

Transformations, BIP

Let me start off by saying that I HATED being made to come to this class...! I hated the instructor, hated my classmates, hated having to take the time out of my busy schedule (every DAMN Thursday), and MOST of all I hated my spouse for her needing to be the 'center' of attention and putting me in this DAMN predicament! I can speak volumes about the injustices experienced along the way, (i.e. the arrest, the de-humanizing court system, the costs involved, and the feeling of a complete loss of power regarding your situation). I was a **bitter** man coming into this class and my approach was simple; DON'T participate, DON'T get involved, and most of all DON'T share with anyone. My feeling is; IF I take the time to share with you my *personal* experiences then count yourself lucky because I just don't share that with anyone... BUT a funny thing happed along the way.

It started with the "experienced" classmates, hearing their stories, trials and tribulations, the way that they seem to "GET IT", while you're just PISSED OFF!!

Next, Debra comes at you with the lectures titled, (just to name a FEW); "It's all about the Benjamin's", "sugar in the tank", "burn the script", "the voice", "daddy day care", "what's love got to do with it?", "let's talk about it", "famous failures", "living water", "expect the unexpected", "risky business", "optical illusions", "sponge bob", "filler up mister", (with the 5 love languages), "thanksgiving pie", "lemonade mouth", "war wounds", "pity the fool", "turtle man", "can you hear me now?", "ants in your pants", "I have a need for speed", "whack a mole", "a real man", "a real woman", and FINALLY "kindergarten communication"... Each lecture and the accompanying homework, designed to make you look inward and ask "Who am I?" and MORE importantly "Who do I want to be?"... Or better yet "How will I define myself?"... I feel as if the lectures simply made me BETTER, both relationship-wise and in non-relationship situations also.

The weekly statements of, "How did your week go? ", and "Have a GOOD week" by my classmates and Debra actually became something that I enjoyed receiving. As I heard the stories of kindred spirits; their stories comingling that with my own actually served to make a 'prickly' exterior, smoother, more polished.

Debra, you do a GREAT job of NOT making us feel like criminals. I know that I felt helpless about the system before I came here. I can't see how ANY other approach would have been successful. You actually uplift us as **men**.

To my classmates; do the work, absorb the learning's, do the time, pay your fees, put this behind you, get this expunged from your record and NEVER, EVER find yourself in a 'screwed up' situation like this again.

Debra your 5 minutes to success and "the POSE" (as I call it), has been and will be used by me over-and-over!!!

I will NEVER forget the teachings taught here. I AM a changed man. I DO accept my part in this whole mess. My "Transformations, BIP" notebook will be around for reference as I go forward.

I'm DONE here... Thursdays will now 'graduate' and become my day of reflection, introspection, and self-improvement. There is a term in my business we use called, "sharpening the saw", this class will be used for that purpose. I always thought that I was an awesome person; this experience will be used as **FUEL** to make me awesome-er!!!!

Thanks Debra,

Micheal G. [REDACTED]