

Sent: Tuesday, November 12, 2013 5:46 PM
Subject: To whom it may concern;

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I am writing to you about how the mankind program has impacted my life. When my wife found this program our lives were at crossroads. Just days before I called I had been emotionally and physically abusive to my wife. To magnify the situation, my 6 year old son had been witness to the abuse. It was a dreadful time in our lives. I was vulnerable, angry, ashamed and confused after the incident. As a unit everyone was deeply affected; my son was not able to concentrate at school and we were asked to have teachers conference days after. His teacher reported " he was not himself and was withdrawing from classmates." I felt I was losing my family and was desperate for some help. My spouse found information about mankind and strongly suggested I call and sign up. At this point I was staying at a hotel as she did not feel safe with me in the home. I was a monster. I called and heard the recorded information and made a commitment to go to the class. I even called the hotline more than once to talk to someone about the situation. This was helpful. A few days later I made a yearlong commitment to go to the program and my wife allowed me back into my home.

As I arrived to the class I was embarrassed and felt I truly did not belong as I "only had one abusive episode" in a nearly 10 yr marriage. I figured a year of my life was too severe of a punishment for a push and snatching the phone from her hand, but would do what it took to keep my family together. I met Steve for the first time and felt he was an imposing guy and noticed he kept order in the class. I labored through the class, but listened intently because the messages hit close to home. The male role belief system made sense to me as well as some of the other properties of the program. I disclosed my violence to the class - which alleviated some stress but felt judged to share with strangers.

I took the book home that night and read it from start to finish. I quickly surmised that I had been more abusive for years in many facets I was unaware of. I shared with my wife my experience that night; she was interested and was beginning to thaw out her fear. I told her about the PEEVES and MRBS. We talked more that night than we had since the incident. I told her I thought the class would help and she reflected that I needed it. I came to class for several weeks after, each week getting more knowledge on how to keep peace in my family. I noticed something else as well. I was more like everyone else in the class than I thought. I identified with something in everyone's check-in. In those early weeks (and beyond) I found Steve to be a caring, fair, and sensitive moderator...different than the intimidating read I had initially. Every week he would lead with direction and emotion. He is so connected to the class; he does an amazing job and obviously loves this work. Several weeks into the class he made up a rhyme using my name. It always makes me feel like I belong at the group.

After a few weeks I was able to use tools such as walk away, deep breath, q-tip and the most usefulempathy. I named my authentic self and my hit man; I was a part of the group. I settled in on Tuesday nights because I felt these guys were all serious about learning how to stop their violence and stay in their authentic selves. Every week when I come home with levity and exhaustion from the emotion of the class, I share with my wife. Tuesday nights are special to us, we turn off computers and tv and just talk. We started talking so well we decided we wanted to turn off all electronics a couple times a week and talk. I listened to my wife, letting her finish her thoughts and sentences without cutting her off which in the past has been a challenge. I showed interest in her life, asked her questions about her beliefs and thoughts and started feeling differently about her. I used to walk around day to

day thinking "I hate my wife...she sucks" , but the thoughts were changing and becoming more warm. As we had arguments we made agreements how we could keep peace and keep our kids out of it. The first 20weeks I had a fatal peril weekly and made agreements with the class to use new tools over the following week. Each week we found disagreements easier to talk out, where previously it would literally take days. I found a new strength through this class and it even translated into my work. I started listening to my co-workers and clients and allowing them to complete their thoughts like with my spouse. I found conversations flowing more freely and heard information that wouldn't have been possible for me to hear before. The latter part of last year and earlier this year were close to my most profitable months in sales. My relationship at home was changing; we were becoming friends and started to go on dates regularly. All of these changes in a matter of months were because of Mankind. The program is vital to all men. Although it's unfortunate how I came into the class, I am appreciative what it's done for my family and me. It's the information, the skills, the leadership and the camaraderie that all melt together to make it effective. I continue to go to the class a couple times a month and will likely keep coming after my 52 weeks is up. It's been a big benefit and my wife likes the fact that I am getting therapy, which makes her comfortable. I do not know what path my life would have taken if she did not find the program many months ago, but my children are happy again to be in a peaceful home. My wife and I renewed our vows 2 weeks ago in Hawaii and we are better friends and more in love than when we married 10yrs ago. Thank you so much for this program and thanks for utilizing Steve's strengths as a wonderful moderator!

A Mankind Member