

## **Loving Men - Tips for a Smooth Re-Entry**

For many participants who have attended previous Loving Men events, re-entry into every day life can sometimes be challenging. We have found the following tips helpful in making the transition from Loving Men adventures to life back at home.

- Take care of yourself as you leave the workshop and travel home. Go slowly and be aware of yourself, your luggage and belongings on your journey home. A participant was so overwhelmed on his return home that he left a travel bag on a bus.
- Remember that those close to you will not have shared the varied experiences you witnessed during Loving Men and may find your enthusiasm overwhelming. Try to be sensitive around others regarding the new skills and insights you gained by participating in Loving Men.
- Be willing to listen to those close to you about what has been happening in their lives whilst you were away at Loving Men
- Try to stay in touch with other Loving Men when you return home, they may be experiencing similar challenges and can be a valuable source of support. Not everyone will want contact after the workshop, but some will, so persevere.
- Join the Loving Men yahoo group (or volunteer to set it up) and share any challenges you may face with others in the group. The more you put in, the more you'll get back.
- If, after the workshop, you get a visit from the Retribution Top Dog, (a voice in your head that tries to make you feel guilty or bad about how you participated in Loving Men) tell it to shut up, and remember how courageous it is to get together with others on the theme of loving men.
- Try not to be too surprised when you see a total stranger walking towards you or across the street who looks just like or reminds you of, one of the many loving men on the event. It probably means you made a 'connection' with the loving man in our thoughts.
- Little will change in your life unless you take steps to integrate what you have experienced at Loving Men. Invite people to dinner, spend quality time with yourself, join a therapy group.... Do something.
- Be gentle with yourself. You are a Loving Man.