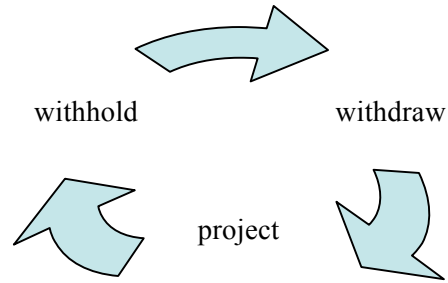


# REVEALING

Revealing generates intimacy and understanding, and increases the ability to be present. Concealing wastes energy. Blurting our thoughts (rather than editing or rehearsing them and delivering them in just the right way at the right time) unlocks the logical brain and opens up the illogical brain, unlocks creativity and increases an overall feeling of aliveness! Revealing reduces inner mind chatter and creates safety

When we withhold relevant expressions, we withdraw energetic connection and participation from the other person, group or the world. From this non-participation place, our view of events becomes distorted, and we generate an inaccurate story/projection or attitude about the person, group or the world. We ascribe something to them that actually belongs to us. This pattern is cyclical.



Blurting works best in an atmosphere where people don't take personally what the other person is saying or get defensive. Blurting is even more effective when you take responsibility for your own blurts, shifting as soon as is possible to speaking in an unarguable way (as blurts are often arguable) about what you are observing, body sensations, feelings and what you really want. In the meantime, we encourage you to begin to reveal, even if it means blurting in an unenlightened way.

## What needs to be revealed?

**Facts:** (anything you have done that you hesitate to tell someone who is significant to you)  
Examples: "I bought it." "I had sex with that person." "I got an email from my old boyfriend." "I ate it." "I broke it." "I spent \$\_\_." "I didn't keep my agreement." "I spent an hour today looking at nude women on the internet."

Facts I need to reveal: \_\_\_\_\_  
\_\_\_\_\_

**Feelings:** In a close relationship, the following commitment is central. "I commit to revealing myself and my feelings to you, even if I am afraid of your response. I commit to accepting your feelings and to being an opening for you to reveal yourself and your feelings to me."

Feelings I need to reveal: \_\_\_\_\_  
\_\_\_\_\_

**Fantasies:** (stories you are making up, imaginings, recurring thoughts that you would hesitate to tell someone who is significant to you) Examples: "I imagine you are angry at me." "I have a sexual fantasy about your best friend." "

Fantasies I need to reveal: \_\_\_\_\_  
\_\_\_\_\_