a page. And tell me which ones you think are the stories that I run, the messages that I'm telling myself from your perspective."

The direction is asking them, once they've done that, "How do you see this showing up and playing out in my life?" Just one question about "Oh, give me some markers of how you see this actually showing up in my life." And that's it. You picking this, having some fun with it -- your mix is Arrogant AI, the Guru and Play it Safe Sam.

Mine is actually the Good Boy, Mr. Perfect and the Lone Wolf. That's my triad. I have a little bit of the Put Down Pete in me. I also have a little bit of the Arrogant AI. But those are the three that speak most loudly to me as my triad.

And then you'll notice the reflection questions. Those are really going to be fun for you to share in the discussion forum because you're just going to share what your top inner bully archetypes are and how they play out in your life. What are some markers that you can share with the men like, "Oh, I see how this is actually showing up in my life"? And then what are the impacts and consequences on you personally when these are playing out and possibly on others?

So have fun with it. Think about your own messages. We've shared our messaging of each of these but you may have your own words or phrases. So if you choose the Lone Wolf then write how do you hear the Lone Wolf in you. What's your particular message? And now you're bringing this out into the light. And we can really start working with them and neutralizing these bullies, shifting your stories that you tell you so you can be more open and available to really embrace your purpose more fully and work with the resistance in an ongoing way.

So that's resistance and these inner bullies that are these archetypes that point to our resistance stories, if you will, the messages that we tell ourselves. And so what I'd like to do is finish with a poem at this point and then go into Q&A so we don't have the poem at the very end. And then we'll have an opportunity as we did last week if you want to stay on to be in a final breakout to just connect with other men. We'll make that available for you as well.

So here we go. The poem I'm going to share is by Mary Oliver. And it's called The Journey. And many of you may have already heard this or read it. It's one of my favorites.

**[1:10:03]**

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice--  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
'Mend my life!'  
each voice cried.  
But you didn't stop.  
You knew what you had to do,  
though the wind cried

with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.  
It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do--  
determined to save  
the only life you could save.

So that's Mary Oliver, an incredible poem. You left those voices behind. Those are those inner bully voices. And then you begin it really hear that sweet, soft new voice inside and you recognize that as your own. I would call that your true voice.

So thank you, men, for your sharings and listening. Let's open it up for our Q&A around the content for today, around inner bullies, whatever you got maybe from the call, from our last session. And so if you have something you'd like to share please just go ahead and hit 1 on your phone keypad. If it's a question or sharing, fine, either way. I would love to hear from you. And then we'll take a few questions and all that. And then please feel free to stay on for our final breakout.

Any questions or comments, go ahead and hit 1 on your phone keypad. I don't see anybody just yet. There are still quite a few in here. Great. All right. Hey, Carrie.

Carrie: Hey, Chris. Wow. Just when I thought I couldn't get anything more out of this course, it just rolled me over like a dump truck, man. I got new bullies that I didn't have three years ago that I had no clue. And it hit during the meditation for crying out loud. And then I'm like, "Wow. I'm going to hold that." And then at the end of the process all of a sudden I'm dealing with Atlas Man and Eeyore big time. Lone Wolf was around three years ago but I got a new bully that I had no clue was sitting in there all this time. I'm going to I-Group tonight. We're going to deal with Put Down Pete.

Chris: I've got that one.

Carrie: Just when I thought I couldn't learn anything more or I knew I could that's why I took the course but wow.

Chris: Thank you, Carrie. What I want to echo for the other men too is that as we move through our lives there are shifts in our own belief structure, in our own stories and messaging. And like you said, a few years ago I had some other things that I was excavating and other ways of thinking of how I hold myself, and then new things emerge or new ways of resistance.

I had something that's come up in the last several years for me. It's realizing that I have deep this message that it's actually not safe to be boldly creative. To share my mind and my gift boldly, it's not safe because I got whacked at an early age.

Carrie: Isn't that wild?

Chris: Yes, isn't that wild? Somehow I got whacked at an early age when I was being creative. There was a shock to the system. It wasn't okay to really be fully creative. It's dangerous and not okay. And I've to really work with that one. That's sort of a little bit of the Put Down Pete for me and a little bit of the Play it Safe Sam, that combination. "Wow. If I really want to live how I can imagine" -- like you're saying for you -- "then I need to be addressing this new emerging bully."

Carrie: Absolutely. Thanks for that. Thank you, Chris. Just like rock and roll, Rock Flying Boy, Rock Drill Sergeant. And now I got to deal with Atlas Man and Put Down Pete. That's what our group is for.

Chris: Yes, exactly. So you got a place to work that. And for all the men listening, Carrie, you get to work it now either in this container, through our discussion forum, bring it on the calls right now or bring it to your men's circle, wherever you can. So thank you, Carrie.

**[1:15:29]**

Carrie: Thank you.

Chris: Cool. Anyone else have something that came up in the guided visualization or that you want to share right now, some bullies that you're noticing either new or they're older ones that are resurfacing? So let's go to Luis. Hello, Luis.

Luis: Hello and thanks for letting me chat **[1:15:59]** **[Indiscernible]**. This is really interesting. I've been open to the concept of the bullies for a while but never had seen it fully explain as you did today. So thank you for that. That was certainly enlightening.

When we were doing the reflection, the meditation, what I felt was -- so we're talking about visualizing what we wanted to do or be and taking a step towards it. It just felt

really exciting. I want to do this. This is the path that I need to go on. It was a great feeling of energy, of satisfaction, of excitement. I don't know how to explain it.

And then obviously **[1:16:53] [Indiscernible]** step back and open your eyes and realize that I'm still in the same room I was just before we started the exercises was a little bit of a downer but never the less, that feeling of taking a step towards where I wanted to be was enough to say, "I just have to take care of all these bullies."

And by the way, I looked at the list. I can probably name all 15 of them as bullies I have inside of me at one point or another. So I'm looking forward to the next session around how do we turn around these bullies because in my I've had many opportunities to do many great things and I'm grateful for them. In a couple of cases I made totally the wrong decision. And then I just blame other people for that when it fact it was my decision what I ended up doing. So I had control I just didn't exert it.

Chris: What I love about what you shared is that you actually felt an excitement and a possibility as you move toward it which is wonderful. It feels like that's really right for you in your call. And in this purpose journey discovery what I'm hearing is I'm ready, I'm ready for this. And for you it's to explore -- as you get right up to that, that excitement builds -- what might take you away or what might sabotage you at that moment of getting close to closer to it.

That's usually where the biggest bullies or the ones that are most hidden as we really step towards saying, "I'm going to claim this. I'm going to do this. I'm going to take on this project." That's where the bullies really start to hit. And that'll be interesting for you in the coming weeks to see what's the primary message that's coming up that takes you out. You might see all of them but you might see that there's one, two or three that really have the loudest voices, biggest hold on you.

Luis: Put Down Pete is one of those top three for sure without a doubt. And I'll probably throw in Arrogant Al somewhere in there. But Put Down Pete is another one that I know for sure **[1:19:31] [Indiscernible]** to myself about why I can't do what I want to do or why am I not a good choice to pursue something.

Chris: The beauty of that first step is to begin to embrace that voice in a way. Again, if we push it away, if we actually put more energy or resistance it persists more. So what you get to do is you get to have a conversation with Put Down Pete "Hey, Put Down Pete. What are you doing? You keep saying the same thing that I don't have what it takes and that I'm incompetent. Really? Is that what you think?"

**[1:20:20]**

So there's something having some sense of humor and lightness and naming it that will actually soften and dissolve it rather than push it further into the shadow. As you go through this exercise, really look at that top three. It doesn't mean that the others aren't, at some level, at play. And that's what we're going to use in the next week.

Okay. How do we really begin to transform or shift our thinking and our choices when we come up against these?

Put Down Pete is particularly challenging for our purpose as men. "I have this big vision and I really want to go for it but I don't have the skill. I don't know. I can't do it. Who am I to do that? I'm just this guy over here and there are all these people that are way better at it than I am." So we have all these stories that easily and quickly can just take us out. That's for some other lifetime. And that's not true. It's just not true. It's a story we sold ourselves.

So there's boldness and new choice. We'll address that next week as we really dive into how do we transform this resistance. Thanks, Luis. Good share.

Luis: Thank you.

Chris: We're coming to the end here. Let's do a quickie. John, do you have a quickie share for just 30 seconds to a minute?

John: Yes. The bully is perplexing me because I have this not good enough but it's a selfish bully. If I don't do it and get it for myself, nobody is going to do it for me.

Chris: I like your variation of that. That's an important one. I like how you're thinking, John, already. You're really investigating what's my particular flavor that I got to get really clear about so I can catch it and then shift it. It's sort of a Put Down Pete -- not even an Arrogant AI. It's sort of like ego, I need mind versus yours.

John: Yes, exactly.

Chris: And I get that. I have that quality that comes up sometimes especially earlier in my relationships. There was a lot of that kind of "What about my need?" sort of that dance that you're saying particularly in relationship. And I've had to really look at that and work with that because that got in my way.

John: Thank you.

Chris: Great share, John. If I had to put you on the spot, what would be your triad right now? I'm not holding you to it. But what would be the three loudest voices, these messages?

John: Definitely the Good Boy, this selfish bully, the ego, and Atlas.

Chris: And Atlas. Okay, good, great. Thank you. The selfish piece, if it doesn't fit, just name it. And that becomes your third component. You know what the voices are. You put that third one as your own unique inner bully that you're naming.

John: Right. I like that.



Chris: For all of you men listening, same thing. If there's one or even two that just don't fit in this but you know the voice well, you've heard it, you've even discussed it in your men's circles or in therapy, then feel free to just give it its own name. I love naming it because even in the process of voice dialogue there is a powerful thing by naming. Does this voice have a name? And you just give it a name. It's Sam or it's Ugly Joe or whatever. And so there's a power in us naming it. I can talk to Arrogant Al because he's kind of a dick but I can have fun with talking Arrogant Al.

John: I just came up with it. It's Mine Mike.

Chris: Mine Mike. It's those seagulls with Finding Nemo. "Mine, mine, mine."

John: Exactly.

Chris: That's good, John. That's good. So write that down. Wonderful, men. Thank you, John, for sharing and for all the other men that shared. We're at the end of our time here. It's a little after 7:00 PM Pacific. So it's great being with you all. I hope you got good piece for today not only getting deeper into the call but then looking at the resistance that we have to the call and these messages, these inner bullies.

**[1:25:11]**

Make sure you stay up with your practices. The website has everything you need. If you haven't signed up for the Passion Test, please do that. We'd love to make sure you have that done within the first three weeks of the course. So that's there for you. It's all over the website. Click on the link to sign up for the session and get a facilitator assigned to you. So you definitely want to do that.

There's also this bonus that we've added, the Purpose Assessment Tool. You saw that in the email. Go check that out. That's at the top of the bonus materials page which is not in the course website. There's a link to it but it's a separate WordPress page that has all your bonuses. And go through that. It's a really powerful tool created by Brandon Peele that you can do now and then do at the end of the course after week 7. You can assess now and then assess five weeks from now.

So those are the two big things for you to do; the Passion Test and the Purpose Assessment Tool. And then next week we'll also be talking about you getting scheduled with your mentors. So remember, you have a mentor call live one on one session with the men that's just here to support you and ask you questions and hear what you have to say as we get deeper into the course. And those will happen between week 4 and 7 of the course.