

EVERYMAN

How to Create the Interactions and Outcomes You Want

I have found it effective, in my dealings with people, to be acceptant of myself. I feel that over the years I have learned to become adequate in listening to myself; so that I know somewhat more adequately than I used to what I am feeling at any given moment--to be able to realize that I am angry, or that I do feel rejecting toward this person, or that I am uninterested in what is going on, or that I am eager to understand this individual. All of these diverse attitudes are feelings which I think I can listen to in myself. One way of putting this is that I feel I have become more adequate in letting myself be what I am. It becomes easier for me to accept myself in the way in which I would like to function... The curious paradox is that when I accept myself as I am, then I change. I believe that I have learned this from my clients as well as from within my own experience -- that we cannot change, we cannot move away from what we are, until we thoroughly accept what we are. Then change seems to come about almost unnoticed. Carl Rogers, (1961) On Becoming a Person. Boston: Houghton Mifflin.

We travel through life often living a life defined for us by someone else. Something jolts us, and if we are lucky, we wake up to the gentle jolts. Once awoken, we begin to search for meaning and we ask “Why?”. We start to discover that the question is not “Why?”; it is “How?”; “How do I create the life I want?”.

If you are fortunate, you discover that “How?” starts with slowing down to experience life and not just traveling through it. Much of what you first experience is the pain you ran away from to survive. With courage and persistence, you hang in, and the beauty of life shows up.

We are not told that the skill that reveals the beauty is ownership. Your ability to own your experience turns your life from a black and white photo to a full-color video.

The EVERYMAN Cycle

Following is a generalized sequence of what we do on a meta-level at our EVERYMAN events.

Apply this process to your meetings, events, or life. At EVERYMAN, we incorporate this Cycle into everything we do. Sometimes on the front end, it takes longer, in the long run, it's always quicker and the outcome more beneficial. When we don't apply this Cycle, in some way we pay the price.:)

Phase 1. Opt-in

Step 1: Ground Rules. Each of our events and practices follows a basic set of agreements and principles. Men know they are opting into that standard of engagement in any experience under our banner.

Step 2: Slow Down. To engage fully and powerfully, we disconnect from our head-centric, digital-centric life and focus on the here and now.

Step 3: Self Assess. We focus on what we feel in the present moment. Somatic and Emotional.

Phase 2: Sync

Step 4: Express with Integrity. We make our internal experience congruent by communicating descriptively. In this case, integrity means "whole and undivided", and is a more masculine synonym for vulnerability.

Step 5: Connect. When we show up by following these steps, a deep, supportive connection and feedback loop is the natural byproduct. We see, hear, honor, challenge, and care for each other.

Step 6: Find Clarity. Through the connection with oneself and others, clarity is found. Who I really am. What I really want. What next steps to take.

Phase 3: Impact

Step 7: Take Action. We set one simple, actionable goal at a time and we are held accountable to it.

Step 8: Community. We embrace, cultivate, enjoy, and share this deep and beneficial community.

Step 9: Give and Receive. We leverage what we have received and naturally become a generative source of support and clarity for others. As our needs are met, we naturally focus on what contributions we can make.

Tens of thousands of hours went into designing this process. Thousands of men use this in some form every week in their groups. Go for it. Let us know how it works for you.

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