

A man in a black t-shirt and blue jeans is jumping joyfully with his arms raised in the air. He is positioned in the upper center of the frame, with a road stretching out behind him. The background is a vast, open landscape under a cloudy sky. A semi-transparent brown rectangle is overlaid on the top part of the image, containing the word 'GUIDE' in white capital letters.

GUIDE

A LIBERATED LIFE

Learn the core principles and skills to transform the way you deal with your mind, mental health and emotions to create a meaningful life.

WWW.PSYCHOLOGYFORMEN.COM.AU

PSYCHOLOGY FOR MEN

INSTRUCTOR



CLAYTON J KUZMA

Psychologist

Over the last 7 years I have facilitated 1000's of sessions with men going through periods of poor mental health and having relationship issues. For this Ebook I have drawn from clinical practice experience and training to deliver the core principles and skills that that have helped my clients transform the way they communicate, resolve conflict, repair, and reconnect with their partners.

A man and a woman are shown from behind, embracing each other in a bright, sunlit room. The man is on the left, with his arms around the woman's waist. The woman is on the right, with her arms around the man's chest. They are both wearing white t-shirts. The background shows a window with light streaming in and some blurred objects on a shelf.

PSYCHOLOGY FOR MEN

WHAT I OFFER IN THIS E- GUIDE

This e-Guide is a shortened version of my e-Book and course. In it you will find the core principles and skills that have helped men transform the way they deal with their mind, mental health and emotions.

In the full version and online course you can access a deeper dive into these principles and more, plus expert guidance and essential practices and examples.

To deepen your knowledge and mastery of the skills, I invite you to join our online course and get the full version.

CONTENTS

PART 1

HOW THINGS GO WRONG

Here is a practical and functional overview of how and why things begin to wrong. Leading to a sense of being stuck and going around in circles.

PART 2

3 CORE PRINCIPLES

If we are not present, we are distracted and not listening and connected in our relationship.

PART 3

PSYCHOLOGICAL FLEXIBILITY

It's common to fall into the trap of blaming others, or a situation for how we feel. However, when we do this a few things occur that make it difficult for us to change.

PART 4

EMOTIONAL OPENNESS & FLEXIBILITY

Everything moves in cycles, even our relationships, learn how we need to adapt to different phases in our relationship.

PART 5

AUTHENTIC & INTENTIONAL BEHAVIOUR

How the repair process plays out after conflict or disagreements is probably the biggest factor that can predict relationship longevity.

LET'S BEGIN

PART 1

HOW AND WHY THINGS GO WRONG

The Choice Point is a simple tool to help us stop, step back, get perspective and choose our next action. The Choice Point is like a map that helps us see how we are being triggered psychologically and emotionally and how we are trying to control, fix or get rid of these emotions and triggers through various coping strategies. The Choice Point helps us see when the strategies we are using are working or when they are keeping us stuck and perpetuating our difficulties.

Once we recognize that we are getting entangled or hooked in our thoughts and emotions, we can use specific methods and skills to unhook from unhelpful thoughts. By unhooking from unhelpful thoughts, we can give room to our emotional experiences, which then allows us to consciously choose more adaptive and effective ways to respond in any given situation.

The Choice Point

Away Moves



Towards Moves



CONT.

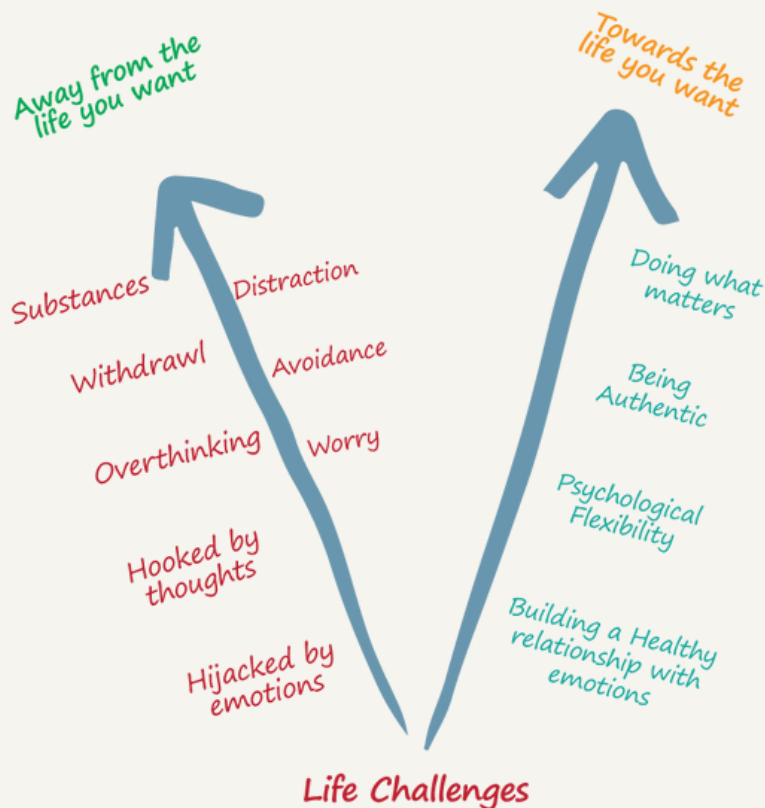
PART 1

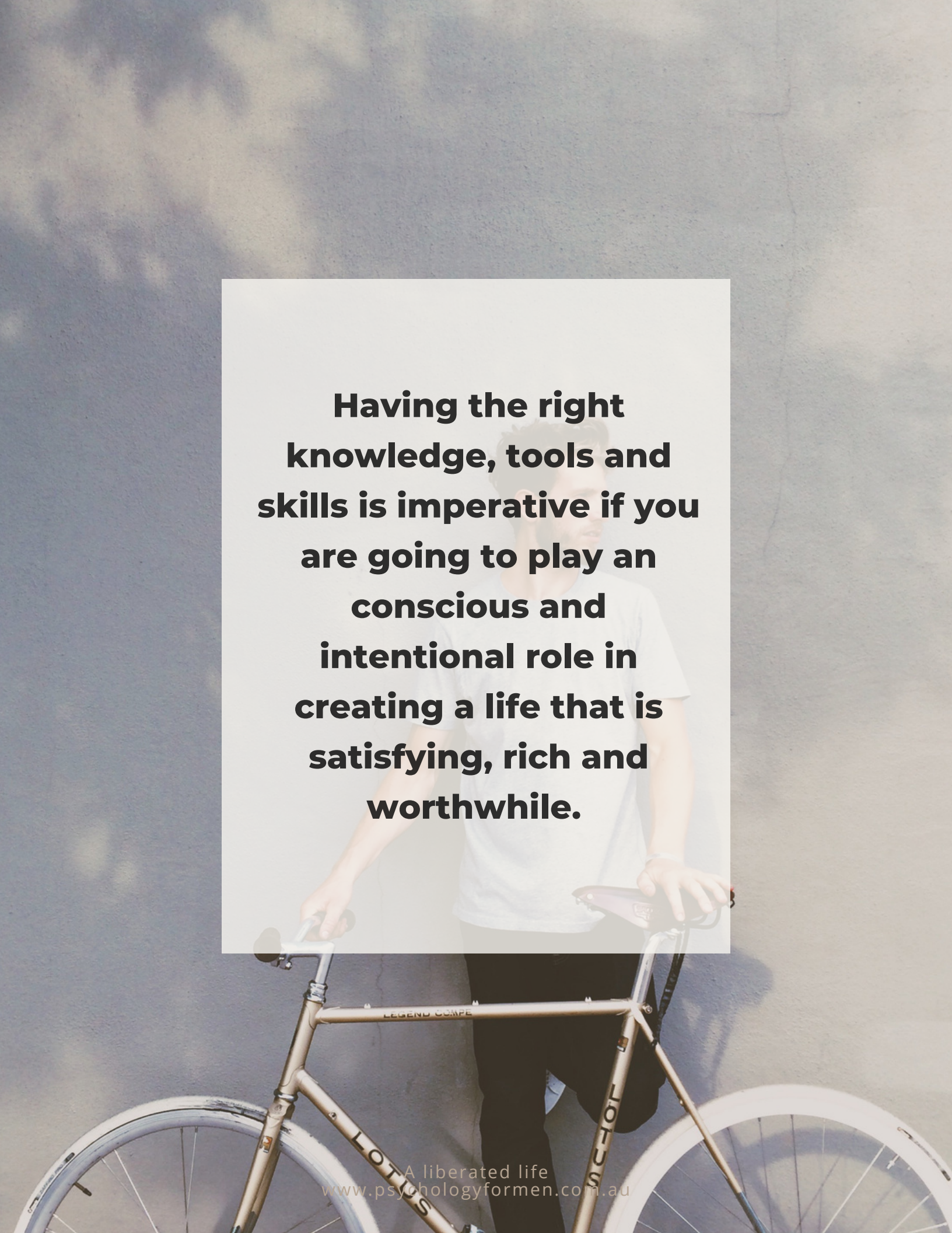
HOW AND WHY THINGS GO WRONG

When we find ourselves experiencing difficult situations, thoughts and emotions, the Choice Point gives us the opportunity to take actions that are aligned with what truly matters to us, instead of getting stuck in unhelpful and sometimes destructive behaviors.

Each moment is an opportunity to bring awareness to our whole experience. This means bringing awareness to our thoughts and feelings, but also to our deepest values, desires and aspirations. These are the things that matter most to us in each moment.

The Choice Point



A man in a white t-shirt is standing with a gold Lotus bicycle against a grey wall. The bicycle has 'LOTUS' written on the frame and 'LEGEND COMPE' on the top tube. The man is looking to the right. A semi-transparent white box is overlaid on the image, containing text.

**Having the right
knowledge, tools and
skills is imperative if you
are going to play an
conscious and
intentional role in
creating a life that is
satisfying, rich and
worthwhile.**

CONT.



3 CORE PRINCIPLES

Psychological Flexibility

Psychological flexibility: Is the ability to stay in attentional contact with what is present in each moment, both inwardly and outwardly. This affords us the ability then to freely choose a course of action based on what is most important to us in that moment.

Emotional Flexibility & Openness

Emotional flexibility: Is the ability to 'be with' our emotional experiences in an open, compassionate and present way. We can then honour our emotional experiences without being overwhelmed but allow them to enliven and motivate meaningful actions and pursuits.

Being Authentic & Intentional

Living intentionally: Psychological and emotional flexibility provide the means to choose meaningful life pursuits based on our values and what is most important to us as individuals and collective humans.

Tips & Practice Advice

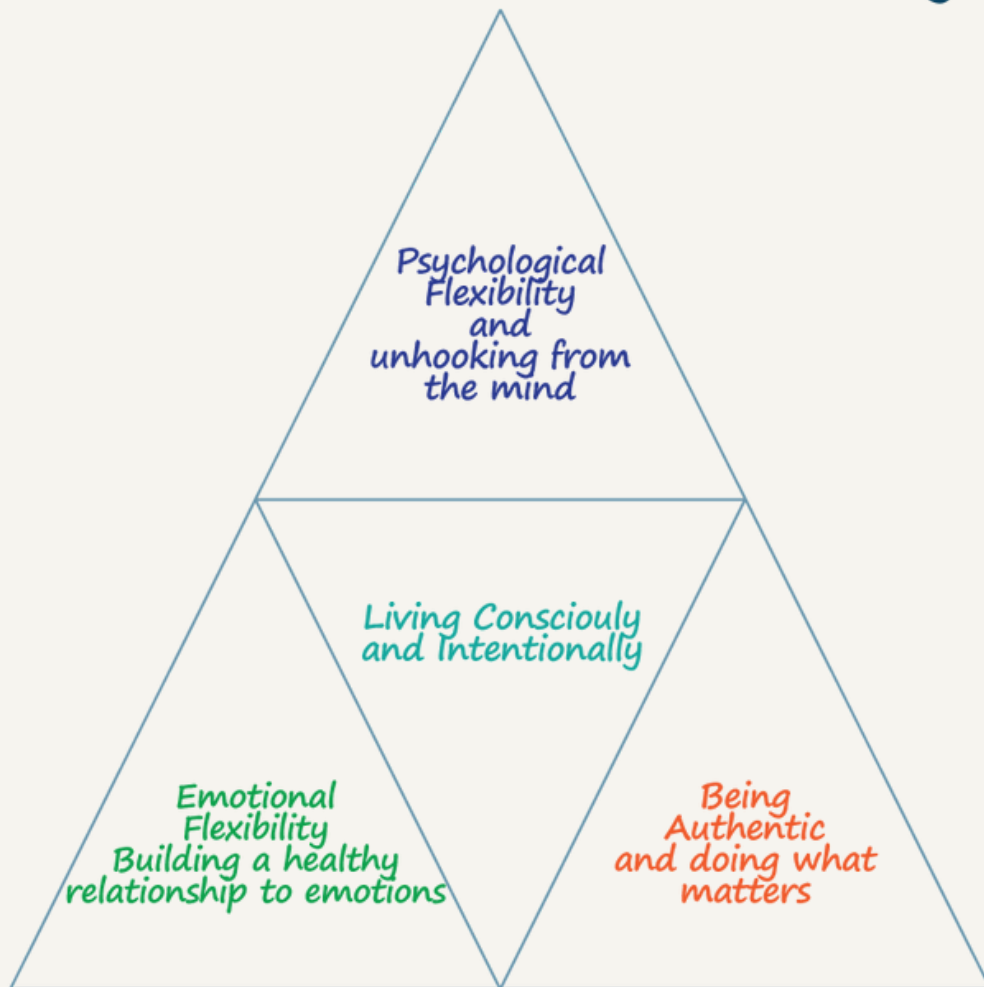
- When we are unwilling to accept that unpleasant emotions are part of our human experience we will tend to avoid situations that are likely to trigger them. As a result, our life becomes narrow and we lose variation and diversity in how we live life.
- When using the Choice Point, notice the vicious cycles we get stuck in when we try to cope with our emotional experiences in unhelpful ways.
- When we attempt to control, reduce, or get rid of difficult thoughts and emotions, we tend toward avoidance, overthinking, disconnecting etc. If we examine the impact of these choices, we will likely see that they do not work but perpetuate the very experiences we are trying to relieve.

CONT.

PART
2

3 CORE PRINCIPLES

Core Processes leading to Conscious & Intentional Living



Created by Clayton J Kuzma 2022

**For an in-depth dive,
more practical examples,
additional guidance and
more resources join my
full online course or
book some sessions.**



LEARN MORE

CONT.



PSYCHOLOGICAL FLEXIBILITY

Psychological flexibility: Is the ability to stay in attentional contact with what is present in each moment, both inwardly and outwardly. This affords us the ability then to freely choose a course of action based on what is most important to us in that moment.

Our ability to be psychological flexible is dependent on different cognitive skills. I will briefly introduce 3 here. These are:

Defusion: the ability to step back from, notice or observe your thoughts.

Attentional Flexibility: Is the ability to consciously choose what we are paying attention to, both inwardly and outwardly. We will learn to consciously narrow our attention to focal experiences or broaden our attention to take in the breadth of our experience.

Self as Context (Observing Self):

Our 'Observing Self' is like the backdrop that provides the space for the ever-changing experiences including our thoughts and emotions that we have as humans. It is experienced as a spaciousness and allows us to recognise 'we are not' our thoughts, emotions, self-labels, histories, and stories. It allows us to realise that we have always been much more than just these things.

As we become more familiar with the ability to defuse from our mind and our limited and inaccurate ways of thinking about ourselves, others and the world, we begin to experience a more expansive and transcendent sense of self. A sense of self that is not defined by 'labels' and 'things', rather is infinitely expansive and connected.

CONT.



PSYCHOLOGICAL FLEXIBILITY

3 Skills of Psychological Flexibility

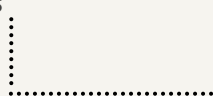
ATTENTIONAL FLEXIBILITY

- Being present
- Here & now awareness
- Able to shift attention



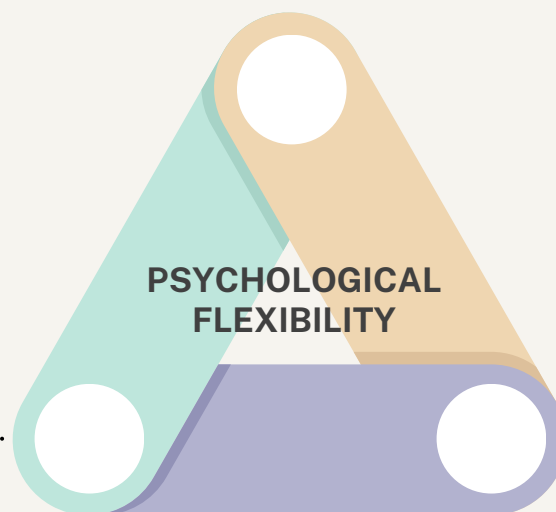
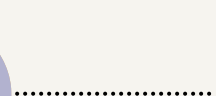
DEFUSION

- Noticing thoughts
- Step back from thoughts
- Unhooking from thoughts




OBSERVING SELF

- Spacious awareness
- Transcendent self
- The witness or ground of awareness



Join our course for a full explanation and guided practices for these skills



**Psychological flexibility
prevents us from
becoming entangled and
reactive to our thoughts,
more present to the
world around us and
more able to live
authentically.**

CONT.



EMOTIONAL OPENNESS & FLEXIBILITY

Emotional openness, flexibility & acceptance help us relate to our emotions in a new and much more healthy way. Instead of being fearful, or not wanting uncomfortable emotions we can be with them in an open, curious and non-judgemental mindset. This helps us understand and 'digest' our emotional experiences more fully. When our emotional experiences are digested they feed our vital life, can be used as a source of motivation for meaningful action and be a source of information about our world and how we are in our world. When we try to avoid uncomfortable emotions, repress or ignore them we are missing out on a vital source of information. We are also unable to 'digest' our emotional experiences, have to continually try to stop them from arising and we deplete our vitality by doing so. This contributes to feelings of fatigue, loss of energy and overwhelm.

Negative emotions are not 'bad' even though we tend to judge them that way. They can be useful sources of information. In particular, they may be pointing to something we need to change or do something about.

Anxiety, anger, despair may be pointing us to see that our ideas and concepts that are guiding our life are no longer working. This may mean that we need to do some internal work to shift our ideas or it may mean that we need to change something in our relationships, our work or environment.

If we are unwilling to be open to emotional experiences, we will likely miss these opportunities to pivot our life and shift to more workable ways of being in the world and with others.

CONT.



EMOTIONAL OPENNESS & FLEXIBILITY

Acceptance helps us hold our emotions lightly just like defusion allows us to hold our thoughts lightly. Sometimes we may find ourselves having trouble 'shaking' an emotion. During these times, it is helpful to acknowledge that the feeling is there, give room to that feeling to move and dissipate, and importantly let go (defuse) from the story that we have created about the emotion. It is not so much the emotion that is generally problematic, it is our fusion with the story we have made up about that emotional experiences. It is this fusion that takes us on a downward spiral.

Think about the word emotion: e - motion, Emotions need psychological space and room to move, then they can be 'digested' and the energy within that emotion can be used for something else. When we get stuck in an emotion, likely because we are fused with a story about it, that energy is being tied up in dwelling or ruminating and is unavailable for us to live our life well. The result is that we begin to feel depleted, fatigued, exhausted and unmotivated.

CONT.



EMOTIONAL FLEXIBILITY

3 Skills of Emotional Flexibility

OPENNESS TO EMOTIONS

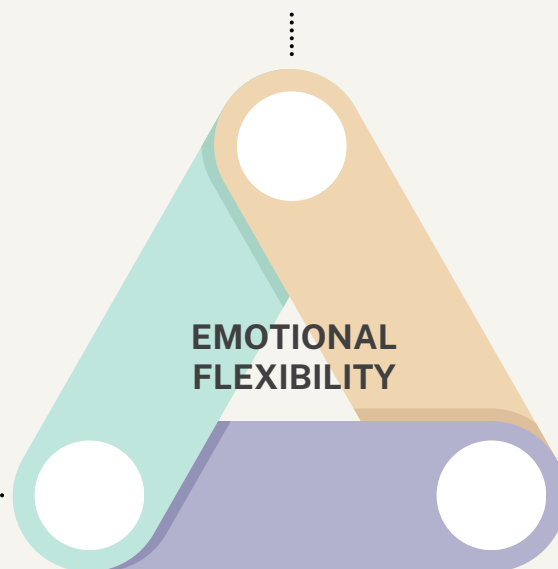
We can acknowledge and give room to our emotional experience

ACCEPTANCE

We are willing to be with our emotional experience without trying to escape or avoid it, rather listen and learn from it.

WILLINGNESS

We are willing to pursue what matters to us even though it may trigger uncomfortable emotions



Join our course for a full explanation and guided practices for these skills

**For an in-depth dive,
more practical examples,
additional guidance and
more resources join my
full online course or
book some sessions.**



LEARN MORE

CONT.



AUTHENTIC & INTENTIONAL BEHAVIOUR

In this section, we are going to explore at our deepest level what kind of person we want to become, what is really important to us at our deepest level, what kind of life do we want to live, and what we aspire to.

This process can help us change the way we think about ourselves and how we relate to and interact with others. It informs how we can change our behavior, and create and sustain relationships that are healthy, constructive and positive. It informs us about how to construct goals and pursue activities that will be meaningful to us.

Knowing what we care about and what we aspire to provides us with important information about how we need to live our lives. If we are unclear about what we care about, what is important to us and what we value it is likely we may lack a sense of direction and clarity in our lives. This will generally result in a sense of lacking meaning, purpose and vitality. We may feel we are just going through the motions,

are unclear of our goals and at times experience a sense of despondency and hopelessness. It also means we are likely living our lives based upon other peoples expectations, conforming to norms and perceived obligations. When these rules guide or lives we lack a sense of healthy individuation and empowerment, a sense of autonomy and are likely to have not taken responsibility for our own lives.

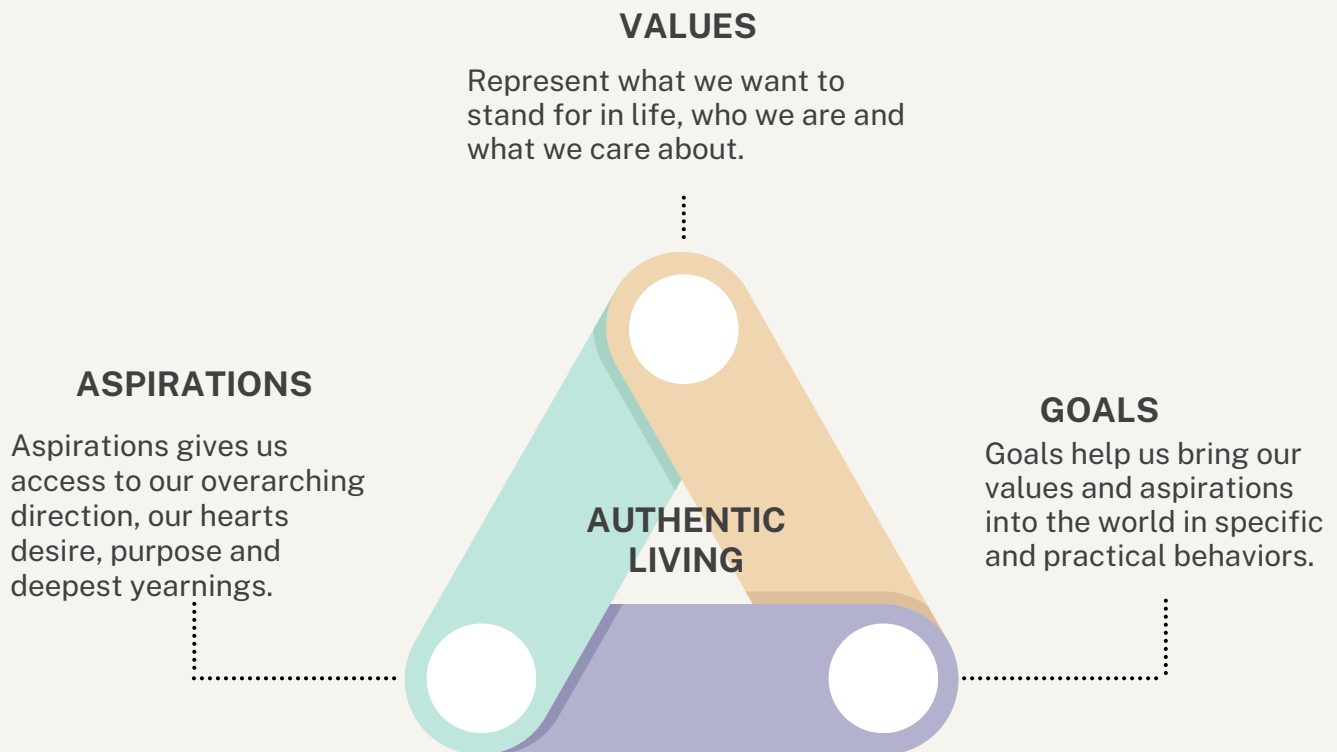
Through being crystal clear about what we care about, value and aspire to provides us the direction to focus our psychological, emotional and physical energy one - pointedly. With out this direction we are likely to flounder, and be pushed around by the whims of our mind and the people around us. Through our the lesson I use the terms values, over-arching goals and aspirations somewhat interchangeably. They all help inform and guide our lives in a consistent sustained and focused manner.

CONT.



AUTHENTIC LIVING

3 Skills of Authentic Living



Join our course for a full explanation and guided practices for these skills

STEPS TO THIS PROCESS

Brief outline on how to use these principles and skills in different situations.



Practical application

What is happening in the here and now ?

- Notice sensations in your body
- Notice what you are feeling
- Notice what is happening in the world around you

Unhook from your thoughts

- Notice what your mind is thinking and what thoughts are arising
- Notice that you can observe your thoughts without reacting
- Notice that you don't have to act on everything your mind says

Give your emotions space and allow time to listen and understand them

- Label the emotions you are feeling
- Notice where you feel them in your body
- Listen to what they may be telling you about the situation or more generally how you are

What matters to you right now, how do you want to act

- Make contact with your values, the type of person you want to be now
- Notice what you care about, what is important to you
- Choose actions that are consistent with what you care about and value

Old Way vs New Way

How these skills can help us pivot toward more conscious and intentional living.

THEN

Stuck worrying about the future or dwelling on the past

Getting hooked and hijacked by your thoughts

Getting overwhelmed by emotions

Living according to others' expectations and rules

Inconsistent and disconnected with your actions and decisions

NOW

Aware of what is happening internally and externally

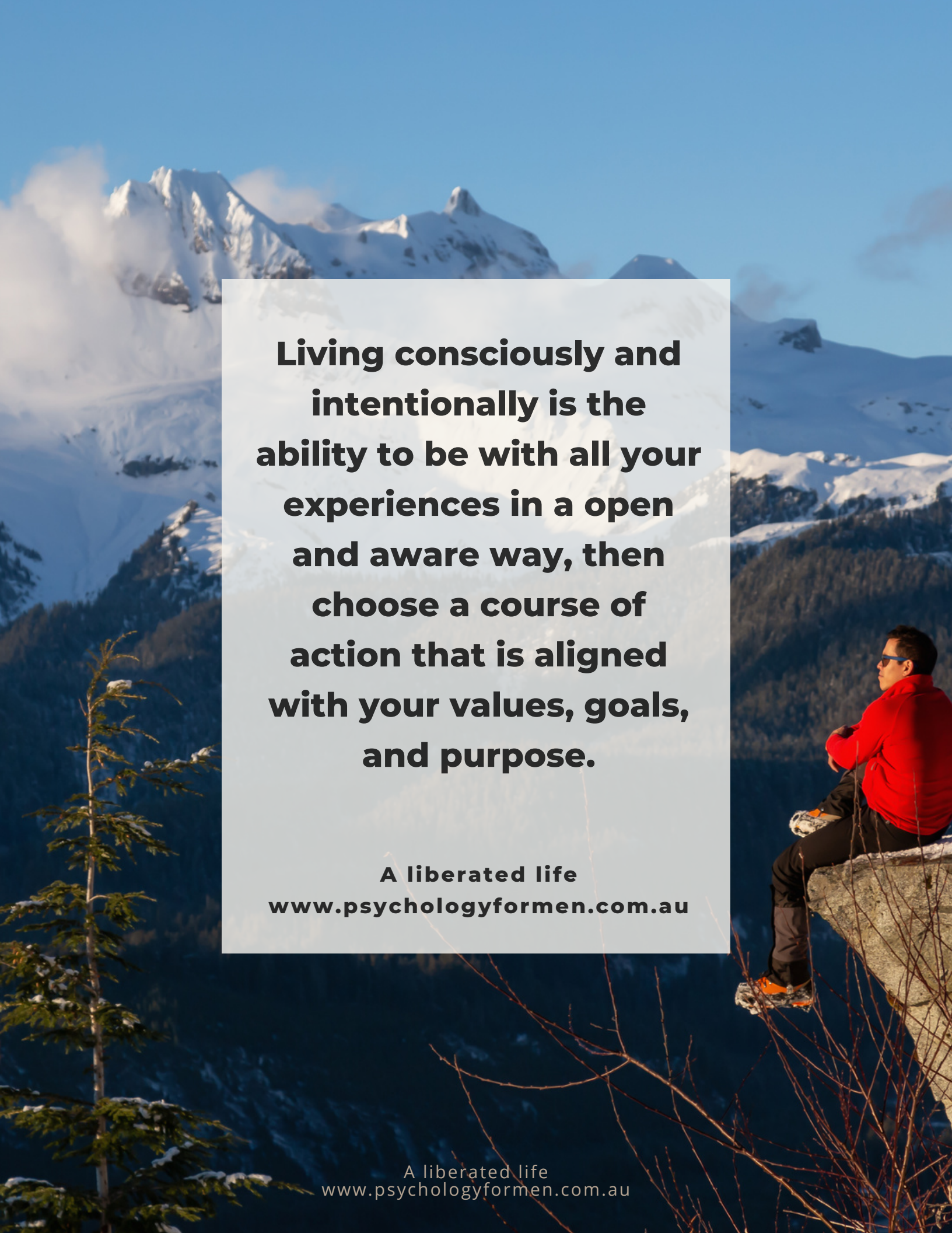
Able to notice your thoughts but not having to react to them

Noticing and listening to your emotions and feelings and giving them space

Knowing your own values, aspirations and goals

You take coherent and consistent actions that are aligned to your values.

VS

A man in a red jacket and sunglasses is sitting on a rock, looking out over a vast, snowy mountain range under a clear blue sky. The scene is peaceful and scenic, with snow-covered peaks and evergreen trees in the foreground.

Living consciously and intentionally is the ability to be with all your experiences in a open and aware way, then choose a course of action that is aligned with your values, goals, and purpose.

**A liberated life
www.psychologyformen.com.au**

PSYCHOLOGY FOR MEN

RESOURCE LIBRARY



WEBSITE

Take a look at our website for more resources and upcoming events, courses and sessions.

[MORE INFO](#)



FACEBOOK

We regularly post our articles and resources on our fb group. We invite you to join and keep up to date.

[MORE INFO](#)



INDIVIDUAL SESSIONS

Need individual guidance book a session now and get that personal guidance you need.

[MORE INFO](#)

A LIBERATED LIFE



PSYCHOLOGY FOR MEN

SIGN UP NOW FOR AN EXCLUSIVE DEEP DIVE

Join our next online course and receive expert guidance and exclusive resources into the core principles and skills to transform the way you deal with your mind, mental health and emotions to create a meaningful life.

[SIGN UP](#)

A liberated life
www.psychologyformen.com.au

**THANK
YOU!**

WWW.PSYCHOLOGYFORMEN.COM.AU

A liberated life
www.psychologyformen.com.au