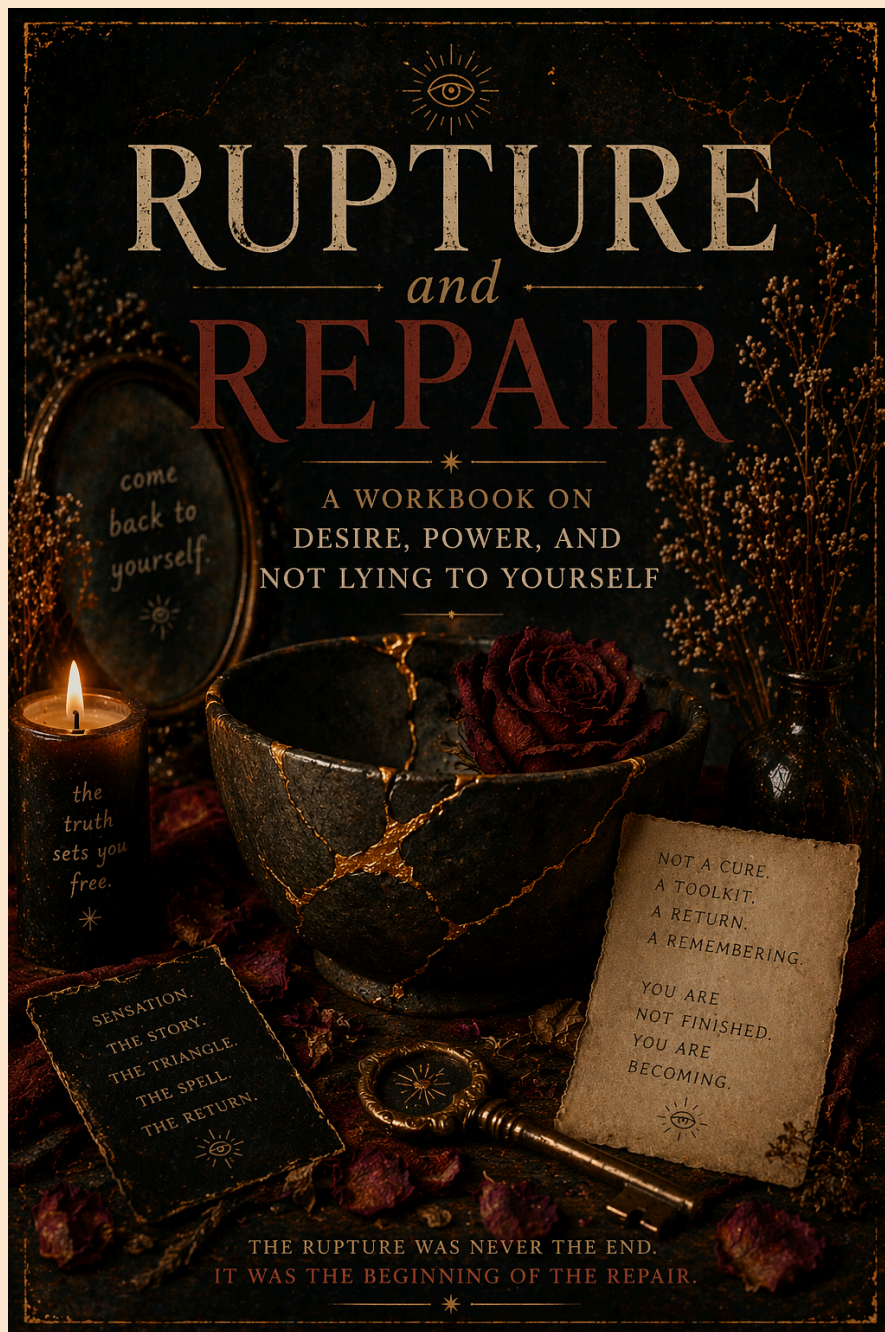


Rupture and Repair: A Workbook on Desire, Power, and Not Lying to Yourself



By Emmanuel Olú Modupé

Wholeness is not achieved by cutting off a portion of one's being, but by integration of the contraries. Carl Jung.

Welcome

You have been called here. Not by accident or by algorithm. But by the fire in your soul, the part of you that knows there is work to be done and has been circling this threshold for a while now.

We welcome you to the temple with open arms and whispered truth bombs that will sit in your nervous system for years, silently unraveling.

Come in. The door was already open.

This workbook is not here to fix you. You are not broken. But you may be lying to yourself in ways that are costing you more than you realize. And some part of you already knows that. That is probably what brought you here.

What you will find inside is a collection of frameworks, practices, and honest questions designed to help you see yourself more clearly. This includes the parts you have been told are too much, the parts you have been quietly getting something from, and the parts that are still waiting to be reclaimed.

This work draws on Existential Kink, somatic practice, Jungian shadow work, Hoodoo wisdom, and anarchist philosophy. You do not need to be familiar with any of those frameworks. You just need a genuine willingness to stop lying to yourself about what is actually happening inside you.

That is the only requirement.

Just the willingness to stay when you want to look away.

So mote it be.

A few things to know before we officially begin:

This workbook will ask you to move slowly. Rushing through it will not serve you. Some pages will ask you to sit with a question for days before moving on. Let that be okay.

This workbook will sometimes make you uncomfortable. That discomfort is not a sign that something is wrong. It is usually a sign that something true is very close.

This workbook is not a substitute for therapy, crisis support, or professional care. If you are in active crisis, please reach out to someone who can hold that with you.

This workbook will ask you to take yourself seriously.

One last thing.

The title of this workbook is not an accusation. It is an invitation.

Not lying to yourself is one of the most radical acts available to you. In a world that profits from your confusion, your smallness, and your willingness to override your own knowing, choosing clarity is a form of resistance.

Being here means you are ready.

So Let's Address The Elephant in The Room

This workbook is intentionally very simple. Nothing here is designed to distract you from the work. No elaborate visuals. No aesthetic buffering. Just you, your patterns, and your honesty. This is not about making something look good. This is about telling the truth. There is nothing here to impress you.

If you are looking for something to skim, this will frustrate you.

If you are looking for something to fix you, this will disappoint you.

Because that's not what this is.

This is the kind of work that asks you to slow down
long enough to notice what you usually override.

It is quiet.

It is repetitive.

It is, at times, uncomfortable in a way that doesn't resolve quickly.

This is the unglamorous work of deep self-love.
The kind that doesn't need to be seen to be real.

That is what this is.

If you stay with it, it will meet you.

If you rush it, it will pass you right on by.

That choice is yours.

Welcome to the work. 🌹

Introduction to the Work: How to Stay When You Want to Split: Learning to Fight Fair With Yourself:

Conflict does not only happen between people. It happens within you. Between your desire and your fear.

Your agency and your conditioning.

The part of you that wants control and the part of you that longs to surrender.

Most of us were never taught how to navigate that kind of internal conflict.

So we may default to one of two things:

We override ourselves, or we collapse into ourselves. This work is something else.

This is about learning how to stay present with your own contradictions without turning them into a problem to solve or a flaw to fix.

This is what it means to fight fair with yourself.

Fighting fair with yourself means:

- You do not shame one part of yourself to protect another
- You do not rush to resolve the tension just to feel comfortable
- You allow multiple truths to exist at the same time
- You stay curious about your reactions instead of judging them
- You take responsibility for your patterns without turning them into your identity

As we go throughout this work, I really want you to sit with everything, hold it, massage it into your psyche, use all of your senses to emerge into the text and create your own rituals based on what you see. Use your sovereignty and your intuition and know that you have free will.

1. Name the Rupture

What is the tension or conflict happening inside me right now?

Example:

Part of me wants to keep reaching out to them.

Part of me feels disrespected and wants to pull back.

Part of me wants to cuss this person out.

Part of me wants to mock them, laugh in their face, and make them find the humor in our argument.

2. Let Each Part Speak

Without interruption. Without correction.

What does each part want?

What is each part afraid of?

What is each part trying to protect?

3. Notice the Urge to Judge

Where do I want to call one part “right” and the other “wrong”?

Pause there.

That’s where most people abandon themselves.

4. Stay With the Tension

You don’t have to resolve it immediately.

Let both (all) parts exist.

Let your body hold it.

This is the repair beginning.

5. Choose With Awareness

When you do choose what to do next, let it come from awareness, not urgency.

Not:

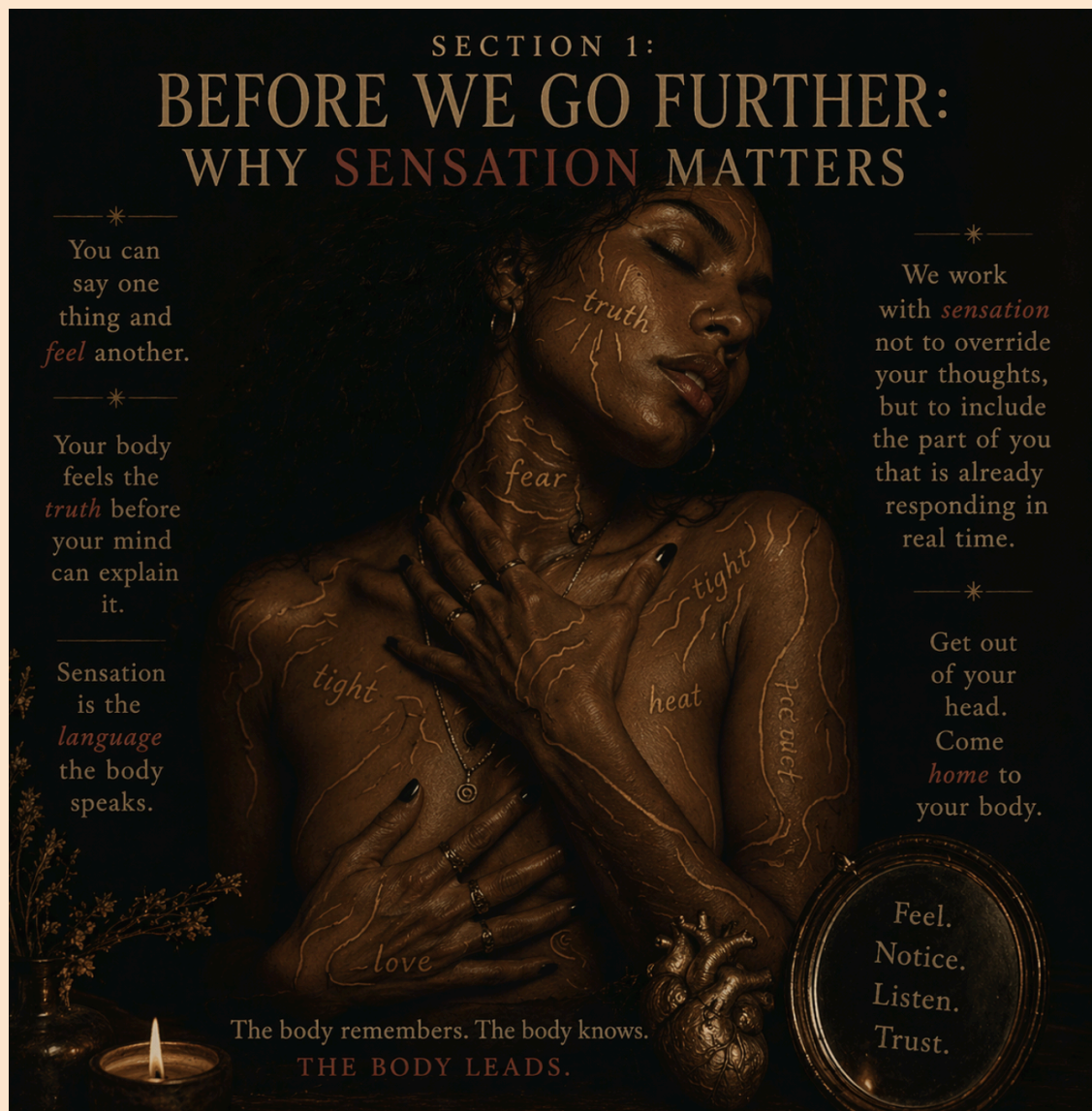
“I need to fix this feeling”

But:

“I see what’s happening, and I’m choosing from that clarity.”

Inside of you, there are parts that have been labeled good and parts that have been labeled wrong. This work is not about choosing one. It is about letting them meet each other without fear.

Section 1: Before We Go Further: Why Sensation Matters



Before we go anywhere, we are going to slow down. Because the work ahead is not urgent, it will take you through the elements. Some sections will feel like water, some will feel like fire, some will feel like air, and some will feel like earth. I invite you to be in animistic connection with this book. Everything that follows depends on your ability to be present with yourself in real time. Not the story you tell about what happened. Not the explanation you give other people. The actual live signal your body is sending right now. It's time to get honest, baby, more honest than you have been in a long time.

Breathe, especially if you're already feeling tight.

Breathe.

Let this work breathe. You are not here to get somewhere else, you are here to be right here in this moment. Notice where you might want to run or avoid the work. Just notice, because we can certainly skip the shame part.

Most of us were taught to think our way through difficult experiences. To analyze, explain, and categorize what we feel until it makes sense to the mind. This workbook is going to ask you to do something different. It is going to ask you to feel first and think second. To trust that your body is already holding information your mind has not yet organized into language. It's going to ask you to trust your body's wisdom and ability to process and work through things without unnecessary destruction.

Where is the tension?

Where is the openness?

Where is something you would usually ignore?

You don't need the right word.

You don't need to understand it yet.

Just don't leave.

That is not a small ask. For many of us it is the hardest thing in here. This book is not meant to be easy, it's not casual, it's an initiation.

And it is also where everything begins.

There is no easy way to get into this work, so let's get started.

Getting into the soma (the body) is imperative for this work because it is where all of the answers lie. EK, which I will explain in a moment, is about getting underneath the surface of our minds and into our bodies; without that element, we are merely just thinking about our situation. Our bodies hold ancient wisdom and trauma through epigenetics. We are only able to access that in and through the body. It is something about being able to tap into our inner world and discover the richness that lies within our sensations, memories, and ancestral wisdom. The soma allows us to connect with deities, spirit guides, ancestors, inner angels, inner demons, and allows us to integrate with our souls. There is so much treasure inside the body that allows us to heal, attract, and manifest new timelines and experiences.

You can say one thing and feel another. And when that happens, the body is usually telling the truth faster than the mind can explain it.

This is why we work with sensation.

Not to override your thoughts, but to include the part of you that is already responding in real time.

Here is a list of sensation examples:

CORE PHYSICAL SENSATIONS

- tight
- open
- heavy
- light
- warm
- cool
- buzzing
- tingling
- numb
- tense
- relaxed
- contracted
- expanded
- fluttering
- pressure
- hollow
- full

★ ACTIVATION / CHARGE SENSATIONS

- charged
- pulled
- hooked
- activated
- restless
- electric
- sharp
- urgent
- looping
- sticky
- magnetic
- consuming
- spiraling
- fixated

★ EMOTIONAL-SOMATIC BLENDS

These are emotions felt *in the body*, not just named:

- anxious (tight chest, fast energy)
- calm (slow, grounded, steady)
- grief (heavy, sinking, hollow)
- anger (hot, rising, intense)
- relief (softening, dropping)
- fear (contracting, alert)
- desire (pulling, expanding, warm)
- shame (collapsing, hiding, shrinking)
- joy (light, open, bubbling)

★ SUBTLE / HARD-TO-NAME SENSATIONS

These are the ones people usually miss:

- familiar
- strange but known

- dull
- distant
- foggy
- suspended
- waiting
- hovering
- disconnected
- almost nothing
- hard to access

★ “GET OFF” SENSATIONS

Not sexual, but **reward-based sensations** (more on this later):

- satisfying
- confirming
- validating
- relieving
- grounding (even if unhealthy context)
- powerful
- righteous
- seen
- chosen
- in control
- certain
- justified

★ BODY LOCATION PROMPTS

Consider where you feel the sensation.

- chest
- stomach
- throat
- jaw
- shoulders
- pelvis
- hands

- back

Most people skip this part because it feels “basic”

But this is the difference between:

👉 thinking about patterns

vs

👉 actually interrupting them

Here is your first assignment:

When you're feeling a particular way, notice and record the sensations that are happening in your body. Write down the word you'd use to describe the 'feeling' associated with those sensations. Lastly, write down where you feel it in your body.

Do this once per day (five entries over the next week). You don't need the perfect words.

If you can feel it, you're already doing it right.

Note: do not write down the 'story associated' with the feeling or sensation. Just feeling, association, and location in the body.

PAUSE: *this is the end of the assignment instructions and your first scheduled break. Notice the parts of you that might feel like running past this warning. Notice the parts of you that might feel like you have not done enough work to deserve this pause. No changing. Just witnessing. You are simply going to witness. You can come back in 5 days, when your first assignment is complete.*

Getting Deeper:

Pause. Recognize that you have just spent a week noticing. Not fixing. Not analyzing. Just noticing what your body does when something is happening inside you. That is intimacy. Intimacy that goes deeper than language, notice how you feel having done this assignment. We aren't looking for any change in particular. Nothing magnificent in the traditional sense. Having a body that *feels* is magnificent enough.

Sit with that.

That practice was not incidental. It was foundational. You are also learning the language of your body, it can't use words. But it can communicate with you through sensations, what you were building is the capacity to stay present with sensation without immediately running to the mind for an explanation.

That capacity is exactly what the next framework requires.

Existential Kink (EK) is a practice that lives in the body first. It asks you to notice things that are subtle, uncomfortable, and sometimes surprising about your own patterns. And if you are not practiced at staying with sensation, the mind will jump in and override what is actually there before you have a chance to see it clearly.

So everything you built in the last week was preparation for this.

Now we go deeper.

Foundational Framework For The Entire Workbook

Existential Kink (EK) is the practice of noticing the hidden ways you are in relationship with your experiences, especially the ones you say you don't want, and reclaiming the power, pleasure, or familiarity that lives inside them.

Through an animistic and Hoodoo-informed lens, this is not about blaming yourself for what happens to you, but about recognizing how your body, spirit, and learned patterns engage with these experiences, so you can shift the relationship without abandoning yourself.

EK does not mean you wanted harm. It means there may be a part of you that recognizes something familiar, powerful, or even pleasurable in certain dynamics, and until you see that clearly, you will likely keep recreating or tolerating them. This work is about seeing it and not shaming it and not rushing to change it.

But refusing to lie about it. We are not here to prove that you secretly wanted everything that happened to you.

We are here to notice where your energy is still entangled, still fed, still repeating, and to give you the power to shift that without turning against yourself.

This is my working definition of Existential Kink, shaped by my lived experience and my practice as an anarchist, animistic, Hoodoo-rooted practitioner.

The framework itself was developed by Dr. Carolyn Elliott, PhD. If you want to go deeper into the original teachings, I highly recommend her book *Existential Kink*, which offers a more expansive foundation, along with practices and exercises that are essential to fully understanding this work.

What you will find here is not a replacement for that text, but an application. A translation through my body, my lineage, and the specific relational, spiritual, and embodied work I hold.

Either way, if you are looking for a way to avoid discomfort, this work will frustrate you. If you are willing to be honest with yourself, it will transform you from the inside out, for the rest of your life.

Because I am a responsible practitioner and a certified Existential Kink coach trained through Dr. Carolyn Elliott's program, I want to take a moment before we go any further.

Before we get into practice, we need to talk about the common misuses of this work.

Because this work is powerful. And when something is powerful, it can be used in ways that distort it, dilute it, or turn it against you.

So before I show you how to do this, I want to be very clear about how not to do it.

Common Misuses of Existential Kink

1. Using EK to Blame Yourself for Harm

This work is not about convincing yourself that you wanted everything that happened to you.

If something harmed you, it harmed you.

Existential Kink is about noticing your current relationship to patterns, not rewriting reality to avoid feeling pain.

2. Using EK to Stay in Situations That Hurt You

Seeing the pattern does not mean you need to stay in it.

You can recognize that something in you is familiar with a dynamic, even fed by it, and still choose to leave. Awareness is not a contract to continue.

3. Rushing to “Fix” or Override Your Feelings

If you try to jump straight to “what’s the pleasure in this?” without actually feeling what’s there, you will bypass the work. This is not about forcing yourself to enjoy something. It is about being honest enough to notice what is already there, at your own pace.

4. Turning EK Into a Performance of Being “Evolved”

This work is not about being the person who can find the lesson in everything the fastest.

It is not about sounding self-aware.

It is about being real, even when what you find is uncomfortable, contradictory, or inconvenient.

5. Using EK to Avoid Boundaries

Understanding a pattern does not replace the need for boundaries.

You can be aware of your entanglement and still say no.

You can see the dynamic clearly and still choose to protect your energy.

Important Distinction: What “Getting Off” Actually Means in This Work

In Existential Kink, you may hear the phrase “get off.” This does not always mean sexual arousal.

In this context, “getting off” is a way of describing any experience that creates a sense of positive sensation, charge, or engagement in the body.

That sensation might look like:

- a subtle feeling of satisfaction
- a sense of familiarity or comfort
- a rush of intensity
- laughter
- relief
- even the strange pleasure of being right, being chosen, or being validated

Sometimes it is obvious. Sometimes it is very subtle.

And sometimes, it lives right next to discomfort.

From the perspective of this work, we are not assuming that you consciously enjoy difficult experiences.

We are noticing that the body can still register *something* in those moments.

A charge.

A pull.

A recognition.

That is what we are working with.

Choosing Alignment Over Proximity (Personal Example of The “Get Off” in EK)

I noticed that I was following certain people and staying in certain communities, not because I genuinely enjoyed them, but because of their visibility and popularity.

There was an underlying belief that being connected to people with a larger audience or more social influence meant something about my own value.

I also realized that I sometimes avoid engaging with people who don't have that same level of visibility, even if I actually resonate with them more.

What I Noticed

As I sat with this, I could feel that this wasn't just about preference.

There was a subtle but consistent pattern:

- I was using other people's visibility as a way to measure worth
- I felt a sense of accomplishment being in proximity to people who were widely recognized
- I was more invested in what being connected to them represented than in how I actually felt around them

When I got honest, I could see that I didn't even like some of these spaces or people.

I liked what it meant to be associated with them.

I Notice Subtle Engagement or "Getting Off"

Not in a sexual way, but in the sense of identity and internal reward.

There was a sense of:

- validation in being "close" to people who were perceived as important
- a feeling of achievement in being included or recognized by them
- a part of me also recognized a part of my purpose inside of them and it was an attempt to be closer to myself because we have the same purpose
- a quiet internal narrative of "this means something about me" (worthiness)

It created a kind of charge, even if the actual experience of being in those spaces didn't feel good.

What Felt Familiar

This is connected to earlier patterns in my life where being chosen by people who were seen as popular or desirable felt significant.

There was a sense that proximity to people who were already valued could give me access to that same feeling.

It is also connected to a deeper desire to be seen, recognized, and included in a visible way.

What I Chose

Instead of just staying in that awareness, I made a change. I unfollowed people I was only connected to because of their visibility. I left communities that I realized I didn't actually enjoy. Not because those people or spaces were bad, but because my relationship to them was not honest.

What I'm Learning About My Relationship to This Experience

I am learning that I have been using proximity as a way to feel valuable. I can see that part of me believed that being connected to people who are widely recognized would reflect something back to me about my own worth. I am also learning that this does not actually create the kind of connection or fulfillment I am looking for.

What I am really wanting is not proximity. It is alignment.

It is being in spaces and relationships that I genuinely enjoy, regardless of how they are perceived by others.

Closing Reflection

Sometimes I am not drawn to people. I am drawn to what being near them says about me. Seeing that clearly allows me to choose differently.

There is nothing inherently wrong with wanting to be seen, chosen, or to belong. This is not a flaw. It is not a weakness. It is ancient. Human beings are wired for connection. Long before we had language for self-concept or identity, belonging meant safety. To be part of the group was to be protected, fed, and allowed to exist. To be excluded was a real threat. So when you notice yourself reaching for visibility, proximity, or validation, you are not doing something shallow. You are responding from a very old and intelligent part of your system.

Especially in childhood, we are not operating with full cognitive capacity or choice in the way adults often assume. The parts of the brain responsible for long-term reasoning and regulation are still developing, while the systems responsible for immediate survival, attachment, and emotional learning are highly active.

Which means many of the patterns you carry today were not “decisions” you made.

They were adaptations. Ways your body learned to secure connection, attention, or safety in the environments available to you, which is incredibly intelligent.

The body is incredibly intelligent in ways that we cannot fully comprehend. We can’t even explain how our organs work, our hearts beat, and our lungs fill with air, all on their own, without our support.

The body deserves more support. The body deserves an advocate and loving being to direct it and take care of it, in whatever ways work best for you and your body.

While these are intelligent systems, some of these patterns were created during a time of trauma, where the body did what was available to it.

These patterns can create real psychological wounds when belonging is tied to inconsistency, performance, or proximity to power.

When being seen is unpredictable, you may learn to chase visibility.

When being chosen is conditional, you may learn to prove your worth.

When belonging is unstable, you may learn to orient yourself around those who seem most valued.

This work is not about shaming those patterns.

It is about understanding them with enough precision and care that you no longer have to live inside them unconsciously. This is not a self-callout session. This is self-loyalty in motion.

Self-trust.

Self-honesty.

And a deeper form of love.

You are not here to judge the ways you learned to survive. You are here to decide what you want to carry forward.

The Funny

There is a part of me that needed to be in those connections. I learned a lot. I had a blast. There is no regret and it is so funny that I thought I needed to be connected to them in order to be closer to myself. It’s funny because my destiny is all about being on stages, being visible, and performing not being performative. I am meant to be in community, teaching, sharing my resources in a big way and that starts with the foundational practice of truth. But I love that I gave myself the space to ‘get off’ on all of this. That was a fun pattern until it was done. It was a great key back to myself. I

believe that there are places that our souls hide their power and this was a fun place for me to find it.

Moving Forward and Outward: Clearing Up The Misconception

EK is not about forcing yourself to feel sexual pleasure in situations where that would be inappropriate or simply untrue. It is not about turning everything into sex. That is *not always* the secret reward (the “get off”) we are attaching. It is about developing the ability to notice where our systems are engaged, activated, or even subtly rewarded within certain patterns.

This is a psychological and somatic practice. This is not a performance or fantasy, and there is no requirement to feel something you do not feel. This work can feel like a bit of a mind twist at first.

That’s okay.

You are learning to notice parts of your experience that usually stay hidden in the background.

Take your time. Let it unfold.

YOUR FIRST EK EXERCISE (FOUNDATIONAL) : TWO WAYS TO PRACTICE

Exercise: Noticing the Pattern Without Changing It

Preface: Take a moment to check in with yourself. Right now, do you feel more open to writing... or to feeling? There is no right way to do this work. Some days, you may want to think, reflect, and put language to your experience. Other days, writing might feel like too much, and your body may want to lead instead.

Both are valid. Both are powerful. This workbook is designed to support both.

On this page, you will find the writing-based version of the practice. On the following page, you will find a somatic version you can do without writing. You can choose either one. Or return later and try both. Trust your capacity in this moment.

Writing Version

Think of a recent situation that felt frustrating, activating, or confusing in your relationships. Something small is enough. It does not need to be the most intense thing you’ve experienced. Write down what happened, as simply as you can.

What did they do?

What did you do?

What did you feel?

Now, gently ask yourself: What about this feels familiar? Not good. Not bad. Just familiar.

Then ask: Is there any part of this dynamic that I recognize myself being drawn to, even subtly?

Take your time here. If the answer is no, that's okay. Stay with the question without forcing it. Notice what comes up in your body as you sit with this. Tension, resistance, curiosity, nothing at all. All of it is information.

Close by writing: What did I learn about my relationship to this experience? Not what you should do next. Just what you see now.

If writing feels complete for now, you can pause here.

If your body wants a different way in, keep reading.

Somatic Version

Take a moment to settle into your body. No need to change anything. Just arrive. Bring to mind a recent situation that had some emotional charge. Something small is enough. A conversation, a text, a moment where you felt activated, seen, ignored, annoyed, or pulled in.

Let yourself remember it without analyzing it. Now, gently scan your body.

What do you notice? Not what you think about it. What you feel.

Is there any sensation in your body as you recall this?
Tightness, warmth, tension, softness, nothing at all?

Is there any part of this experience that feels familiar?
Not good or bad. Just known.

Is there any subtle sense of engagement?
A pull, a charge, a loop your mind wants to stay in?

Did any part of you feel satisfied, validated, or confirmed in something you already believe?
Even slightly?

Is there any part of this that feels almost interesting, compelling, or hard to let go of?

You are not trying to force a feeling. You are not trying to make this positive.

You are simply noticing:

Where is my body responding?
Where is my system engaged?

That is enough.

You have done enough.

Release the practice.

Breathe, stay with your sensations, pause if it ever feels like too much. Take care of yourself.

★ INTEGRATION RITUAL: Returning to Yourself

After completing either version of the exercise, pause.

Don't rush to the next thing.

Let what you noticed settle.

★ STEP 1: Acknowledge What You Saw

Place one hand on your body.
Wherever feels natural. Chest, stomach, thighs.

Gently say to yourself, either out loud or internally:

I see how I've been in relationship with this.
I don't need to judge it.
I don't need to fix it right now.

Just let it land.

★ STEP 2: Separate Without Abandoning

Take a slow breath in.
And a slow breath out.

As you breathe, imagine a small amount of space forming between you and the pattern you just observed.

Not distance or rejection.

Just enough space to see it clearly.

Say to yourself:

This pattern is something I experience.
It is not all of who I am.

★ STEP 3: Choose Presence

Ask yourself one simple question:

What would it feel like to stay with myself, even when this pattern shows up?

You don't have to answer it perfectly.

Just notice what comes up.

★ STEP 4: Close the Loop

Take one more breath.

Let your shoulders drop.

Let your jaw soften.

Then say:

I can see this now.

That is enough for today.

★ AFTERCARE: Staying With Yourself After Seeing Something Real

Take a moment.

Not to analyze.

Not to figure anything out.

Just to be with yourself.

★ What You Just Did Matters

You saw something.

Maybe small.

Maybe uncomfortable.

Maybe unclear.

But you stayed with it long enough to notice.

That is not nothing.

★ This Is Where People Usually Leave Themselves

Not in the big moments.

In the quiet ones like this.

Where something real has been touched
and the instinct is to:

- move on
 - distract
 - minimize it
 - or turn it into a problem to solve
-

★ Stay Here a Little Longer

Place a hand on your body.

Wherever feels natural.

Take a breath.

And say to yourself:

I don't need to rush past this.

I don't need to fix this.

I can stay with myself here.

★ Let the Experience Land

You don't need to make meaning out of what you saw yet.

Let it exist without deciding what it means.

Let your body process it in its own time.

★ Simple Support

If you need something grounding right now:

- take a sip of water
- stretch your body
- step outside for a moment

- sit in silence for a few breaths

Nothing elaborate.

Just enough to remind your system:

👉 I am here

👉 I am safe

👉 I am not alone with this

★ One Last Thing

You are allowed to see yourself clearly
without turning yourself into the enemy.

Let that be the thing you leave this page with.

You Might Be Feeling...

- You might feel clear
- You might feel confused
- You might feel a little exposed
- You might feel nothing at all
- You might already be trying to figure out what it “means”

All of that is normal.

The Urge to Understand Too Fast

Right now, your mind might be trying to jump in and organize what just happened.

Labeling, explaining, and trying to decide what you should do next. That impulse is not wrong.

But it is early.

This Work Moves Slower Than That

What you are building here is not quick insight.

It is the ability to:

- 👉 notice something
- 👉 stay with it
- 👉 and not abandon yourself in the process

That takes time.

You Are Not Looking for the Right Answer

Let me be very clear:

You are not trying to get the “correct” interpretation of your pattern.

You are learning how to **be in relationship with it**

That is different.

And it changes everything.

The Part That Wants to Move On

Notice if there is any part of you that wants to:

- skip ahead
- distract yourself
- check your phone
- tell yourself “okay I get it”

Just notice.

You don’t have to stop it.

Just see it.

You have full permission to feel it all.

This Is Where Most People Leave Themselves

Not when things are hard.

But when things get *subtle*.

When something real starts to come into view
and the mind says:

“okay cool, we’re done here”

You’re Not Done

Not because there is more to figure out, but because what you saw is going to keep showing up and you are here to be with it.

A Gentle Warning

At some point, you might notice:

- a familiar reaction happening again
- a pattern you just processed repeating itself
- a moment where you can see it while it’s happening

That’s not a coincidence. That’s the work starting to move with you.

I hope that when it happens again, you will have the tools to hold yourself. Healing is a spiral.

Sometimes we ask ourselves “**Why am I here again?**”

★ This Is Not Regression

It might feel like it.

Like you’ve gone backwards.

Like nothing changed.

Like all that awareness didn’t even matter.

But what’s actually happening is this:

You are seeing it in real time now.

Before, the pattern was happening *and you were inside it*

Now, the pattern is happening *and you are aware of it*

That is a different position.

Even if your behavior hasn't changed yet.

✧ Awareness Comes Before Change

There is often a phase where:

You see it

you feel it

you know exactly what's happening

...and you still do the thing

That does not mean the work isn't working.

It means the work is **online**

✧ The Spiral

Healing is not a straight line.

It is a spiral.

You will come back to the same themes

the same dynamics

the same wounds

But each time, you are not in the same place.

Each time, there is:

- more awareness
- more sensation
- more choice available

Even if it's just a few seconds of it.

✧ The Rupture Moment

This is the moment this workbook has been preparing you for.

Not the quiet reflection.

Not the journaling.

This:

👉 when it's actually happening

When you're about to send that text.

When the old reaction is rising

When your body is activated and your mind is trying to justify it

★ What To Do In That Moment

Not perfectly.

Not dramatically.

Just this:

Pause.

Feel your body.

Notice the sensation.

Ask yourself:

Can I stay with this for a few seconds without acting on it?

That's it.

★ You Don't Have to Get It Right

You might still do the thing.

You might still repeat the pattern.

You might still choose what is familiar.

That's okay.

Just don't lie about it.

Don't tell yourself you didn't see it.

★ **This Is Where Self-Loyalty Begins**

Not when you never repeat a pattern again.

But when you stop abandoning yourself inside it.

When you can be in it
and still be with yourself

★ **A Quiet Hope**

I hope that when it happens again

and it will

you remember this moment.

Not to judge yourself.

But to hold yourself.

To feel what is actually happening.

To stay, even if it's just a little longer than before.

This is self intimacy.

Healing is not about never returning to harmful patterns because you know they don't work for you.

It is about returning to yourself even if you do.

Don't Rush to Change It

If that happens, don't try to fix it immediately.

Just notice:

👉 can I stay with this for a few seconds longer than I usually would?

That's enough.

To stay with yourself in those moments without collapsing into them or running from them, you will need a way to be with the intensity of what you feel. That is where we are going next. Let's keep building.

Boundaried Arousal with the EK Lens:

As we move into the next part, you may begin to notice stronger reactions in your body.

Curiosity. Discomfort. Tension. Fascination. Maybe even a kind of charge you don't fully understand yet.

Before we go further, I want to offer you a framework that will support you in staying with these sensations without needing to act on them, suppress them, or make meaning out of them too quickly.

This is what I call *Boundaried Arousal*.

Boundaried Arousal is the practice of allowing sensation in your body without immediately escalating it, suppressing it, or acting on it.

It is the ability to feel a charge...without collapsing into urgency.

To feel attraction, tension, curiosity, or intensity... without needing it to become anything.

Arousal, in this context, is not instruction. It is information. Your body responding does not mean you owe action. It does not mean something has to happen.

It simply means: *you are aware*.

A Quick Note on Your Nervous System

When we talk about "arousal" in this workbook, we are not *only* talking about sexual arousal.

We are also talking about **nervous system activation**.

Your body is constantly moving between different states of activation, often described as:

- **Hyperarousal**
- **Hypoarousal**

These are natural responses of the nervous system.

Hyperarousal (High Activation)

This is when your system is **activated** or “**turned up.**”

You might feel:

- anxious
- overwhelmed
- hyper-focused
- reactive
- emotionally intense
- energized or restless

In this state, your body may feel charged, fast, or urgent.

Hypoarousal (Low Activation)

This is when your system is **slowed down** or “**turned down.**”

You might feel:

- numb
- disconnected
- shut down
- low energy
- distant from your emotions
- foggy or flat

In this state, your body may feel heavy, quiet, or hard to access.

Most people move between these states without realizing it. And many of us were never taught how to stay present with either. **Boundaried Arousal** is the practice of staying connected to yourself **inside of activation**, without immediately trying to escape it, suppress it, or act on it.

Whether that activation feels intense or subtle.

Whether it feels good, uncomfortable, or confusing.

This is especially important in Existential Kink work.

Because when you begin noticing patterns, you may experience:

- a spike of activation (hyperarousal)
- or a sense of numbness or avoidance (hypoarousal)

Neither of these is a problem. They are signals. Information about what your system is processing.

This work is not about trying to eliminate these states. This is about learning how to stay with yourself inside them. In a lot of ways, our life's work is about noticing the stimuli outside of us and practicing not being controlled by it.

There will be times where you feel more activated or more shut down, there is no right answer.

There is just your presence and your noticing.

✶ SUPPORT BOX

When You Feel Too Activated or Too Shut Down

As you move through this work, you may notice moments where your body feels overwhelmed, restless, or hard to stay with.

This is normal.

Nothing has gone wrong.

Your nervous system is responding.

✶ If You Feel Too Activated (Hyperarousal)

You might feel:

- overwhelmed
- anxious
- restless

- emotionally intense
- like you need to figure it out right now

Try this:

- Pause the exercise
- Take a slow breath in through your nose
- Exhale longer than you inhale
- Look around the room and name 5 things you can see
- Press your feet into the ground
- Place a hand on your body and apply gentle pressure

Remind yourself:

I don't have to solve this right now.

I can slow this down.

★ If You Feel Too Shut Down (Hypoarousal)

You might feel:

- numb
- disconnected
- foggy
- tired
- like you can't access anything

Try this:

- Gently move your body
roll your shoulders, stretch, or stand up
- Splash cold water on your face or hold something cool
- Say your name out loud
- Notice where you are in the room

Remind yourself:

I am here.

I can come back slowly.

✦ **If You're Not Sure**

That's okay too.

You don't have to label it perfectly.

Just ask:

What would help me feel a little more present right now?

And follow that.

✦ **MOST IMPORTANT**

You are allowed to pause this work at any time.

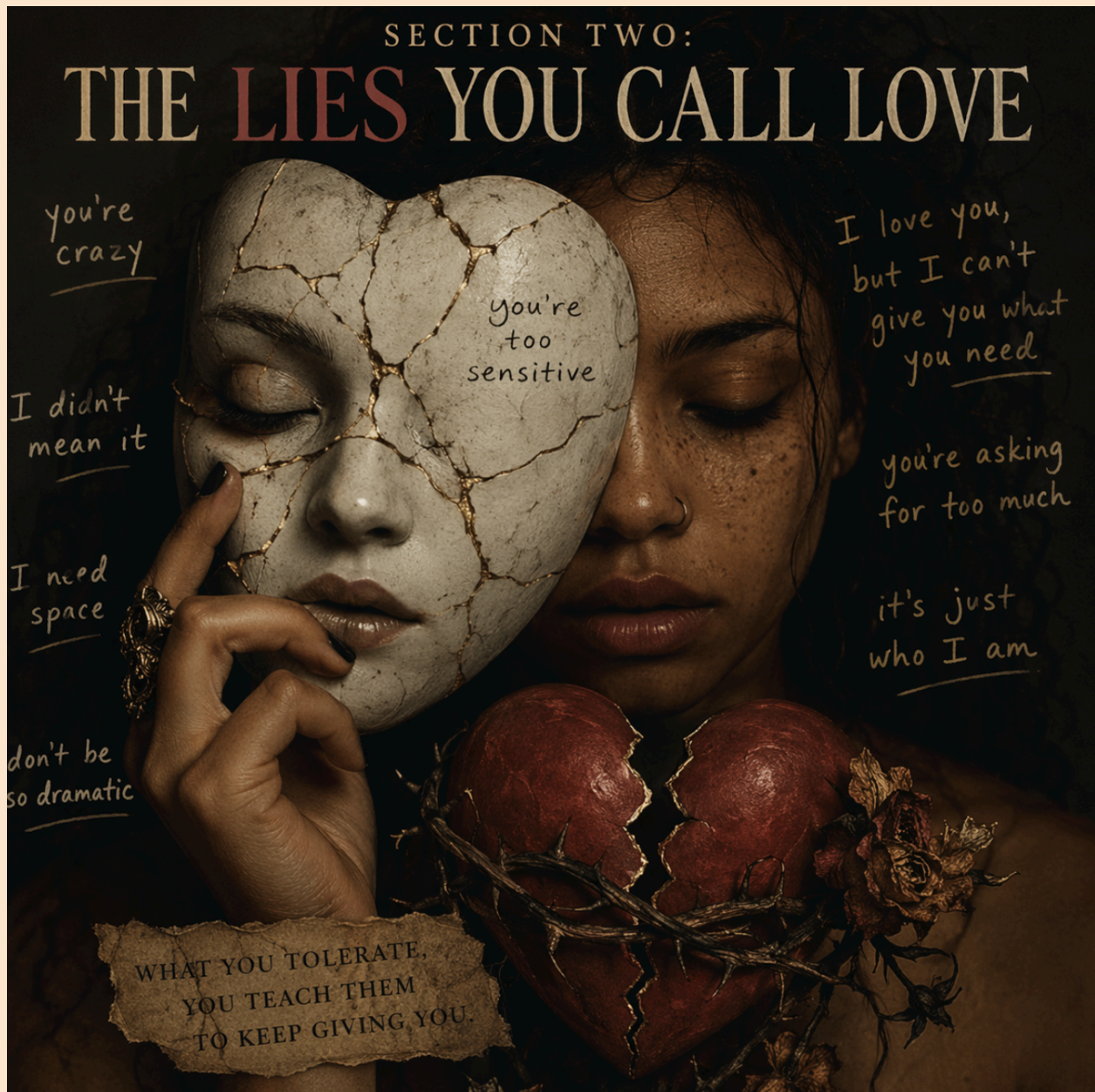
Going slower is not failure.

Taking care of yourself is part of the practice.

You can always return to yourself.

That is the real work.

Section 2: The Lies You Call Love



Now that you have a felt sense of your own activation, what it feels like when your system turns up or turns down, we are going to use that awareness in a much more interesting direction. Because the real test of boundaried arousal is not sitting quietly with a neutral sensation. It is staying present with yourself when something genuinely provocative is in the room.

Many of us were taught that there is a hard line between good and evil. There were good people in the world and there were bad people. That idea is comforting, but it is a lie. And this is the point in the story where you stop lying to yourself.

The truth is more interesting and more uncomfortable than that.

Truth is a penetrating force.

Every person contains the full range. The capacity for generosity and cruelty. For love and destruction. For courage and cowardice. Jung called it the shadow, the parts of ourselves we exile because we were taught they made us bad. But exiling a part of yourself does not make it disappear. It makes it run your life from underground.

The Monsters Practice (more on that in a bit) uses your reaction to perceived monstrous behavior, in others and eventually in yourself, as a doorway into your own shadow. Not to become anything or excuse anything. But, to notice what your body does when the monster is in the room.

Because in this work, the charge is always information. And the parts of yourself you have exiled in the name of being good are still there. Still alive. Still asking to be seen.

This is how we begin to see them.

And here is why this actually matters.

What lives in your shadow is not just your darkness. It is your wholeness.

The parts of you that got exiled were not always dangerous. Often they were the parts that were too free, too feeling, too honest, too powerful for the environments you were surviving in. They did not disappear when you learned to manage them. They went quiet. And they have been waiting ever since.

Here is a practice that might help you understand what we are doing in this section.

Imagine yourself as a deity. Not metaphorically. Actually. Seated, sovereign, unhurried. And imagine that your emotions, your parts, your exiled selves are not problems to be managed but loyal constituents. Each one with their own concerns, their own wisdom, their own reason for showing up as loudly or as quietly as they do.

As a great leader you do not silence your constituents. You make time for them. You sit and you listen to every single one. The grief. The rage. The part that still wants what it was never allowed to want. The part that learned to perform. The part that is tired of performing. The part that has been trying to protect you in ways that stopped working years ago but never got the memo.

When you listen this way something shifts. Your decisions stop coming from logic alone. They start coming from the full council of who you actually are.

Some of these parts will need healing before they can serve you well. Some need to be reclaimed and given back their rightful place. Some simply need to be heard for the first time. And some need to be held so tightly and so completely that they finally stop knocking.

This is not shadow work as a dissolution of all your ‘bad parts’ or exorcising out all your trauma. This is deeper than that. This is sovereignty in practice.

Now that you have met your council, it is time to introduce them to the monster.

In this section, we are going to play with the idea of the “monster.” Not as something literal. Not as something to become. But as an archetype.

A symbol for the parts of ourselves and others that feel too much, too disruptive, too taboo, or too difficult to understand.

This is not about justifying harm.

This is not about losing your sense of self.

This is about noticing your reactions.

Your judgments.

Your discomfort.

Your curiosity.

We are approaching this lightly.

With awareness.

With choice.

If at any point this feels overwhelming, you can pause and return to the previous practices.

The Villain Era Practice: Playing with the “Monster”

You don’t have to go deep into this.

You don’t have to become anything.

This is an invitation to notice your responses, using familiar and accessible imagery.

Think of this as trying on a costume.

Not changing your identity.

Week 1: Noticing Your Reaction to the “Monster”

Think of a character, public figure, or archetype that you tend to see as a “villain” or “monster.”

This could be from pop culture, media, or even a type of person you often judge.

Bring them to mind.

Now, instead of analyzing them, bring your attention to yourself.

What do you feel in your body when you think of them?

Is there tension? Heat? Discomfort? Excitement? Resistance?

Now gently ask:

What about this reaction feels charged?

Not right or wrong. Just charged.

Is there any part of this that feels engaging, interesting, or hard to look away from?

Even slightly?

You are not agreeing with them.

You are not becoming them.

You are noticing your response.

Write or reflect:

What did I notice about my reaction to this “monster”?

Repeat this practice 5x over the next 7 days.

PAUSE: *this is the end of the assignment instructions and your second scheduled break. Notice the parts of you that might feel like running past this warning. Notice the parts of you that might feel like you have not done enough work to deserve this pause. No changing. Just witnessing. You are simply going to witness. You can come back in 7 days, when this assignment is complete.*

Post Week 1: Check In With Yourself

Before you move on, pause here.

Not to analyze what you found. Just to be with it for a moment.

Place a hand on your body wherever feels natural. Take a breath.

Then ask yourself honestly:

What did I actually notice? Not what I think I was supposed to notice. What was genuinely there?

Was there anything surprising? Anything I almost skipped past because it felt too uncomfortable or too revealing to sit with?

Is there any part of me that wants to explain away what I found? To make it more acceptable or more spiritual or more evolved than it actually was?

Just notice that impulse if it is there. You do not have to act on it.

And then ask the most important question:

What does this tell me about a part of myself I have not fully made room for yet?

You do not have to answer it completely. You do not have to answer it today.

Just let it stay open.

That is the work right now. Not the answer. The willingness to keep asking.

★ WEEK 2: Noticing the Power in Being Misunderstood Villain Era, Soft Entry

This week, we are still not becoming a “monster.”

We are playing with the experience of being seen in a way that may not fully reflect who you are.
And noticing what lives there.

★ PART 1: Personal Reflection

Think of a time when you felt misunderstood, judged, or seen in a way that didn't feel accurate.
Something small is enough. You do not need the most dramatic example.

Bring that moment to mind and let your body remember it rather than your mind explaining it.

Now notice:

What happens in your body when you recall this?

Where does the sensation live? Chest, throat, jaw, stomach?

Was there any part of your body that felt relief when they got you wrong? As if some part of you was glad not to be fully seen?

Is there any part of this that feels familiar? Not comfortable necessarily. Just known.

Take your time here. The body is slower than the mind and it is more honest. Let it catch up.

★ PART 2: The Power Layer

Now, we're going to add another lens that might feel uncomfortable.

That discomfort is usually a sign that something true is close.

Without forcing anything, ask yourself:

Is there any part of me that feels powerful in this experience of being misunderstood?

Not because being misunderstood feels good. But because there is something in it that does not need to explain itself. That does not need to be palatable. That exists completely outside of anyone else's permission or understanding.

Is there any part of me that feels free in this?

Free from the labor of being known. Free from managing how I am perceived. Free from needing approval to take up space.

And underneath that — what would it mean to stop needing to be understood at all? Not as a wound. As a choice. As sovereignty.

Let whatever comes up be valid. Even if it is small. Even if it is contradictory. Even if it makes you slightly uncomfortable to admit.

★ PART 3: Pop Culture Mirror

Now bring in a little play.

Watch a scene or a film that includes a villain or monster archetype. Something familiar works well here. A Disney villain. A character you have watched before. Someone whose motives you already understand even if you do not agree with them.

As you watch, resist the urge to analyze them. Instead bring your attention to yourself.

What is your body doing as you watch?

What qualities do you notice in them that have nothing to do with whether they are good or bad? What makes them effective, precise, committed, unafraid of being the only one in the room who sees it their way?

And then the real question, the one underneath the watching:

Is there any quality here that you have been taught to reject in yourself that might actually be a form of power?

You are not claiming the character. You are not becoming the villain.

You are just noticing what resonates. And why.

★ PART 4: Gentle Reflection

After watching, ask yourself:

Is there anything here that feels... familiar?

Not identical

not literal

just familiar

Is there any quality that I've been taught to reject in myself that might actually hold power?

You are not claiming the character.

You are noticing what resonates.

★ CLOSE

Write or reflect:

What did I notice about my relationship to being misunderstood?

Was there any part of this that felt empowering, freeing, or engaging?

You don't have to decide what any of this means yet.

You are just widening your lens.



Villain Origin Story

Every villain has an origin story.

And yours probably started a lot earlier than you think.

Before you learned to exile parts of yourself, before you learned which emotions were acceptable and which ones needed to be hidden, before you learned to call yourself too much or not enough, someone taught you those things. A family system. A religion. A culture. A parent who was doing the

best they could with their own unexamined wounds.

You were not born with a shadow. You were given one.

In Japanese philosophy, there is a concept called Kintsugi. When a vase shatters it is not thrown away. Every crack is filled with gold. What emerges is not the original vase. It is something that could only exist because it broke. Something more honest. More whole. More itself. Jung called what we exile the shadow. The parts we disown because someone told us they were too much, too wrong, too dangerous, too divine. But the shadow is not the broken pieces. The shadow is the gold waiting to fill them.

This section is about understanding where the shattering began. Not to excuse it. Not to explain it away. But because you cannot pour gold into cracks you refuse to look at.

On Family and What We Actually Owe Each Other

Family is the first system that teaches you who you are allowed to be.

And for many of us it was also the first system that taught us which parts of ourselves were too much. Too loud. Too sensitive. Too angry. Too sexual. Too free. Too questioning.

We learned early that love came with conditions even when nobody said so out loud. That belonging required a certain kind of smallness. That keeping the peace was more important than telling the truth.

That is not a judgment of your family. Most people are simply passing on what was passed to them. Wound to wound. Generation to generation. That is what epigenetics is literally showing us that trauma travels in the body, that the nervous system learns from what the nervous system before it experienced.

Understanding this is the vindication.

You were not too much. You were too much for a system that was already full.

Of course, none of this is one-sided. Epigenetics can be a beautiful tool, too. It connects to all of our ancestors and the full capacity of their love, strength, resources, and joy.

What You Actually Owe

Here is where it gets uncomfortable.

Understanding why a wound exists does not obligate you to maintain the relationship that caused it. Loving someone and choosing distance from them are not contradictions. You can hold compassion for why someone is the way they are and still decide you cannot be in close relationship with them.

You are not required to fix anyone. You are not required to wait for anyone to be ready. You are not required to shrink yourself to make someone else comfortable with your growth.

You are allowed to leave. You are allowed to choose yourself. You are allowed to let the relationship be what it is from a distance.

This is not abandonment. This is discernment. This is truth.

A truth you cannot spiritualize your way out of. Please do not ever use this work or spirituality as a reason to keep you stuck in relationships that are not designed to support your wellness.

The Harriet Teaching

Harriet Tubman went back many times for our people, for the revolution, for love.

She is remembered for her courage, her vision, her refusal to accept that freedom was impossible. But we have to be honest and say not everyone made it. Not everyone could. Some people turned back. Some people were not ready. Some people's fear was louder than their longing for freedom.

She carried a gun. She shot folk who tried to return because one person turning back could endanger everyone moving forward.

Freedom has a cost. And sometimes that cost is leaving people behind who are not ready to come with you. Not because you don't love them. But because you cannot carry someone who is actively moving in the opposite direction and still make it yourself.

This is not cruelty. This is clarity. Now, to be extremely clear with you: I AM NOT telling you to shoot anyone. The metaphorical gun in your own liberation journey is the willingness to release, internally, the old paradigms, the inherited beliefs, the loyalty to suffering that was never yours to carry. To let those old ways of being die so something new can live.

You cannot take everyone with you. You cannot take everything with you.

And being on the journey together does not guarantee you will arrive at the same destination.

The Beauty of the Lone Wolf

There is a story we tell about people who walk alone.

That they are lonely. That something went wrong. That isolation is a punishment or a failure or a sign that they could not make relationships work.

That story is a lie designed to keep you manageable. Sometimes walking alone is the most sovereign thing you can do. Sometimes the pack was never going in the direction you needed to go. Sometimes the cost of belonging was too high and you had to choose yourself even when it looked like abandonment from the outside.

The lone wolf is not broken. The lone wolf is clear.

There is a difference between loneliness and solitude. Loneliness is the ache of unwanted separation. Solitude is the chosen space where you finally get to hear yourself think without the noise of everyone else's needs and expectations drowning you out.

Many people have never experienced that silence. They mistake the discomfort of it for evidence that something is wrong. But the discomfort is often just the sound of a self that has never been allowed to be fully itself finally taking up space.

Sacred Anarchy

Anarchy does not mean chaos. It does not mean the absence of love or commitment or community.

It means the refusal to organize your life around systems and hierarchies that were never designed with your liberation in mind.

Sacred anarchy, rooted in animism, in right relationship, in the understanding that we are all connected, says that true freedom is never just individual. Harriet did not disappear into her own freedom and forget everyone else. But she also could not have gone back if she had not first gotten free herself.

That is the order of operations that nobody tells you about. You first. Not forever. Not as a final destination. But as a prerequisite.

You cannot pour from a vessel that has been shattered and never repaired. Leading anyone to freedom from a place of unexamined captivity can be devastating. Loving people well is quite difficult to do from a self that has been hollowed out by obligation and fear. Choosing yourself is not the opposite of community. It is the foundation of it.

Assignment: Your Villain Origin Story

Take some time with these questions. You do not have to answer all of them at once.

Is there a relationship in your life that requires you to be smaller than you actually are? What would it look like to change that?

What old paradigm are you ready to release? What needs to die so something truer can live?

You do not have to decide what to do with any of this yet. You are just seeing it clearly. That is enough for now.

When the Work Meets the Wall

Everything in this workbook has been building toward one thing.

The capacity to stay honest with yourself. To see your patterns clearly. To communicate with integrity. To repair what is repairable and release what is not.

And all of that is real and all of it matters.

But there is something this workbook would be dishonest if it did not say.

Sometimes you can do everything right and it still does not work. Sometimes you can offer the most skillful communication, the most grounded boundary, the most genuine vulnerability — and the person on the other side will take it and use it against you. Will file it away. Will bring it back out when they need something to hold over you.

And sometimes you cannot leave. Not yet. Not today. Not until the money comes through or the lease ends or the paperwork clears or the plan finally has enough legs to stand on.

This section is for that person. The one who is doing the work while living inside the thing the work is supposed to help them leave. The one who has been told that if they just communicated better, set clearer limits, showed up more consistently — it would get better. The one who has done all of that and discovered that some situations are not broken communication problems. Some situations are just hell.

And hell has its own rules.

There is something important to name here before we go further. This workbook is built on the premise of not lying to yourself. That premise stands. But there is a meaningful difference between lying to yourself and protecting yourself from someone who has demonstrated they will weaponize your truth. One is self abandonment. The other is survival intelligence. Knowing the difference is not a compromise of your integrity. It is an expression of it. You are allowed to protect yourself. You are allowed to be strategic. You are allowed to do what it takes to get through.

This is what getting through can look like from the inside.

I moved across the country for my father. For love. For the possibility of repair. I left everything I knew because that is how much I loved him and how much I believed in him. I moved based on possibility and potential. I moved with shaking hands and an open heart.

When I got there, I realized that for him, parenting was about control. He did not want me to have a voice unless it spoke the same language as his. Anything else was a delusional fairy tale. I told him when I first moved in that my biggest fear was that he would kick me out. It did not take long for him and his wife to weaponize that fear. They threatened me with it on nearly a weekly basis.

I was deeply uncomfortable, hurt, and betrayed. I did my best. I showed up. I offered vulnerability beautifully. I apologized for things that were not even my fault. I did rituals to understand their perspectives. I cried and I prayed. And then I got even in little ways. All the time. I would subtly push back anywhere that was not a real risk. I would do it playfully. I would do it strategically. And sometimes it was a full on yelling match, something I had never done in my life.

I did not recognize myself in that house. It was horrifying.

I did what I had to do to get through. I am not Mother Theresa. There were only so many practices I could do to try to understand them. I understood them very well — their shadows, their lights, their inner children, their trauma, their conditioning. I studied them carefully and with precision. I offered love, peace, neutrality, and war.

There was only so much I could take. They were narcissistic and abusive in the way that so many people normalize. Many times I had to wake up and remind myself that I was in absolute hell and that nothing made sense. But nothing was supposed to. This is the nature of being in hell. You are not there to negotiate with reality. You are there to remember your power and rise.

Ascend to your destiny. Ascend to heaven because that is your real home.

Heaven is a state of consciousness before it is anything else, and then it is a place. It is a manifested environment from which it is much easier to manifest. I cried often. I found kindness anywhere I could because in hell no one thinks you deserve it. In hell, there is an expectation to earn everything. In heaven — my heaven — there is flow, ease, and beauty. There is no rushing. We know we will arrive when we are meant to, so we take our time. Yes there are deadlines but we meet them with ease, never fear. We know there is enough. No one is counting how many chicken wings you are eating. This is not scarcity temple. This is a temple built on gentleness, sacrifice, practicality, joy, laughter, longevity, sustainability, and being well resourced for years to come.

We do not minimize ourselves to one moment. We take into account our journeys with love and no defense. We are trusted by ourselves, our people, and the universe to grow. We are not pressured or pushed. We are trusted and nudged. We are held and loved, never pushed and shoved. We are glowing orbs right beside each other and we do not have to account for our time. We get to take our time and stroll with love, ease, and joy.

A Note Before You Move On

If you are in hell right now, this section is not telling you to perform healing you have not arrived at yet. It is not telling you to forgive on a timeline that serves someone else. It is not telling you to stay or to go.

It is telling you that you are allowed to survive imperfectly. To protect yourself in whatever ways are actually available to you. To keep your truth close when the room is not safe enough to hold it.

And it is telling you that heaven is not a reward for having done everything right. It is a direction. Something you move toward one small act of self loyalty at a time.

You are already moving.

Section 3: The Thing You Are Getting From This



This is the section where we stop being polite about patterns. Yes, as a healer you probably attract all types of people who are there to teach you lessons, but you're not a fucking victim. You are a magician. There are times in your life when you are being victimized and that is very real, but here is where we talk about the part of you that attracted that harm in the first place. Before you close the book on me, I am not here to gaslight you. I am here to talk about the fact that sometimes we attract a narcissist to our lives because we need more ego. We don't believe in ourselves the way they do. They know exactly who they are and they sense your light, like a moth to a flame. This is not about slamming them or making them wrong, not anymore. We are ascending.

Not because your pain isn't real. It is. Not because what happened to you wasn't hard. It was. But because understanding where a wound comes from is different from deciding to live inside it forever. And some of us have gotten very comfortable living inside it.

To be clear, this work that we are about to do is about relationships that are not abusive and are worth working through. This work can also be used internally once safely outside of the unsafe dynamic. We deserve to safely heal from victim consciousness from a place of environmental safety and not just the safety our bodies can provide us. We deserve an abundance of safety.

The Karpman Drama Triangle developed by psychiatrist Stephen Karpman describes a pattern that shows up in relationships when power dynamics go unexamined. It has three roles. The Victim. The Perpetrator. The Rescuer.

Here is what makes this framework so useful and so uncomfortable at the same time.

Everyone on the triangle eventually becomes the victim. The roles rotate. The Rescuer gives until they feel depleted and then becomes the Victim of the person they were helping. The Perpetrator is often running from their own wound. Nobody wins. The spiral only goes downward.

And here is the EK layer that most people skip.

Every role on that triangle is giving the person something. The Victim gets sympathy, attention, and relief from responsibility. The Rescuer gets to feel needed, good, and in control. The Perpetrator gets power, distance, and protection from vulnerability.

None of this is conscious. None of this is a character flaw. It is a pattern. And patterns can be changed once you can see them clearly enough to be honest about what they have been giving you.

That is what this section is asking you to do.

The Upward Spiral

The good news is that every role on the Drama Triangle has a healed version.

The Victim becomes the Creator. Instead of asking "why does this keep happening to me?" the Creator asks "what am I available for and what am I not?" Instead of waiting to be rescued, the Creator takes responsibility for their own experience without taking blame for everything that has ever happened to them. There is a difference between responsibility and blame, and it is worth sitting with.

The Rescuer becomes the Coach. Instead of giving from depletion and resentment, the Coach offers support from genuine capacity. The Coach can say no. The Coach understands that fixing someone

is not the same as helping them. The Coach knows that withholding a rescue is sometimes the most loving thing you can do.

The Perpetrator becomes the Challenger. Instead of using power to harm or control, the Challenger uses it to disrupt complacency and invite growth. The Challenger is honest even when honesty is uncomfortable. The Challenger holds people accountable, not to punish them but because they believe in their capacity to do better.

On Power Dynamics

Power dynamics are always present whether we acknowledge them or not.

In every relationship. Every conversation. Every exchange. Someone has more energy, more authority, more access, more need in any given moment. Pretending otherwise does not make the dynamic disappear. It just makes it run underground where nobody can examine it or negotiate it honestly.

The problem is never power itself. The problem is power that goes unnamed, unexamined, and unconsented to.

When power dynamics are acknowledged and consented to, something interesting happens. The one who leads does so in service of the one who receives. The one who receives does so with trust and honesty about their actual needs. Everyone gets taken care of. Everyone is served.

When they are not acknowledged someone always ends up giving more than they intended and resenting it. Someone always ends up taking more than they realized and wondering why the relationship feels off. The unspoken agreement runs the show while everyone pretends there is no agreement at all.

The Assignment

Look at a relationship in your life that feels stuck, draining, or repetitive.

Without judgment, ask yourself which role you most often occupy in this dynamic. Victim, Perpetrator, or Rescuer. Remember these are not fixed identities. They are patterns.

Now ask the EK questions.

What am I getting from this role? What does it give me that I have not found another way to receive?

Then ask. What would the healed version of this role look like for me specifically? Not in theory. In this relationship. With this person.

You do not have to change anything yet. You are just seeing it.

Saying No Is Kindness

Most of us were taught that saying no is selfish.

That a good person finds a way to say yes. That love means availability. That boundaries are walls and walls keep people out and keeping people out means you are cold or damaged or difficult.

That is conditioning. And it has cost you enormously.

Here is the truth. Saying no when you mean no is one of the most loving things you can do in a relationship. Because a yes that comes from obligation or fear or the inability to disappoint is not actually a yes. It is a slow resentment waiting to happen. It is a debt being quietly accumulated. It is the beginning of the Drama Triangle.

Every functional power dynamic every relationship where people actually feel seen and cared for requires that everyone involved can say no. Not just theoretically. Actually. Without punishment. Without withdrawal of love. Without the relationship ending.

When someone cannot say no, the dynamic is no longer consensual, even if nobody intended that. The unspoken agreement has become one-sided. And eventually that imbalance shows up as conflict, distance, resentment, or collapse.

What Saying No Actually Sounds Like

You do not owe anyone an explanation for your no. You do not have to justify it, soften it into invisibility, or apologize for having limits.

A no can sound like:

- I appreciate you asking, and that does not work for me.
- That is not something I am able to offer right now.
- I am not available for that.
- This interaction is not compatible with where I am. I am going to step back.

Short. Clear. Kind. Complete.

You will notice that none of these sentences contains the word sorry.

The EK Layer

Here is the uncomfortable question this section is asking.

If saying no is available to you and you are not doing it, what are you getting from saying yes?

Not what you think you should be getting. Not what sounds good. What are you actually getting?

Approval. Safety. The feeling of being needed. Proof that you are a good person. Evidence that you are not too much. Avoidance of conflict. The familiar discomfort of giving more than you receive, because at least familiar is predictable.

All of those are real. None of them is wrong. They are just worth seeing clearly.

Because the moment you can see what the yes is giving you, you have a choice about whether that is how you actually want to meet that need.

Assignment

Think of a situation where you said yes and meant no.

What did you get from saying yes in that moment?

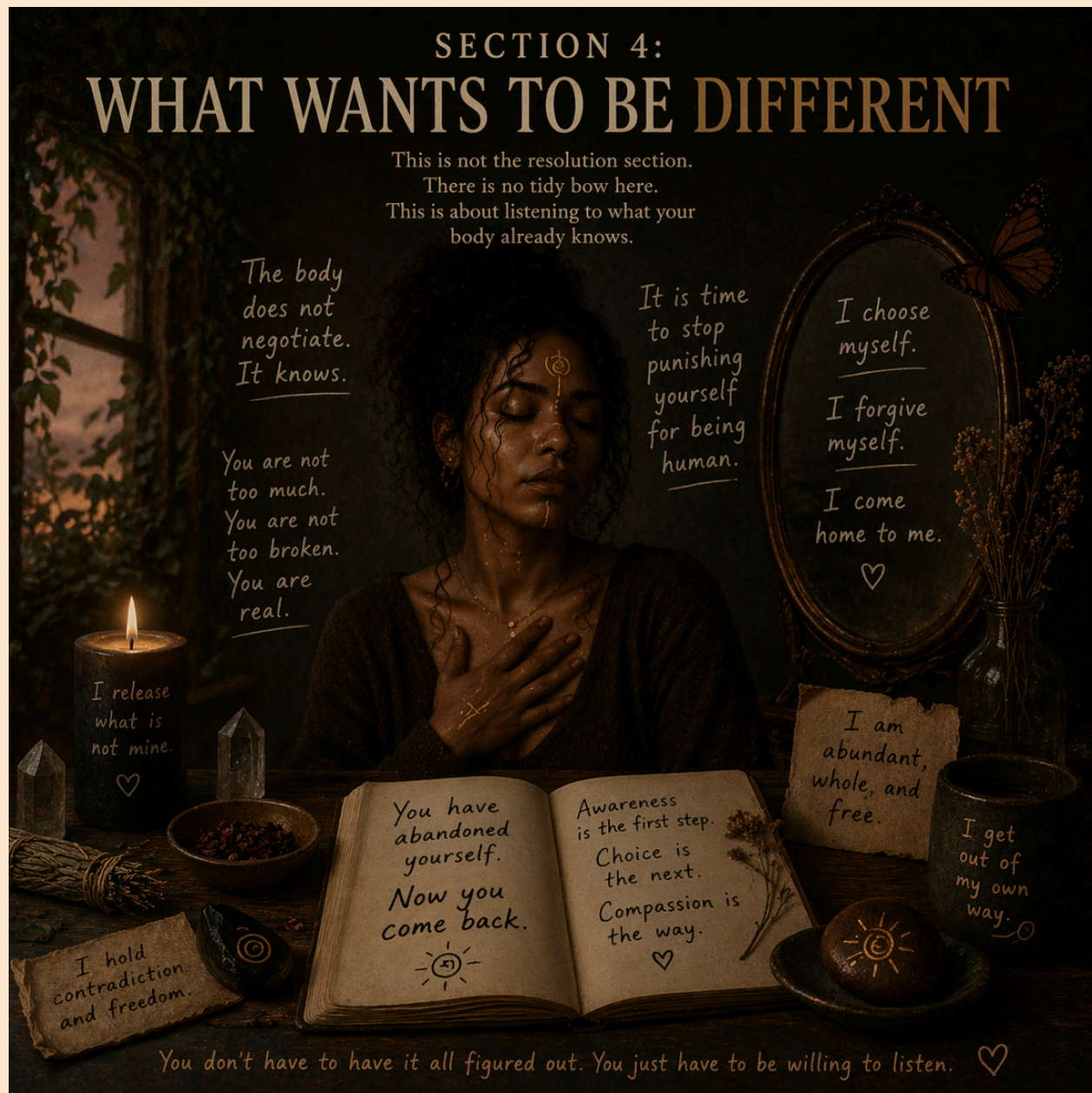
What did it cost you?

What would it have felt like to say no?

Is there a no you have been holding that is ready to be spoken?

You do not have to speak it today. Just notice it is there.

Section 4: What Wants To Be Different



Up until now, you've been asked to see yourself clearly. Not perform. Not fix. Not rush.

Just see.

And if you've been honest, some things have already shifted. You can feel it.

This is not the resolution section.

There is no tidy bow here. No moment where everything clicks into place and you emerge healed and complete and finished with the work. That is not how this works, and anyone who tells you otherwise is selling something.

What this section is asking is simpler and harder than resolution.

It is asking what your body already knows that your mind is still arguing about.

Because by now you have done some looking. You have named some patterns. You have sat with some uncomfortable questions about where you came from and what you have been getting from the ways you learned to survive. And somewhere underneath all of that thinking and writing and reflecting, your body has been keeping its own record.

The body does not negotiate. It does not rationalize or explain or wait for permission. It knows. And it has been trying to tell you something this entire time.

This section is about learning to listen to that. Not to fix what you find. To let it point you somewhere.

The Part Nobody Talks About

We spend a lot of time working on forgiving other people.

We have frameworks for it. Books about it. Podcasts dedicated to it. And somewhere in all of that conversation about releasing the people who hurt us, we completely skipped the harder thing.

Forgiving yourself.

Not in the performative way. Not the "I forgive myself and release this with love and light" Instagram caption way. The real way. The uncomfortable, specific, unglamorous way that requires you to actually look at all the times you abandoned yourself, overrode yourself, called yourself crazy for being exactly what you are.

You are a contradictory being. You contain multitudes. You have wanted things that seemed incompatible. You have felt things that didn't make logical sense. You have been both the wound and the one doing the wounding. You have said yes when you meant no and no when you meant yes. You have projected your shadow onto people who were just mirrors. You have projected your light in the same way. You have left pieces of your power in rooms you no longer need to be in.

That is not a confession. That is a description of being human.

And it is time to stop punishing yourself for it.

A Love Spell: For Coming Home to Yourself

Before we go any further, we are going to do something unusual for a workbook.

We are going to cast a spell. You are a being with a body and a spirit and an energetic field, and sometimes the most honest thing you can do is speak directly to all of those layers at once. A little note on love spells: they are so much better when they are done with consent, and to be clear, this spell is going to be done on you. This is about becoming the spell, not putting it on someone else. As always, feel free to skip if you don't wanna do spell work.

You don't have to do anything special; you can place your hand on your heart and say the words, that's special enough, really.

But, if you feel like making a ritual of it, here goes:

Find a quiet space. Light a candle if you have one. Light one in your mind, it's faster.

Place your hands on your body wherever feels natural. Take some deep breaths, take your mind to a place of sacredness.

Read these words slowly. Out loud, if you can. Let them land in your body, not just your mind.

Love is abundant, whole, and free. I am abundant, whole, and free. I am not separate from love, ever. I am the divine whisper of all that is. I hold contradiction and freedom. I am exactly who I say I am and will no longer apologize for it.

I vow to get out of my own way, and anytime that I find I am being the problem, I vow to forgive myself quickly. I vow to be accountable and imperfect, and the times when I really fuck up and harm another I give karma full permission to give me a right smacking on the ass, followed by lots of kisses because I deserve compassion always.

Anytime someone harms me, I take the energy they threw at me, recycle it, give it back to the earth, and send it through the ethers to bring all of my manifestations closer to me, just for the inconvenience.

I am loved fully and deeply beyond measure, no matter what. I always have everything I need.

So Mote it Be.

EFT Tapping: Forgiving the Parts You Called Crazy

EFT — Emotional Freedom Technique : *is a somatic practice that combines gentle tapping on specific points of the body with spoken statements. It works by sending calming signals to the nervous system while simultaneously naming what is true.*

Before you begin, bring to mind a specific moment when you judged yourself harshly for being contradictory. For wanting two things at once. For feeling something that didn't make sense. For being whole in a way that confused or frightened the people around you.

Hold that moment lightly. Not to relive it. Just to let it be present.

Now tap gently through each point while repeating the phrases. You can say them out loud or internally. Let yourself actually feel the words rather than just reciting them.

Karate Chop Point (side of the hand) Even though I have called myself crazy for being whole, I deeply and completely love and accept myself. Even though I have punished myself for containing contradictions, I am willing to see myself with more honesty and more compassion. Even though I did not always know how to fight fair with myself, I am learning. And that is enough.

Eyebrow Point I have been so hard on myself.

Side of the Eye I called it self-awareness. Sometimes it was just cruelty with better vocabulary.

Under the Eye I punished myself for wanting things that seemed incompatible.

Under the Nose I made myself wrong for being human.

Chin Point I abandoned myself in ways I would never accept from someone else.

Collarbone Point And I am ready to stop.

Under the Arm Not because I have figured everything out. But because I deserve the same grace I so readily extend to others.

Top of the Head I am allowed to be a work in progress and still be worthy of my own love.

Round 2: Reclaiming

Eyebrow: I am calling back every piece of myself I left behind.

Side of the Eye: Every part I exiled to be more loveable.

Under the Eye: Every part I silenced to keep the peace.

Under the Nose: Every part I called too much, too sensitive, too contradictory.

Chin: Those parts were never the problem.

Collarbone: They were the most honest things about me.

Under the Arm: I am ready to stop projecting my shadow onto others and start owning the full range of what I am.

Top of the Head: I am on my own side now. And that changes everything.

Take a slow breath. Let your shoulders drop. Notice what shifted.

Round 3: The EK Round — Getting Off on the Pattern

This round is different. We are not releasing or reclaiming here. We are getting honest about the charge.

Bring to mind a pattern you keep returning to. Something you say you don't want but keep finding yourself inside of. Hold it without judgment.

Now tap.

Eyebrow: There is something in this pattern that my body recognizes.

Side of the Eye: Not because I am broken. Because some part of me has been fed by it.

Under the Eye: And I am ready to be honest about that.

Under the Nose: I am not ashamed of what I have been getting from this.

Chin: Shame never changed a pattern. Honesty does.

Collarbone: I can see what this has been giving me.

Under the Arm: Familiarity. Safety. Intensity. Proof of something I already believed.

Top of the Head: And I can choose to meet those needs differently now.

Eyebrow: I do not have to reenact this to feel it.

Side of the Eye: I can let the charge move through me without acting on it.

Under the Eye: The sensation belongs to me.

Under the Nose: Not to the pattern. Not to the person. To me.

Chin: I can get off on seeing it clearly.

Collarbone: That is power.

Under the Arm: That is the whole practice.

Top of the Head: I am learning to be with myself inside the activation. That is enough.

Take a breath. Notice what is present in your body. That noticing is the work.

From This Day Forward

This is the plan. Not a resolution. A practice.

From this day forward, you are going to notice when you are projecting your shadow or your light onto someone else. When the thing that is driving you crazy about another person is actually a part of yourself you have not made peace with yet. You are not going to shame yourself for noticing. You are just going to notice.

From this day forward, you are going to locate the places where you left your power. The conversations where you agreed when you didn't. The relationships where you performed a version of yourself. The moments when you handed someone else the authority over your own experience. You are going to go back and get it. Not dramatically. Just quietly. Decisively.

From this day forward, you are going to practice getting off on the pattern without reenacting it.

Here is what that means in practice.

There will be moments where the old dynamic shows up. Where someone who represents something unresolved in you appears. Where you feel the charge of the old wound activating. And instead of acting it out, instead of engaging, instead of picking the fight or collapsing or performing, you are going to stay with your own experience.

You are going to let the sensation move through you. You are going to find the aliveness in it without making it about them.

This is advanced EK work. And it is available to you right now.

A personal example. I was once getting on a bus and I noticed someone there I had an unresolved history with. Someone who was visibly uncomfortable. And instead of engaging, instead of making it a moment between us, I went inward. I stayed with my own experience. I let myself feel the full charge of the situation, the humor, the power, the aliveness of it, without directing any of it outward. I gave none of it to her. I kept it all. That is what it looks like to get off on the pattern without reenacting it. To let sensation be your own.

That is the practice.

Assignment: Where Did You Leave Your Power?

Take your time with these. Go slowly.

Name three moments in your life where you handed your power to someone else. Not because they took it. Because you gave it. What did you get from giving it?

Where are you still projecting your shadow? Who is driving you crazy in a way that might be a mirror? What specifically bothers you about them and is that quality completely absent in you?

What would it feel like to stop fighting yourself? Not to resolve the contradictions. Just to stop making them wrong.

Write yourself a one sentence forgiveness statement for the version of you that didn't know better. Make it specific. Make it real.

What does being on your own side actually look like in your daily life? Name one concrete thing that changes when you choose yourself first.

Go Forth

You came into this workbook carrying something.

Maybe you knew exactly what it was. Maybe you just felt the weight of it and followed the pull. Either way you stayed. You read the uncomfortable parts. You sat with the questions that did not have clean answers. You showed up for yourself in the quiet, unglamorous way that nobody sees but your body remembers.

That matters.

You now have a toolkit. Not a cure. Not a finished product. A set of practices and frameworks and honest questions you can return to whenever the pattern shows back up. Whenever the wound gets loud again. Whenever you find yourself in the middle of something familiar, you need a way back to yourself.

Come back to the sensation work when you have lost the thread of your own body. Come back to the villain origin story when you forget where the wound actually came from. Come back



to the drama triangle when you notice yourself rotating through roles that are not serving you. Come back to the love spell when you need to remember who you actually are.

Come back to yourself. That is always the instruction.

You are not finished. You were never meant to be finished. You are a being in motion, shedding old skin, filling the cracks with gold, learning in real time how to be on your own side.

The rupture was never the end of the story. It was always the beginning of the repair.

Go forth and love the whole of you. The contradictory parts. The shadow parts. The parts that are still learning. The parts that already know. All of it.

So it is. So it blooms. So it becomes. 

A Final Word From The Trickster

Congratulations. You have completed a workbook about not lying to yourself.

The irony, of course, is that the Trickster was here the whole time. In the pattern you thought was the problem. In the shadow, you were sure belonged to someone else. In the charge, you called discomfort when it was actually information.

The Trickster does not apologize for any of it.

The Trickster simply says, Did you see it?

Good. Now go do something interesting with what you found.

And remember. You cannot unsee what you have seen in here.

That was always the point.  

Resource/ Support Page:

1. Baldwin, Lucy and Laila Mathews. "Power Dynamics and Shadow Work." [Penetrate](#). Podcast audio.
2. Price. B Nancey, "Let' Skip The Shame Part", [Dreaming in Color](#). Podcast audio..
3. Pleasure Activism by adrienne maree brown
4. Existential Kink by Carolyn Elliot
5. Come As You Are by Emily Nagoski



About the Author

Emmanuel Olú Modupé, more commonly known as Manny, is a sexologist, educator, writer, magician, and consultant whose work lives at the intersection of sacred sexuality, shadow work, decolonization, and embodied liberation.

As the founder of @temple.whore, Manny has spent years developing frameworks that help people reclaim their erotic intelligence, examine their patterns honestly, and build relationships with themselves and others that are rooted in genuine freedom rather than inherited obligation.

Manny's approach draws on Existential Kink, Hoodoo wisdom, animist philosophy, Jungian shadow work, somatic practice, and anarchist political praxis. Their

work is unapologetically queer, trans affirming, and committed to the belief that pleasure is political, sex is sacred, and honesty is the most radical act available to us. This workbook is one entry point into a much larger body of work.

Work With Manny

If this workbook cracked something open and you want support moving through it, Manny offers one-on-one sessions called Sex Anarchy, a space to bring whatever is alive for you around sex, gender, desire, kink, power, spirituality, or the patterns you are ready to stop lying to yourself about.

Sex Anarchy sessions are available in limited windows throughout the year.

To learn more or book a session, visit @temple.whore on Instagram or sign up for a session [right here](#).

Rupture and Repair: The Workshop Series

By having this workbook in your hands, you are among the first to know that Rupture and Repair is coming. The workshop series is the follow up to this work, coming in 2027.

A 9 lesson immersive workshop series beginning soon. This is the deeper container for advanced practitioners ready to collapse the binary of God and Heretic within themselves and do the real work of shadow integration, decolonization, and sacred trickster reclamation.

Applications will be open soon. Spots are finite.

Follow @temple.whore on Instagram to stay close.

Subscribe to my [Substack](#) to be the first to know when the workshop series will begin.

Acknowledgments

This workbook did not emerge in isolation. It is the product of years of learning, unlearning, and being shaped by practitioners who told the truth before I had language for it.

This workbook came from years of relationship and work with my ancestors, spirit guides, Spirit, Venus, Babalon, Jupiter, all that is, everything that flows through me that allows me to channel like this. I am beyond grateful. I am the product of my ancestors, lineage, and bloodline.

Special thanks to Lucy Baldwin and Laila Mathews, whose podcast Penetrate and their embodied application of Existential Kink have been formative in my development as a practitioner. The power dynamics section of this workbook draws directly from their work, and I am deeply grateful for the clarity and courage they bring to this framework.

To Dr. Carolyn Elliott, whose development of Existential Kink gave me the foundational language for so much of what lives in these pages, thank you.

And to everyone who has ever sat across from me in a session, in a workshop, or in the comments — you are in this too. I am grateful.

I would like to thank all of my teachers who have led me to this now moment, special shout out to The Queen Po who was my first spiritual teacher. I have learned immensely from this woman. The Wellness Community was the very first place I got to learn about African Spirituality and ATRs. This community is expansive and free. The videos both on her Youtube page and inside the community are immensely powerful. I want to acknowledge that so much of the way that I naturally operate as a human being is because of everything I learned from Queen Po.

Additionally, I want to give a huge shout out to The Queen Cup who has greatly shaped my perspective on tarot and justice. The part in the love spell where we begin to take the energy someone throws at us, recycle it, give it back to the earth, and send it through the ethers to bring

our manifestations closer to us is a direct is a direct channeling from her interpretation of the Justice Card.

Next, I want to cite Bossy Bruja on the notes on becoming the love spell. I first learned that perspective from her, bought her oil, and worked with it for 6 months just before a major Venus awakening.

Lastly, to my teachers, The Queen Po, Tumi Moloto, Marina Nabao, and Nikka Karli, thank you for showing me what it looks like to do this work with integrity.