

## **The Grey Rock Masterclass: A Deep Dive into Grey Rock**

### **What it is**

A 4 week course on Stoic Philosophy

### **Why I made it**

To help survivors understand the philosophical system behind Grey Rock so that they can be more confident, better understand themselves, and move forward from the pain of the past.

### **What the program will do for you**

It will take you from having some basic knowledge of Grey Rock to understanding the profound justifications behind utilizing this tool.

It will help you decide whether you agree with the Stoic approach to navigating the fallout of long term abuse and either more deeply embrace this school of thought or consciously decide to look for something better.

So many survivor's experience profound guilt and anger when it comes to navigating the fallout of long-term abuse. They struggle to do away with this anger and desperately search for ways to let go of the guilt. And too many of us never find our way to freedom.

This program is specifically designed for survivors who have used or are attracted to Grey Rock. This deep dive into the philosophic foundation of this tool will help you redefine your relationship to both guilt and anger while giving you the power to choose if Stoic Philosophy is the best option for your healing journey.

### **What it includes**

- 4 90 minute live calls (one per week) to learn, apply, and discuss the foundations of Stoic Philosophy
  - January 31st 8pm EST
  - February 7th 8pm EST
  - February 15th, 8pm EST
  - February 21st, 8pm EST
- Recordings of each live session
- 8 reflection questions to help you formulate your own opinion about how and whether to use these ideas on your own healing journey
- 1 PDF workbook including notes from the weekly live calls and workshop questions
- Access to Dr. Louise during weekly office hours
- A dedicated off of social media online space

### **Who it's for**

This is for you if you are a survivor of toxic people who has ever used or considered using Grey Rock. You are looking to increase your confidence, let go of your guilt, and redefine your

relationship with anger. You are no longer satisfied with simply implementing coping mechanisms and are ready to think deeply about what it means to do the right thing. You are ready to think critically about what, how, and why you are progressing on the healing journey. You would love to confidently embrace the decisions of your past and feel excited to make big choices as you deepen your healing. You are ready to embrace the power of your intellect to make big changes in your emotional life. You are kind, thoughtful, and coachable. You want to upgrade the way you think about the hard stuff you've experienced in your life. You want to move away from being spoonfed the right answers and start building new ways of thinking that are fully yours.

**When it starts**

January 31st, 2023

**How much it costs**

\$497.00 USD

**Is a payment plan available?**

Yes, four monthly payments of \$130.00

**Ready to sign up?**

*Pay in full* - <https://www.empowermentthroughthought.com/offers/E5wwAc2Y>

*Payment Plan* - <https://www.empowermentthroughthought.com/offers/FnVo6bFu/checkout>