

MEN'S PROGRAMME

30 days

Workbook

Version 2.1

21/02/23

Created by Will Adolphy

“Most men lead lives of quiet desperation
and go to their graves with the song still in them.”

– Henry David Thoreau

The 3 Pillars

To get the most out of this programme you will need:

Commitment - to show up. Being half in half out won't work. To feel the full benefits of a programme like this one must commit themselves fully to the process.

Courage - to be honest & vulnerable. This is essential to the programme for without honesty we cannot deepen our self-awareness to grasp the reality of the behaviours, thoughts, and feelings we're caught up in.

Curiosity - to be open-minded & explore. What would transpire within you if you let the programme in?

Past Programme Stories

"I look back on my first 30 days with gratitude and relief. It's the most valuable thing I've ever done. I'd always been searching for a 'big shift' in therapy and for the first time it truly felt like something had shifted. The combination of connection with a buddy and abstaining from these behaviours that I was using to regulate my emotions catapulted me into reality. All these feelings I'd been unknowingly refusing to feel arose to the surface. I felt like I was going insane, but I was actually going sane. Alongside this intensity were moments of sheer joy, serenity and self-respect – to a degree I'd never felt before. In this raw, tender place I discovered if I euthanise pain, I euthanise joy. For the time in my life, I felt well and truly alive and awake."

"The men's programme led me to strive for a life I wanted and now feel like I deserve. The nature of the programme meant that it was super intense, posing a new question to be answered about myself each day. Some days were tougher than others and at points, it felt easier to give up but I always had the support of my programme buddy Ben whom I spoke with every day and who anchored me on my journey, pushing me to search for answers and go to places I haven't been before. It made me look within to uncomfortable places and see things I've never noticed about myself. Before the programme, I felt stale, bored and lost. My anxiety and depressive state were taking over and I couldn't see a way out. The men's programme helped me to find a way out and gave me the tools to start rebuilding my life the way I wanted by addressing issues, relationships, boundaries and clear choices that I couldn't previously see. I owe a lot to Will and Ben for what they have done for me and I'm still continuing the work on myself with what I have learnt from the programme to this day."

Pre-programme Info

Important Information

- **You will be doing one question a day.** Please *do not jump ahead* and look at future questions. Keep everything in the day. One question at a time.
- It's ideal to start the 30 days on a Monday. This is so the weekends come after every 5 questions for your Self-care/Service days.
- **You will have a daily phone call (weekdays) with your programme buddy/professional.** You will need to set a time to call. It's suggested you stick to the same time if possible.
- Abstaining from the following five behaviours are requirements for the 30 days and termed the '**non-negotiables**':
 - Porn
 - Sex
 - Masturbation
 - Alcohol
 - Recreational drugs of any kind

Some people like to start abstaining before they start the 30 days. This is up to you.

- It's rare we speak to someone on the phone for a month in this way. A suggestion: **make the most of this exploration.** Use the month to your own benefit. Some people do yoga every day, only eat vegan food or stop drinking coffee. Whatever excites you and challenges you that is within your window of tolerance.
- **This kind of work can bring us into a vulnerable place.** The days can feel more up and down. Please be conscious of this and if you're living with a partner, group of friends or family – it could be beneficial to give them a heads-up (see '*Information for Friends and Family*' heading below).
- **Dreams.** Please note doing this type of work can induce some very vivid dreams. This is very normal. You may want to keep a dream journal.

Programme Buddy or Professional

To do this programme **you need someone else to help you**. You have multiple options:

- Find a 'programme buddy'. This is someone who has done the programme themselves and can offer their experience, strength and hope whilst you discuss your answers to the questions each day. A buddy is not an expert but more an experienced companion on your journey.
- Find a qualified coach or therapist that will support you. This kind of support has a different feel to it. You will be doing sessions alongside the programme which might be preferred.
- Find a friend who also wants to complete the programme and do it together. (Please read '*Doing It With a Friend*' heading below).

The First 7 Days

Before you start the programme, there are **7 days of questions** to answer.

By the end of these 7 days, you will have set your intention, outlined what behaviours you will be abstaining from, decided on your morning/evening routine for the following 30 days and made any preparations necessary.

You aren't expected to chat with your programme buddy or professional during this time. We suggest a call prior to the 30 days to check-in. This is up to you. **It is strongly recommended that you do not skip the first 7 days.**

Weekends

The weekends are different to the weekdays. You won't be talking to your programme buddy/professional.

Saturday – Self-day. You will be encouraged to care for yourself.

Sunday – Rest Day. You will be prompted to explore how you rest.

Doing It With A Friend

If you decide on this option, there are a few things to consider that will help you make the most of this experience:

Post Programme Support

Post-programme is a time to *assimilate* and *integrate* what you've discovered. This is extremely important to ensure the changes made become long-term and the benefits long surpass the end of the programme.

Important Note: After you finish the programme it's possible you will still be raw and in need of some rest and digest time. We recommend lining up some further support in whichever way suits you best.

Here are some effective ways we've found to integrate:

- Journaling and reflecting on our experience.
- Taking walks in nature.
- A meditation practice.
- Getting a therapist.
- Tech-free days.
- Continuing any new habit for the first 30 days after the programme.

It's also helpful to have an idea of how you will support yourself post-programme. Below are some options.

Professional

If you completed the programme with a coach or professional, you may want to continue seeing them for sessions. Some coaches or professionals include post-programme calls in their fee – please check with your coach or professional.

Programme Buddy or Friend

It's suggested that you continue to speak to your programme buddy or friend afterwards. You might arrange to do one call a week or month for another 1-2 months. Whatever feels appropriate.

Join a Men's Group

We may have a men's group connected to the programme. Please contact info@willadolph.com for more details.

Men's Speak is also an option: <https://www.menspeak.co.uk/>

Find a Community of Men

MENS DAY: <https://www.coachben.me/mens-day-event>

Find A Therapist

You may want to find a therapist to help support you in the integration process post-programme. Below is an article that includes some guidance in how to find the right therapist. It includes a variety of low-cost options.

Article: <https://throughthedarkness.blog/2022/09/21/finding-a-therapist-a-step-by-step-guide/>

Being a Programme Buddy

One of the most healing experiences for people is not only completing the programme themselves but also helping someone else go through it.

This act of service is a very important part of the programme process.

Please note:

- You may not feel 'qualified' but trust me you are. Any person who completes the programme is more than capable of taking someone else through it.
- People often say it is their way of giving back what has been gifted to them.
- Although you're taking another through the programme, we're very confident the experience will contribute heavily to your own personal development.
- If you need support during the process, please reach out to your past programme buddy or professional who will gladly help you.

Once you've graduated and have given yourself some time to integrate post-programme, you can be added to the list.

If you would like to be added to our programme buddy list, please email info@willadolph.com

Reading List

Below are some favourites from past programme graduates and professionals.

A Life in Parts by Bryan Cranston
Green Lights by Matthew McConaughey
Maybe You Should Talk to Someone by Lori Gottlieb
The Choice by Edith Eger
The Untethered Soul by Michael Singer
The Body Keeps the Score by Bessel van der Kolk
The Drama of the Gifted Child by Alice Miller
Lost Connections by Johann Hari

To add to this list please email info@willadolphy.com

Completing the programme

If you feel called to do this programme in anyway (with a friend, programme buddy or myself), I extend to you an invitation to reach out to me at: info@willadolph.com

Wishing you well.

With warmth,

Will