Day 1	7/28/24	Gratitude
Emotional work (Y/N)	Y	My family is healthy and living together
Journaling done (Y/N)	Y	My wife is a loving mother and supportive wife
New Man called (Y/N)	Y	TBH leaders and their families for their commitment to men and their families.
Tribe post made (Y/N)	Y	Tribe sharing their stories in posts and on calls
Confidence (1-10)	7	Coaches and fellow tribesman making time to listen and support my journey
Context for the day	Take action	The opportunities to make me a better man.

Behaviors Tracking:

Since joining TBH I have been more busy with added TBH learning and integration. It has been tiring but valuable. I continue to add commitments and structures. Small, consistent actions create big results.

Wins, thoughts, emotions for the day

Thanks Lance Jehn for sharing this template.

Wins
- first daily post to tribe; becoming more solid, consistent and reliable
- started draft of first BPA
- enrolled children to get out of house to pepper with volleyball
- joined burpee group 2 weeks ago and have joined every day I committed to(M, W, F)

Realization:
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In my previous bullet pulling sessions with Shawn MacNab, Shawn helped me realize I have feelings of hurt, shame and weakness from actions of my father and mother from childhood and into adulthood to this day. My father passed 4 years ago.

As a child, I did what my father liked in order to be around him. I felt unsupported as he did not show interest and/or attend my events. I also felt tense because he was anxious and emotionally unpredictable with anger/yelling. I did not feel I was in a safe space to grow as a child, invite friends over or be vulnerable.

After college I moved 5 hours away to Minneapolis. Deep down I knew I needed to create a safe space for myself from my father and mother. I found lots of growth in learning about psychology, dating and relationships. I began to have more empathy for my parents but I continued to feel disrespected and unable to be myself.

In 2010 I got married and then children arrived in 2013/2015. Having children reignited the feelings and my love for my children made them stronger. I knew it was now NECESSARY for me to be able to create a safe space for my wife and my children. But I didn't know how or have any guidance.

Past examples where feelings came up from actions of parents:
1. Canada fishing trip - In 2015 I setup a trip with father, father's friends and father-in-law. In group discussion I said something that triggered my father and he yelled at me like when I was a child. I wanted to tell him to STFU and not yell at me but I couldn't. I felt deep shame as this happened in front of my father-in-law because I thought it meant something about me.
2. Parents visiting my children - My parents teased my siblings and I throughout our childhood. I was bothered by it but learned to suppress it. (What choice did I have as a child) Into Adulthood I began to tell them to stop but they didn't listen. Then they started teasing my children. This hurt the most and I continually asked them to stop but they wouldn't and threatened to not visit if it was a problem. Now that my dad has passed my mom is better with this and does stop when she is reminded.

I continue to do EW and create a safe space for my wife, children and myself. I know deep down that this is a big reason why I joined this program and I'm so appreciative to be here.
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It's my turn, to chase the monsters away! (I had to let some emotion out here)

Brothers, I love you. Let's go!

P.S. Much appreciation to TBH leaders and their families for committing to making men the man, husband and father they always wanted to be.