

The *open* green hearts

The essentials v.1.6

Welcome to the project of the open green hearts. This guide is divided into different sections. The first part will cover some general insight into our project.

It is followed by a specific part in which we describe the "supportive transformation work". All this together will give you an overview of how our project works.

Following that, in the third part, you will find a **quick reference guide** to highlight the most important points again.

If you have questions, write me a short mail to info@HumanMankind.com

Good that you are here.

Each group receives from us this little orientation guide to get to know the classic structure, the working methods and the mandatory rules. Based on this, the group will form itself and set their own additional rules/agreements.

If you join an existing group, this guide is an orientation for you. Please inquire to your fellow group members about the group-internal additional regulations/agreements.

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Please note:

This work is a voluntary joint group work by men. This work does not replace professional addiction counselling! There is no legal claim for any consequences of participation in a group. Participation is voluntary and at your own risk. We also recommend contacting a professional psychologist or addiction counselling.

Addictions, especially porn addiction, is not only an issue for men, but women also struggle too. This guide is written for men. Nevertheless, it will work as well in a mixed or women-only group. Please feel free to replace the male expressions to a gender language which suits you.

2.)

The project of the Open Green Hearts

This project is about dealing with the addictions and dependencies in our life. There hundreds of addictions out there and a lot of them are linked together, but one central pattern is always the same: We consciously or unconsciously go into dependency and then the addiction takes over and runs our life, often more than just temporarily.

Whether it is for a short period or permanent, addiction has a dramatic effect on our life. It's not at all going to be the same as it could be without this addiction.

Once the addiction has established itself, it usually accompanies us for a lifetime. For some people, this will be more or less obvious. But for everybody, it will be hard that we cannot just get rid of them by turning these addictions off.

We accept the fact that there is this addiction. And then we get into a conscious transformation. Thus, we can reach a controlled "addiction solution" step by step.

We always follow this clear structure: (shot overview)

- 1) **Perceiving the urge** of the addiction in the current moment
- 2) **Send the**  (green heart) & hold yourself responsible
- 3) **Recognize the addiction** and **express the underlying emotion**
- 4) With support, **transform the energy** within the addiction into a life-affirming action
- 5) **Appreciation** of that change

We surround ourselves with men who embark on this journey as well, and to whom we can safely open ourselves. Therefore we create a "safe container", set ourselves clear goals and, as a group, clear rules. Our focus is on a heart-related encounter among men, which avoids any form of "judgments" as its ultimate goal. It requires us to be mindful and loving and will finally let us grow as men together.

3.)

For whom is this project suitable, for whom not?

In general, every person who is willing to get a grip on its addiction.

For example, Men who are just beginning to find themselves in a dependency/ addiction, men who relapsed or who are already clean, or want to be supporters...

In every phase of the addiction solution, a person is welcome. It does not matter if he is on his journey or already clean. Everybody has something to contribute, and everyone can benefit as well.

But be aware: It is **not** suitable for people who are mentally unstable or consider this as a replacement for professional treatment. Please seek professional help!

This project can support you on a deep level but is not a replacement for professional help!

4.)

How does the group work?

The size of the group should be roughly between 6 and 8 men to ensure quick contact after a "support invitation" has been sent out.

The group decides in advance which chats tool they use for their permanent group communication (e.g., Telegram / Whatsapp / Signal / Threma...) The safer, the better! Look out for End to end encryption.

Now, the container structure gets set up:

1) Each man will present himself in the chat as precise as he dares to.

See the attached **Check-In checklist A** (Addictions, Goals, Timeframe...)

2) In a video conference (Zoom, Skype), all men will check-in within the first week after establishing or joining the group.

- Here they will set up or check their additional container agreements.

- Each man will share his **Check-In checklist B**. (see attachment)

3) From day one, the group will be available for a "support invitation" (♥) from a man.

4) At least once a month, the men meet online in a video chat to share, grow and further develop their skills as a group.

5.)

The "Support Invitation" - The Green Heart in DETAIL

When, how and why do we send a green heart ???

As mentioned above, we use the following procedure:

1) Perceiving urges (Train mindfulness to realize that addiction/desire is increasing)

2) Sending a  (green heart = support invitation) to the group.
(Until another man logs in, the man holds himself responsible)

3) Perceiving your addiction & express your emotion
(It's mine and it's what it is! = Take responsibility / go through the addiction)

3.1) The man gets contacted. He gets only asked:
"Which basic emotion are you feeling right now?" => Perceiving

3.2) Express this emotion for about 5-10 minutes as best as you can.
(An emotion may otherwise get in the way of your subsequent work)

3.3) Once everything got expressed, then you can make a rational decision
(it is hardly possible before)

4) Transformation (Transform the energy into something positive)

5) Appreciate (share and grow, anchoring the positive message)

Stage 1 is about not being overwhelmed or deceived by our addictions. We sharpen our mindfulness and perception to recognize in time when the addictive energy increases to be able to act in advance.

Stage 2 is about articulating a "support invitation".

As soon as a man perceives that the addiction energy or the craving increases, thus he is in danger of relapsing, he sends a green heart () to the chat. He can send this green heart into the safe container and does not have to fear judgement as he quite merely just sends out a symbol. This way, he can open up and show himself vulnerable in an utterly shameless way.

So what happens at this moment? The man connects to the group (he does not isolate himself as we would usually do)

At the same time, he commits to "himself" not to relapse before he gets contacted and supported by another group member.

As soon as possible one or more group members will contact the man, and support him in his loving self-perception (stage 3), before working out alternatives with him.

Please be aware: We now do not save or rescue the man. We only actively support him on from stage 4!!!

Stage 3) Is about perceiving the addiction and expressing emotion.

The man passes through his addiction at this stage. He faces his responsibility. He acts outside of conventions such as good and evil. It is what it is. To be able to accept what is he then feels into it before expressing these emotions as follows

3.1) The man gets contacted and is **only** being asked about the current underlying feeling.
Perceive - what is there right now

3.2) Now he gets invited to express this emotion as much as possible.
Take your time (5-10 minutes!)

3.3) Once everything got expressed, he can fully accept his addiction.

Stage 4) Is about transforming the “addiction energy” into something positive through a suitable action!

Only from this point forward, he can and should be supported and make a rational decision. What does it need now? What would represent such a positive life-affirming action? (for example: jogging for 30 minutes, eat a healthy meal...)

Stage 5) is about appreciation and setting up new believes.

Now the man shares his success through “Share & Shine” in the chat, thereby anchoring his positive beliefs and the successful transformation of the addiction energy inside of himself.

6.)

Rules, agreements and freedoms

Rules and duties for each man:

- Each man creates and communicates with the group his personal goals. He sets the bar against which he only measures himself. The goal should be a feasible challenge. Changes regarding these goals are possible at any time (must be communicated).
- Any man who feels increasing addiction energy within himself instantly sends a green heart symbol to his group chat.
- After placing the symbol, he will hold himself responsible not to relapse until he gets contacted.
- Every man is obligated to be as open as he possibly can. Be vulnerable!
- When a man sends out a “support invitation”, I am a supporter listen (up to and including stage 3), then I offer support and follow the man lovingly on his way. In doing so, I always make sure that I do not give any judgments and accept the man on his journey where he is.
- If a blue heart got sent to you. Please answer as open and as soon as possible.
- No unsolicited nocturnal calls to another man. We respect the privacy and family life of the other man.
- A reset or relapse is what it is. Not more
- Everyone is welcome and without judgment!
- We use a videoconference at least once a month to exchange information.
- We celebrate and value our successes in the group. (share & shine)
- The duration of the group is set to at least 90 days. After that, the group decides about the progress. The personal goals can be set daily as well.
- The group creates a shortcut list out of the goals of all men with which the men in the chat can communicate regularly their status if they like to (recommended).

P = pornography, M = masturbation, O = orgasm, W = weight, MC = media consumption ...

A chat response can then look like this:

Jörg 78 days PMO = This means 78 days no P no M no O 100%

- If the man has a reset (see below for reset vs relapse) or does not want to commit to 100%, he can continue to run his counter and share his resets. For example:

Jörg 92 days P, M 2xResets, O 2x Resets = This means 92 days 100% no P and in this period 2 times a Reset M + O

- Each group is required to give us feedback regularly (min. 2 times a year) to help us improve our project.

Freedoms:

- Each man sets his own goals
- Everyone goes as far as he wants and can. Every little milestone is welcome. Not everyone likes or can live 100% abstinent.
- Each man can send a support offer to another man (Blue Hearts!)

7.)

Reset or Relapse:

We take our addiction seriously and challenge ourselves in the group. Our goals are not soft-washed; they are tough to achieve while still feasible! Therefore, we do not work with terms such as punishment, shame or guilt. We see our challenge factually, sporty and positive. That's why we use the expression reset instead of relapse.

Reset: Means = I have become weak and may start counting again at 0 days or continue counting and sharing my resets with the group. I continue to work on my goal, I am pleased with what I achieved so far, and I am even more motivated to achieve my goals now.

Relapse: Means = permanent reset due to the perceived superiority of the addiction. An adaptation of my goals and ways towards there is needed. I acknowledge my addiction and will seek new solutions.

8.)

Share & Shine:

We celebrate our intermediate goals, milestones, our transformation of the addiction energy and every little success. Here we follow the principle of positive energy. What we keep in mind motivates us and brings more positive things into our lives.

A Share & Shine is thus the sharing of a message of our positive achievements via chat or mail to the whole group. You make visible for yourself and the men what you have achieved.

9.)

The blue heart symbol :

Well, there is another symbol we can use. It is the blue heart  = "Support offer" by a fellow man of the group. This symbol can be sent out into the **chat** like this:

“@<name of the man>”

We use this symbol to offer support to a man who has gone silent recently or when I think he requires support but has not asked for a while or who have not reported his progress for quite a while.

If a blue heart got sent to you, it means:

" Hey man, do you need support? Please tell me, how are you!"

Please do answer this honest request as vulnerable and soon as possible.

Quick Reference Guide

When you join a group:

Set your goals and inform yourself regarding the additional group agreements.

The open green heart workflow:

1) Perceive urges (Train mindfulness to realize that addiction/desire is increasing)

As soon as you perceive the urging, step in before the addiction takes over

2) Send a  (green heart = support invitation) to the group.

(Until another man logs in, hold yourself responsible not to reset)

3) Perceiving your addiction & express your emotion

(It's mine and it's what it is! = Take responsibility / go through the addiction)

3.1) As soon as you get the support, you will only get asked:

"Which basic emotion are you feeling right now?" => Perceiving

3.2) Express this emotion for about 5-10 minutes as best as you can.

(An emotion may otherwise get in the way of your subsequent work)

3.3) Once everything got expressed, then you can make a rational decision

(it is hardly possible before)

4) Transformation

(Transform the addiction energy, with the support of another group member into something positive a life-affirming)

5) Appreciate

Share your results, new beliefs, anchor the positive message, let others know how you reached these results. That will support your group as well, by adding new tools to deal with addiction.

Valuable key points:

- Respect the general rules, the framework and the additional group agreements!
- Be as open and vulnerable as you can. Do show up – do not hide.
- See others on their journey and yourself out of a loving perspective.
- Don't judge yourself or others.
- The journey itself will be the adventure. Have fun! Feel the power and energy inside.
- Do not expect a significant gift at the end. You are the gift yourself!
- Give Feedback to this Project at least twice a year (See attached feedback form)

Check-In checklist A (Chat Check-In)

First, I ask you to check into the chat. Please introduce yourself and describe the following topics as precise as you can

1. Surname:
2. Age:
3. Which addictions do you face in your life?
4. Which addiction do you want to leave behind with this group? (PMO, PM...)
5. Name your goal

Name your goal as precise and accurate as possible. It's best to say where you want to be in 90 days (regardless of whether you challenge yourself from day to day or monk mode)

6. What else would you like to tell? What do you want to share already from you?

Check-In checklist B (Zoom Conference Check-In)

With this first zoom conference check-in, we would like to get to know you better. To be able to best support you, we would like to know more about your goals and needs.

You can change your goals at any time. Always make sure to share it with the group.

(Please make notes for yourself to remind you of the following!)

- 1) Have further defined your goals?
- 2) How do you want to achieve your goals? Day by day, 90 Days Monk Mode? What is your strategy? Which tools will or could support you?
- 3) What needs do you have from this group?
- 4) Do you agree to the:
 - a) Safety Rules of this group?
 - b) Confidentiality Rules of this group?
 - c) Answer to as open and soon as possible to a blue heart "support offer"?

Feedback Form:

Please help us to improve the work of the “Open Green Heart Project” and send us at least twice a year a personal feedback email to info@HumanMankind.com
Please do not send in handwritten feedback. Thank you.

Feedback (what-why-what-why-what else model):

1: What I think worked well is:

2: Why I think it worked well is because:

3: What could be done differently is:

4: Why I think it would be more effective is because:

5: What else do I wish for: