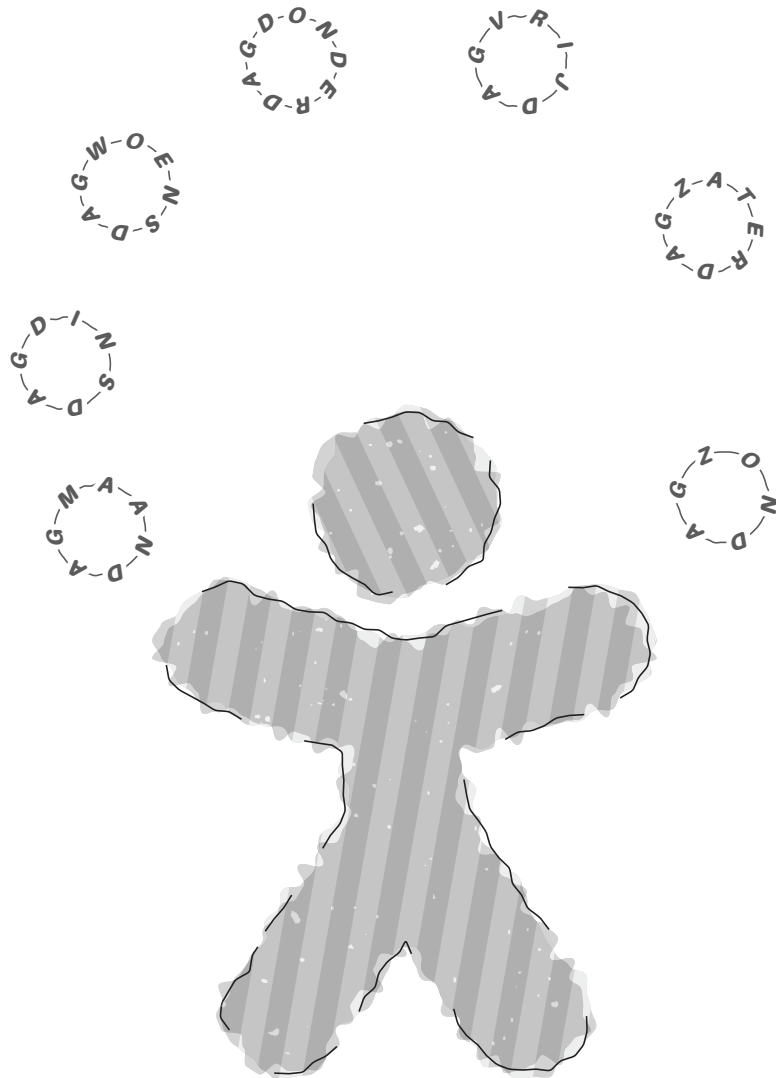


A-FEMINIST-DIARY



Door/by menSEN (men Solidarity Emancipation Network) & Not Shit Print

— OVER ONS — — ABOUT US —

menSEN (men Solidarity Emancipation Network) is een radicaal-feministische groep gevestigd in Amsterdam. We roepen vooral mannen* op om te werken aan het afleren van toxische mannelijkheid, het voorkomen van gendergerelateerd geweld en het ondersteunen van feministische strijd.

Onze belangrijkste activiteit is het organiseren van maandelijkse bijeenkomsten waarin we praten over de effecten van het patriarchaat op onszelf en op de mensen om ons heen. Deze bijeenkomsten staan open voor iedereen die de feministische strijd wil ondersteunen, maar we nodigen vooral mannen* uit om mee te doen.

We gebruiken mannen* om alle unieke ervaringen te omvatten van mensen die zijn gesocialiseerd als, of zich identificeren als, man of mannelijk.

mensen.noblogs.org

NOT SHIT PRINT is een drukkerij voor activisten, krakers en andere grassroots projecten. Wij zijn antikapitalistisch, feministisch, queer-vriendelijk en tegen elke vorm van onderdrukking. Het printen wordt gedaan door vrijwilligers.

@notshitprint
notshit.nl

menSEN (men Solidarity Emancipation Network) is a radical feminist group based in Amsterdam. We are especially asking men* to work towards unlearning toxic masculinity, preventing gender-based violence and supporting feminist struggles.

Our main activity is the facilitation of monthly meetings where we talk about the effects of patriarchy on ourselves and on the people around us. These meetings are open to anyone who want to support the feminist struggle but we are asking especially men* to join.

We use men* to include all unique experiences of people who have been socialised as, or identify as, men or masculine.

mensen.noblogs.org

NOT SHIT PRINT is a non-commercial print shop for activists, squatters and other grassroots projects. We are anti-capitalist, queer friendly and against oppression in any form. We are volunteer run and make no money.

@notshitprint
notshit.nl

**JE EMOTIES ALSTUBLIEFT:
EEN FEMINISTISCH DAGBOEK**
YOUR EMOTIONS PLEASE:
A FEMINIST DIARY

Door/by
menSEN & Not Shit Print

Editing
Adil, Effi, Léo & Marylea

Proeflezen/proofreading
Effi & Marylea

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Léo Ravy

Drukken/printing
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Gepubliceerd/published in November 2025 in Amsterdam

BRONNEN

20-21

G-Schema

32-33

Dekoloniseer je lichaamsgeest

Decolonize your bodymind

Door/by Corrie

42-43

Somatic Body Scan

Door/by lovewholelife, 2022

Link: return-to-rhythm.com/2022/08/01/body-scan-and-sensation-list/

54-57

Radicaal Luisteren

Radical Listening

Tools for Men-With-Feminist-Ambitions

Door/by Martin Barner

66-69

Pods and Pod Mapping Worksheet

Text by Mia Mingus for BATJC, 2016

Edited by Marylea for menSEN, 2025

80-81

R.A.D.A.R.

Tool by Multiamory

Link: multiamory.com/radar

98-101

Voel je gevoelens

met zachtheid en empathie

Feeling our feelings

with softness and empathy

Door/by Paul Smid, 2025

SOURCES

112-113

Relational Anarchy Smörgåsbord

Introduction text by Corrie

RAS tool originated by Lyrica Lawrence

& Heather Orr. Updated by Maxx Hill

with the guidance of many, 2022 (v6).

Link: tinyurl.com/rasmorgasbord

122-123

Piramide van

gendergerelateerd geweld

Pyramid of gender-based violence

Inspired by Emancipator

Link: emancipator.nl

134-135

Think about it

Ex Masculus

Door/by A Feminist by Default

Questions found throughout the diary are from these zines/books:

Learning Good Consent

Confronting Manarchism

Tools for Men-With-Feminist-Ambitions

alicesparklykat.com

Quotes found throughout the diary are from the book:

The Will to Change, by bell hooks

Nederlandse vertaling door Effi,

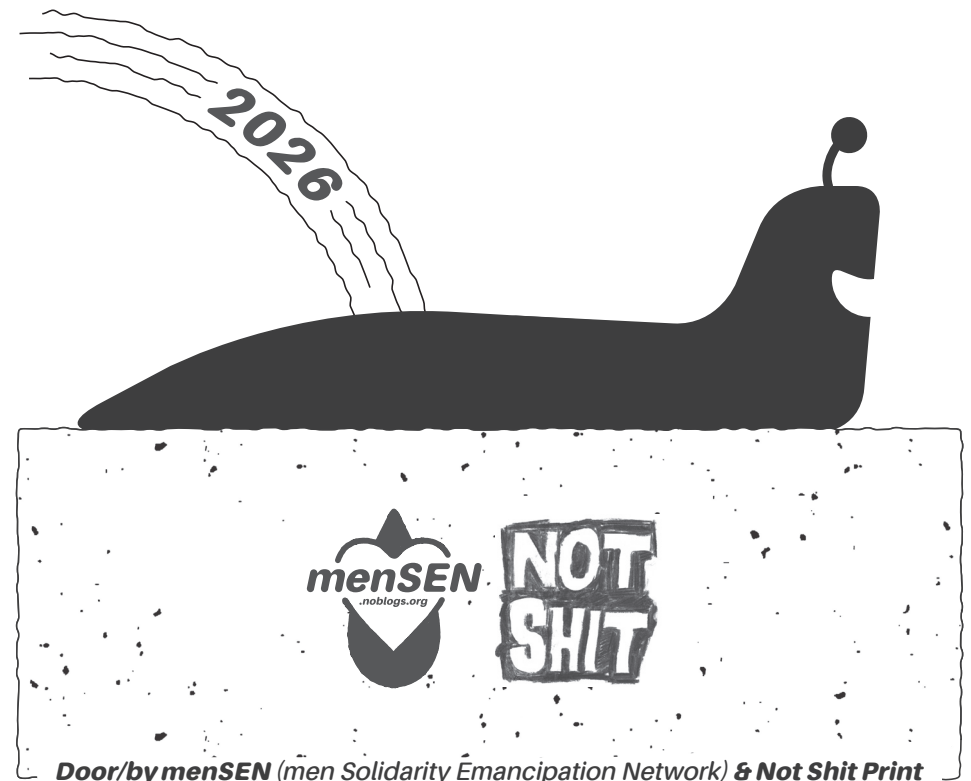
behalve **Dekoloniseer je**

lichaamsgeest en Voel je gevoelens

met zachtheid en empathie

JE EMOTIES ALS JE BLIEFT: EEN FEMINISTISCH DAGBOEK

YOUR EMOTIONS PLEASE: A FEMINIST DIARY



NL: We hebben dit dagboek gemaakt als een hulpmiddel om te connecten met je emoties. We moedigen je aan om dit dagboek dagelijks te gebruiken om op te schrijven hoe je je voelt. Het hoeft niet lang te zijn en het kan gaan over je hele dag of over een specifiek moment op de dag. Het is echter niet verplicht om dagelijks iets op te schrijven. We willen niet te streng zijn voor onszelf maar juist een bepaalde zachtheid stimuleren die erg onderdrukt is in de patriarchale samenleving. We hopen dat de dagelijkse oefening je zal helpen om meer in verbinding te komen met je emoties.



Vooraf
om hun gevoel-
ervoor dat man-
gevoelens te praten
Maar het zorgt er ook
gehouden. Het
toe eigenen van je volledige emotionele binnenwereld is be-
vrijdend voor jezelf maar het zorgt er ook voor dat mensen om je heen niet steeds
moeten raden hoe je je voelt. Onderdrukte emoties eindigen altijd in schade voor
onszelf of anderen. Dus het toe eigenen van al je emoties, en het bewust worden
daarvan, geven ons zeggenschap over hoe we op die emoties willen reageren. Op
die manier voorkomen we het toebrengen van pijn en schade aan degenen die het
meeste last hebben van het patriarchaat.

Het patriarchaat plaatst mannen en mannelijkheid bovenaan de hiërarchie. Maar
deze privileges en macht betekenen niet hetzelfde als geliefd zijn. bell hooks stelt
dat "om jongens te indoctrineren met de regels van het patriarchaat forceren we
ze om pijn te voelen en om hun gevoelens te ontkennen". Dus feministisch werk,
vooral voor mannen, moet gepaard gaan met het voelen en toe eigenen van je
emoties. Dus daarom hebben we dit dagboek gemaakt! En als je belooft om zacht
voor jezelf te zijn terwijl je je gevoelens onderzoekt, dan zullen wij beloven er altijd
te zijn om toegewijd het patriarchaat te bestrijden. Niet als schadelijke individuen
maar als een zorgend collectief dat, eindelijk, in verbinding staat met onze emoties!

INTRODUCTION



Wanneer was de laatste keer dat je dingen uit dit dagboek hebt besproken met anderen?
When was the last time you thought about or talked about any of the issues in this diary?

DECEMBER - JANUARI

28
G M A A
D A N

29
G D I N
S A D

30
G W O E
S A D

31
G D O N
D E R A

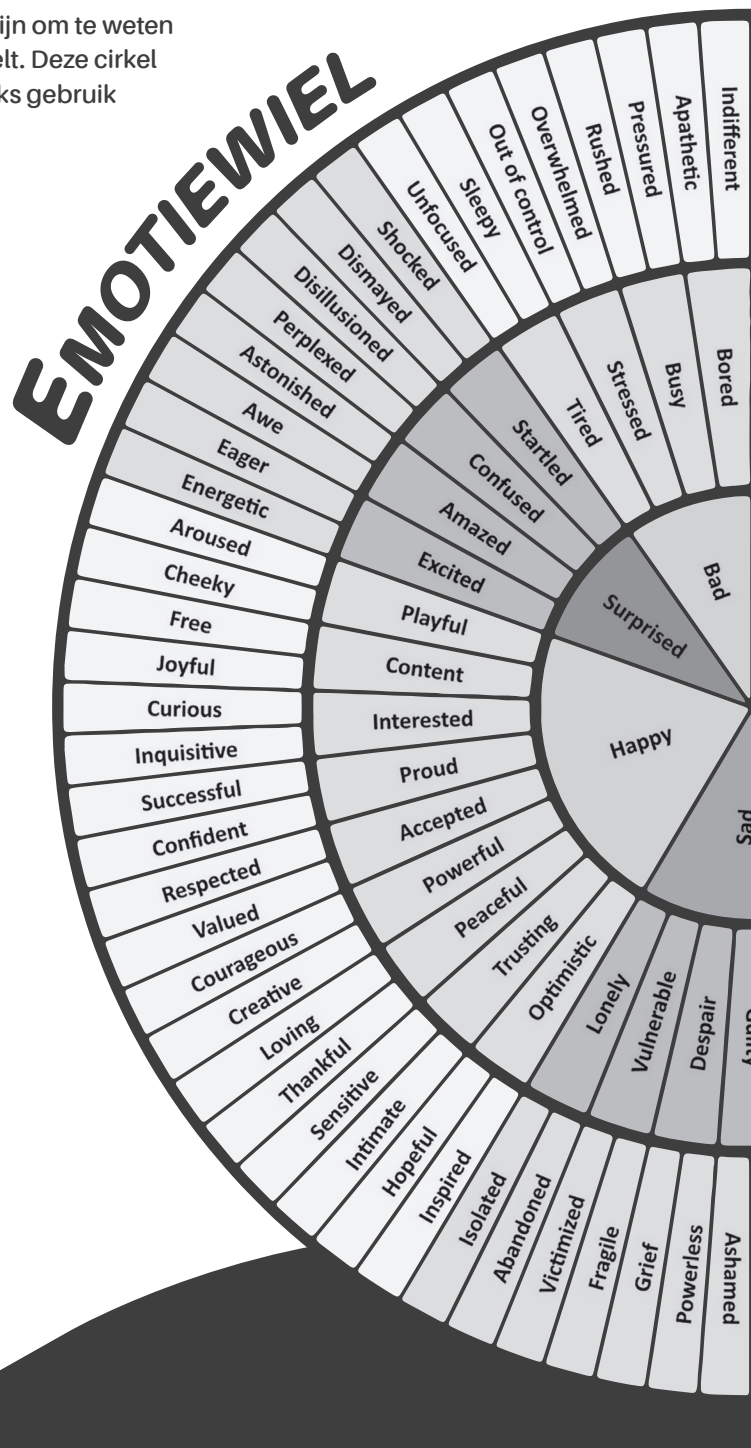


ENG: We made this diary to use as a tool for people to connect to their emotions. With this diary we encourage you to take time each day to write down how you have been feeling. It doesn't have to be long and it can be about your entire day or a specific moment in the day. It also doesn't have to be each day! We don't want to be too strict with ourselves, but instead, develop a softness that's so repressed in our patriarchal society. We hope this practice will help you to connect more with your emotions.

Especially men learn from a young age to deny within themselves their full range of emotions. This restricts their ability to share and be vulnerable with others but also perpetuates the harm that is inflicted on non-men. To regain access to your full emotional life is liberating but it also takes away the burden of the people around us who have to constantly guess how we are feeling. Suppressed emotions will, in the end, always end up hurting ourselves or others. So regaining access to your full emotional life, and to become aware of those emotions, can give us the agency to respond to those emotions more consciously and can prevent harming those who suffer the most from the Patriarchy.

Patriarchy puts men and masculinity at the top of the hierarchy but this privilege and power doesn't mean the same as being loved. Bell Hooks argues that to "indoctrinate boys into the rules of patriarchy, we force them to feel pain and to deny their feelings." So anti-patriarchal work, especially for men, must include feeling and owning your emotions. Which is why we created this diary! And if you promise to be kind to yourself as you explore your own thoughts in writing, we promise to always be here, ready to fight together and truly commit to anti-patriarchal work. Not as toxic individuals, but as a caring and thoughtful group who are betraying male supremacy and finally getting in touch with our emotions!

NL: Het kan soms lastig zijn om te weten en omschrijven wat je voelt. Deze cirkel kan helpen bij het dagelijks gebruik van jouw dagboek.



TOOL

W-E-E-K 5-2

25
G-V-R-I-D-A

26
G-Z-A-T-E-R-D-A

27
G-Z-O-A-D-A

Draag je actief bij aan je vriendengroep en activistische ruimtes veilig te maken voor vrouwen en transgender personen ?
Do you take active steps to make your friend/activist groups safe and comfortable places for women and transgender people ?

D-E-C-E-M-B-E-R

21
D-A-N-I-E-L

22
D-I-N-S

23
O-E-N-S

24
O-N-D-E-R



BOEKENLEGGERS BOOKMARK VERSION



EMOTIES LIJST

BLIJ

Optimistisch
Geïnspireerd / Hoopvol
Vertrouwend
Intiem / Gevoelig
Vredig
Liefdevol / Dankbaar
Krachtig
Creatief / Moedig
Geaccepteerd
Gerespecteerd
Gewaardeerd
Trots
Zelfverzekerd / Succesvol
Tevreden
Vrij / Vreugdevol
Speels
Opgewonden / Brutaal

VERRAST

Verbaasd
Ontzag / Opgewonden
Enthousiast
Energiek / Verward
Verbijsterd
Gedesillusioneerd
Geschrokken
Geschrokken
Verslagen / Geschokt

ANGSTIG

Bang
Hulpeloos / Angstig
Angstig
Bezorgd
Onzeker
Ontoereikend
Minderwaardig
Zwak
Waardeloos / Onbeduidend
Afgewezen
Uitgesloten / Vervolgd
Bedreigd
Nervus / Blootgesteld

EMO TIONS LIST

HAPPY

Optimistic
Inspired / Hopeful
Trusting
Intimate / Sensitive
Peaceful
Loving / Thankful
Powerful
Creative / Courageous
Accepted
Respected / Valued
Proud
Confident / Successful
Content
Free / Joyful
Playful
Aroused / Cheeky

SURPRISED

Amazed
Astonished / Awe
Excited
Eager / Energetic
Confused
Perplexed / Disillusioned
Startled
Shocked / Dismayed

FEARFUL

Scared
Helpless / Frightened
Anxious
Concerned / Worried
Insecure
Inadequate / Inferior
Weak
Worthless / Insignificant
Rejected
Excluded / Persecuted
Threatened
Nervous / Exposed

BAD
Bored

Indifferent / Apathetic
Busy
Pressured / Rushed
Stressed
Overwhelmed
Out of control
Tired
Unfocused / Sleepy

ANGRY
Let down

Betrayed / Resentful
Humiliated
Disrespected / Ridiculed
Bitter
Indignant / Violated
Mad
Furious / Jealous
Aggressive
Provoked / Hostile
Frustrated
Infuriated / Annoyed
Distant
Withdrawn / Numb
Critical
Skeptical / Dismissive

DISGUSTED
Disapproving

Judgmental / Embarrassed
Uncomfortable
Appalled / Revolted
Awful
Nauseated / Detestable
Repelled
Horrificed / Hesitant

SAD
Hurt

Embarrassed
Disappointed
Depressed
Unseen / Empty
Guilty
Remorseful / Ashamed
Despair
Grief / Powerless
Vulnerable
Victimized / Fragile
Lonely
Isolated / Abandoned

SLECHT
Verveeld

Onverschillig / Apathisch
Druk
Gespannen / Gehaast
Gestrest
Overweldigd
Buiten controle
Moe
Ongeconcentreerd
Slaperig

BOOS

In de steek gelaten
Verraden / Wrokkig
Vernederd
Niet gerespecteerd / Bespot
Bitter
Verontwaardigd
Geschonden
Krankzinnig
Woedend / Jaloers
Agressief
Geprovoceerd / Vijandig
Gefrustreerd
Woedend / Geërgerd
Afstandelijk
Teruggetrokken / Verdoofd
Kritisch
Sceptisch / Afwijzend

WALGEND
Afkeurend

Oordelend / Beschaamd
Ongemakkelijk
Geschokt / Opstandig
Afschuwelijk
Misselijk / Walgelig
Afgestoten
Geschokt / Aarzelend

VERDRIETIG
Gekwetst

Beschaamd / Teleurgesteld
Depressief
Ongezien / Leeg
Schuldig
Berouwvol / Beschaamd
Wanhoop
Rouw / Machteloos
Kwetsbaar
Geslachttofferd / Kwetsbaar
Eenzaam
Geïsoleerd / Verlaten

BOEKENLEGGERS
BOOKMARK VERSION



18

19

20

W-E-E-K-5-1



Hoe heb je jezelf recentelijk verrast?
How have you surprised yourself recently?

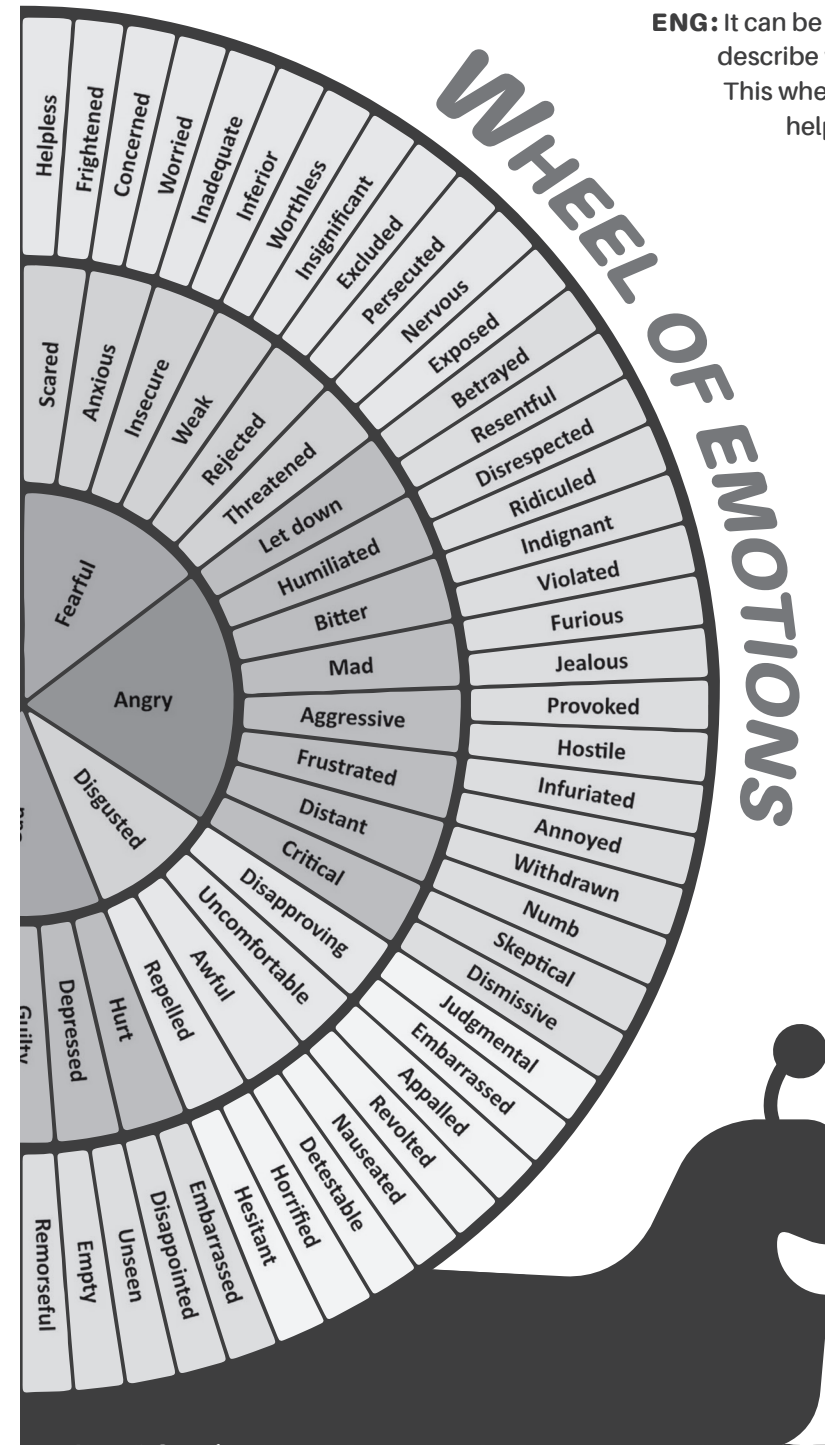
D-E-C-E-M-B-E-R

G-M-A-N
14

G-D-I-N-S
15

G-W-O-E-N
16

G-D-O-N-D-E-R
17



ENG: It can be difficult to know and describe what you are feeling. This wheel is a tool that could help you in the daily use of your diary.

BEGIN

NL: Neem een moment om stil te staan bij het afgelopen jaar. Wat gaf jou een goed gevoel? Wat zou je willen veranderen? Wat zou je achter je willen laten?

Er is ruimte in het slakkenhuis voor jouw gedachten. Als je wilt kan je ook voornemens voor 2026 opschrijven.



START

ENG: Take a moment to think

about your past year. What made you feel good? What do you want to change? What would you like to leave behind? There is space on the shell for your thoughts. If you want, you can set some intentions for 2026 as well.

W-E-E-K-5-0

11

12

13

Help je je seksistische vrienden om te veranderen door hen bewust te maken? Of doe je alsof er niks aan de hand is en blijf je gewoon vrienden?

Do you help your patriarchal and sexist friends to make change and help educate them? Or do you act like there is no problem and just continue being friends regardless?

D-E-C-E-M-B-E-R

G-M-A-A-N
7
D-A

G-D-I-N-S
8
D-A

G-W-O-E-N
9
S-D-A

G-D-O-N-D-E-R
10
D-A



DECEMBER - JANUARI

29
G M A A
D A

30
G D I N
S D

31
G W O E N
S D A

1
G D O N D E
R D A



3. Think about why you choose to be an ally. Write down what your reasons are.
Probeer na te denken waarom je graag een bondgenoot voor onderdrukte mensen wilt zijn. Schrijf op wat je redenen zijn.

4. Now think about how you will be an ally. Write down practical ways that you will challenge the unbalance of power and work to dismantle patriarchy within yourself and beyond.
Probeer na te denken over hoe je een bondgenoot zou kunnen zijn. Schrijf praktische manieren op waarop jij kan bijdragen aan het tegengaan van genderongelijkheid.

1. Think about the powers that you hold as a man.

Write down what these powers are.

Probeer na te denken over de macht die je hebt als man.

Schrijf op wat deze macht precies inhoudt.



W-E-E-K-1

2. Think about how that power affects you, other genders, and society as a whole.

Write down what these effects are.

Probeer na te denken over wat deze macht voor jou betekend, voor andere mensen, voor de samenleving. Schrijf op wat de effecten zijn van de macht die je als man hebt.



Waarom ben je begonnen dit dagboek te gebruiken ?

Why did you start using this diary ?



Why Ally ?

Simply to be born as a man in a patriarchal world, is to hold an imbalance of power under patriarchy. To view yourself as just yourself, rather than in relation to a dominant gender group other than your own, is a power of patriarchy. To know that your body will be represented and respected in the social world, is a power of patriarchy. To not have to know or care about how other gendered bodies are treated in the medical system, is a power of patriarchy. To seldom have to fear rape or even have to take a stance against it, is a power of patriarchy. To accept that additional resources and privileges are awarded to the male gender as the status quo, is a power of patriarchy. To receive respect even when it's not earned, is a power of patriarchy. To be loud, proud, confident, to take up space and to expect to be treated with worth, to be independent, to voice opinions, to not back down when attacked, to do any of these things as a man is to be seen as assertive, charismatic, ambitious, dynamic, strong, manly, and otherwise to hold the power of patriarchy.

You may not have chosen to be given this power under patriarchy. You may simply be assigned as male and so identify and present as such. But in a society where "man" is synonymous with power, with dominance, with the greater-sex, you cannot simply stand by. You are a man in a "man's world" with all the powers that patriarchy holds. And so, as such, it is your responsibility to fight that structure of unbalanced power. It is your responsibility to choose to be an **ally**.



Why Feminist?

Simply to love oneself, as a woman, is to be labelled **feminist**. To view oneself as every bit as valuable as a man is to be labelled **feminist**. To respect one's body, as a woman, enough to demand that it is treated so, and to speak up when it is disrespected, is in this society to be labelled **feminist**. To care enough for the health of other women that one calls for drastic changes in a medical system that drastically undermines women's health, is to be labelled **feminist**. To fight back against rape and abuse and then to defend that stance, is to be labelled **feminist**. To refuse to accept the degradation of one's perceived gender as status quo, is to be labelled **feminist**. To demand respect in arenas where it is not often given, is to be labelled **feminist**. To be as loud as a man, as proud as a man, as confident as a man, to take up as much space as a man and to expect to be treated with as much worth as a man, to be independent, to voice opinions, to not back down when attacked, to do any of these things as a woman is to be labelled impolite, antagonistic, inappropriate, out of line, masculine, and otherwise to be labelled as **feminist**.

I did not choose to be **feminist**. I simply am a woman and am committed to being respected as such. But in a society where "woman" is synonymous with object, with disrespect, with the weaker-sex, I cannot simply be myself. And so myself is labelled **feminist**. And so, as such, I accept the label and I stand and fight.

"Patriarchal mores teach a form of emotional stoicism to men that says they are more manly if they do not feel, but if by chance they should feel and the feelings hurt, the manly response is to stuff them down, to forget about them, to hope they go away." - bell hooks

JANUARI

12

13

14

15



WEEK 4-9

4

5

6

"Patriarchy as a system has denied males acces to full emotional wellbeing, which is not the same as feeling rewarded, succesfull or powerfull because of one's capacity to assert control over others." - bell hooks

NOVEMBER-DECEMBER

30
G M A A
D A N

1
G D I N
S D A

2
G W O E N
D A S

3
G D O N D E R
D A A



W-E-E-K-3

16
G V R I
D A C

17
G Z A T
D A E R

18
G O Z
D A N



Waar ben je verdrietig over?
What are you sad about?

JANUARI

19
D-A-N-G

20
D-I-N-G

21
D-A-S-E-N-G

22
D-A-N-D-E-R-G



WEEK 4-8

27
D-A-R-V-G

28
D-A-R-Z-G

29
D-A-O-Z-G

Waar is jouw woede het meeste nodig?

Where is your anger truly needed?

N-O-V-E-M-B-E-R

23
G-D-A-N

24
G-D-I-N-S

25
G-W-O-E-N

26
G-D-O-N-D-E-R



W-E-E-K 4

23
G-V-R-I

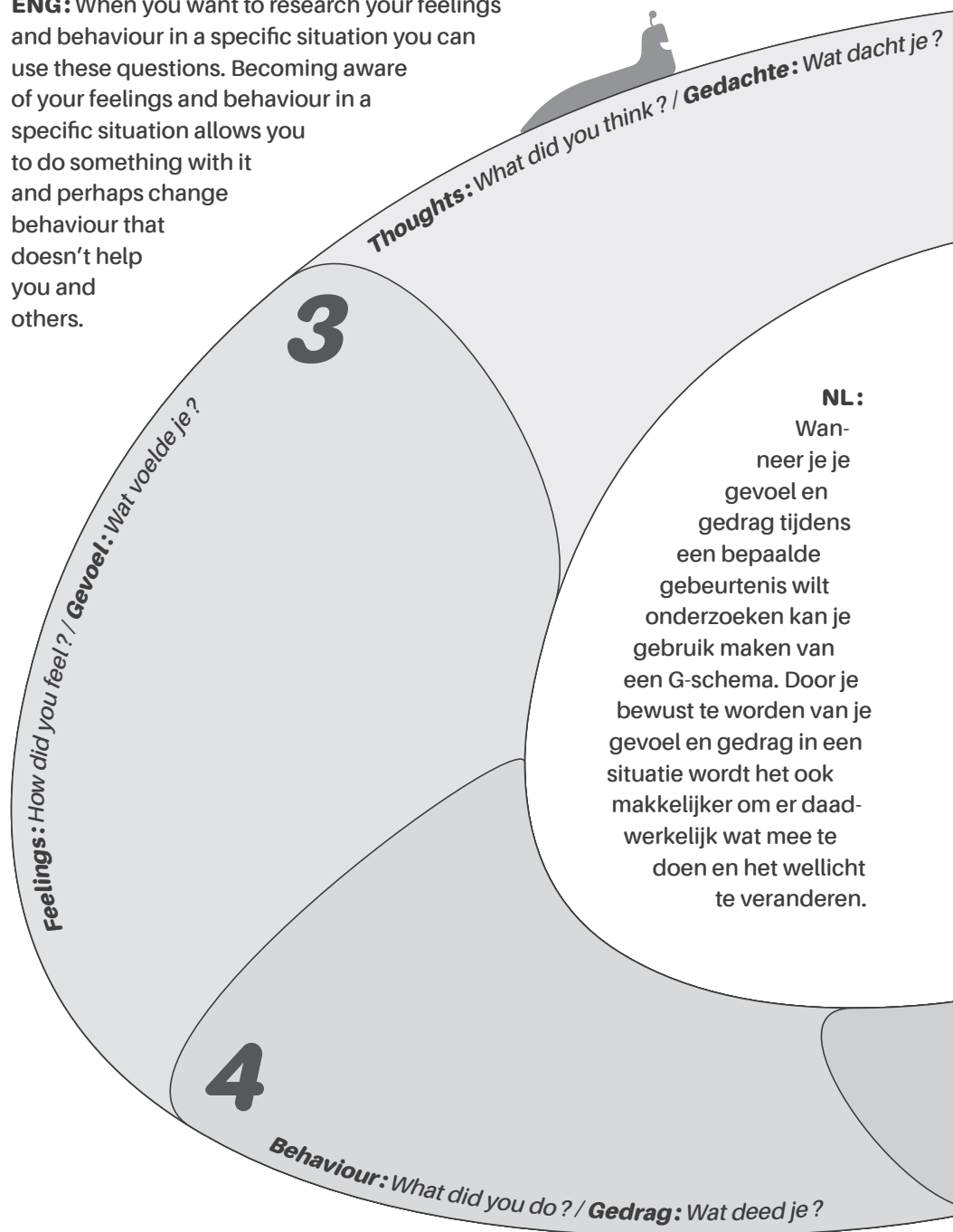
24
G-Z-A-T-E-R

25
G-O-Z



Wanneer was de laatste keer dat jouw emoties hoog opliepen?
When was the last time your emotions were heightened? _____

ENG: When you want to research your feelings and behaviour in a specific situation you can use these questions. Becoming aware of your feelings and behaviour in a specific situation allows you to do something with it and perhaps change behaviour that doesn't help you and others.



TOOL

W-E-E-K 4-7

20

21

22

Initieer je gesprekken over veilige seks en voorbehoedsmiddelen (wanneer dit relevant is)?
Do you initiate conversations about safe sex and birth control (if applicable)?

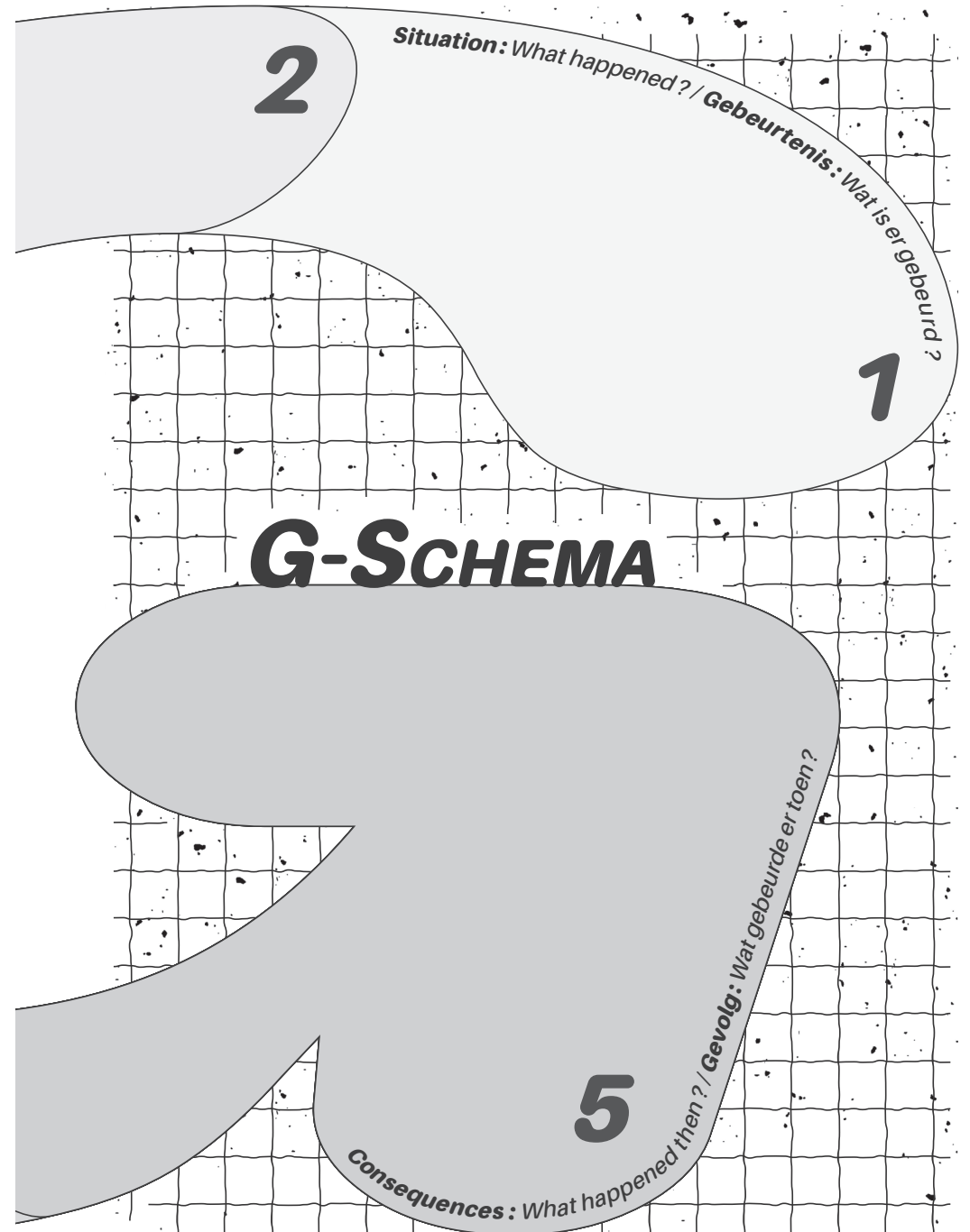
N-O-V-E-M-B-E-R

16
G-D-A-N

17
G-D-I-N-S

18
G-W-O-E-N

19
G-D-O-N-D-E-R



JANUARI-FEBRUARI

26
G M A A
D A

27
G D I N
S D A

28
G W O E
N S D A

29
G D O N
D E R D A



W-E-E-K 4-6

13
G V R I
D A

14
G Z A T
E R D A

15
G O Z
D A

Zie je seksisme en het patriarchaat als zaken die je moet bestrijden in jezelf, in je relaties, in de samenleving, op je werk, in de subcultuur en in organisaties ?
Do you take on sexism and patriarchy as a personal struggle working to fight against it in yourself, in your relationships, in society, work, culture, subcultures, and institutions ?

N-O-V-E-M-B-E-R

9
G-M-A-A-N-D-A

10
G-D-I-N-S-D-A

11
G-W-O-E-N-S-D-A

12
G-D-O-N-D-E-R-D-A



W-E-E-K-5

30
G-V-R-I-J-D-A

31
G-Z-A-T-E-R-D-A

1
G-O-Z-D-A

Vind je praten over het patriarchaat suf, zonde van de tijd, problemen veroorzaken of verdeeldheid zaaien ?
Do you see talking about patriarchy as non-heroic, a waste of time, trouble making, or divisive ?

F-E-B-R-U-A-R-I



W-E-E-K 4-5





Waar ben je om aan het rouwen ?
What are you grieving about ?

N-O-V-E-M-B-E-R



W-E-E-K 6




Naar wie ben jij nieuwsgierig?
Who are you curious about?

F-E-B-R-U-A-R-I

9
G-M-A-N-D-A-Y

10
G-D-I-N-S-D-A-Y

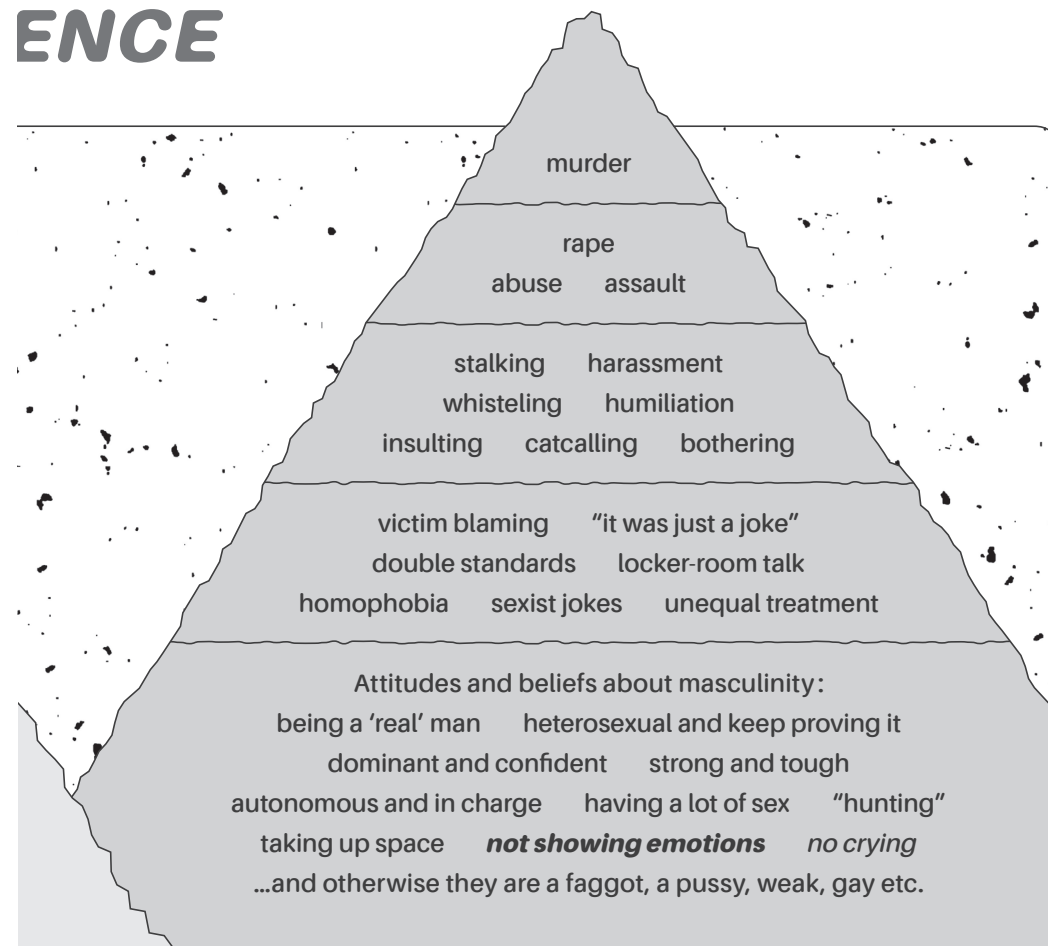
11
G-W-O-E-N-S-D-A-Y

12
G-D-O-N-D-E-R-D-A-Y

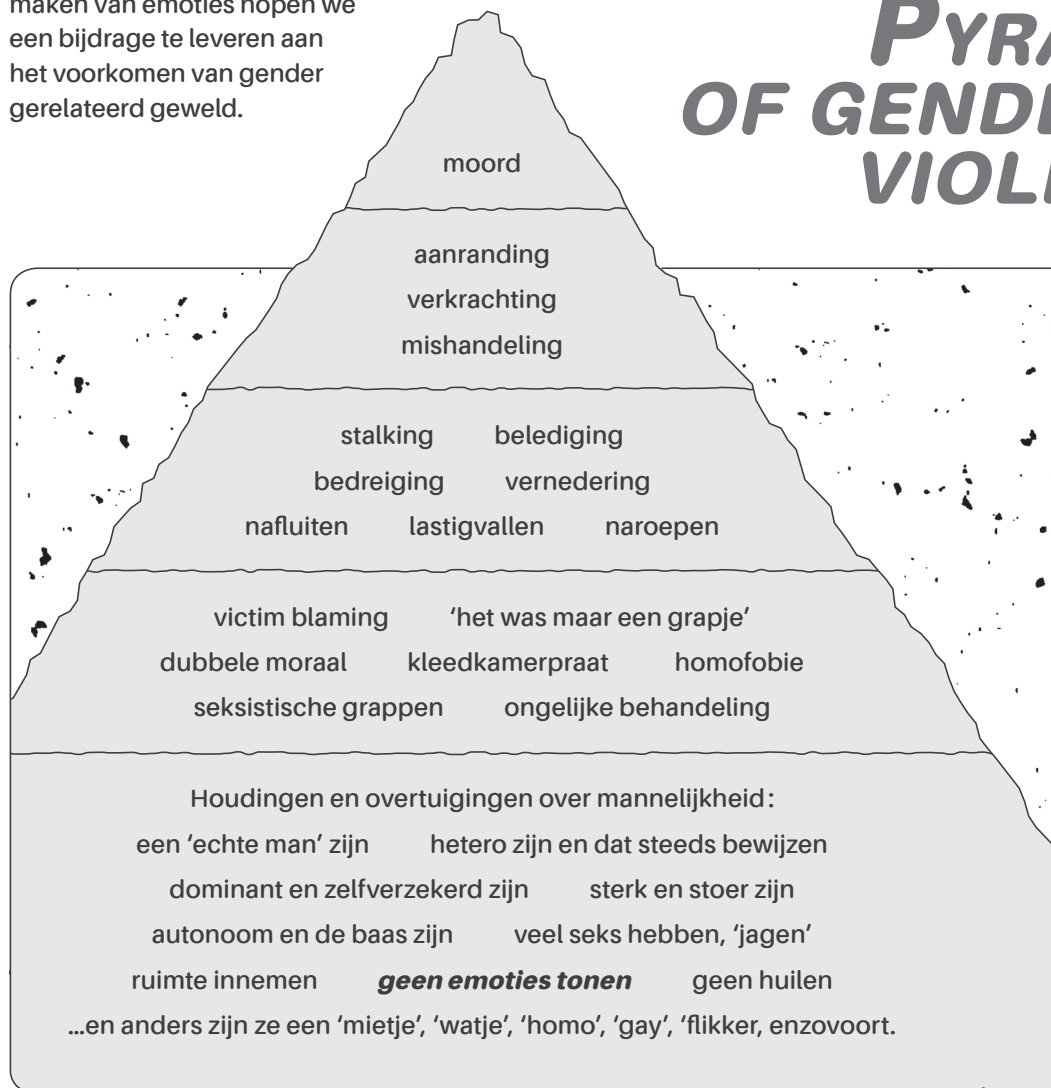
DE VAN RELATEERD VELD

AMID ER-BASED ENCE

ENG: Gender based violence happens in a context in which sexism, gender inequality and violence are downplayed, normalized and provoked. Suppressed emotions, especially by men, are part of the toxic context. By creating space for feeling and owning emotions more we hope it can contribute to the prevention of gender-based violence.



NL: Gender gerelateerd geweld vindt plaats in een context waarin seksisme, genderongelijkheid en geweld genegeerd, genormaliseerd en uitgelokt worden. Onderdrukte emoties, vooral die van mannen, zijn een onderdeel van die context. Door meer ruimte te maken voor het voelen en eigen maken van emoties hopen we een bijdrage te leveren aan het voorkomen van gender gerelateerd geweld.



DIAGRAM

122

PIRAMIDE GENDERGEWELDT GEWELDT PYRAMIDE OF GENDER VIOLENCE

W-E-E-K-7

13

14

15

Heb je aandacht voor iedereen in groepsprocessen of heb je de neiging om dominant te zijn en de leiding te nemen (misschien onbewust) ?
Do you pay attention to everyone in group processes or do you tend to dominate and take charge (maybe without even realizing it) ?

27

F-E-B-R-U-A-R-I

16
G-A-M-A-D-A

17
G-D-I-N-S-D-A

18
G-W-O-E-N-S-D-A

19
G-D-O-N-D-E-R-D-A



W-E-E-K-4-4

30
G-V-R-I-D-A

31
G-Z-A-T-E-R-D-A

1
G-O-Z-D-A

"If patriarchy were truly rewarding to men, the violence and addiction in family life that is so all-pervasive would not exist." - bell hooks — 121

OCTOBER-NOVEMBER

26
G-M-A-A
D-A-D

27
G-D-I-N
D-A-D

28
G-W-O-E
D-A-S

29
G-D-O-N
D-A-R



W-E-E-K-8

20
G-V-R-I
D-A-D

21
G-Z-A-T
D-A-R

22
G-O-Z
D-A-D

"If men are to reclaim the essential goodness of male being, if they are to regain the space of openheartedness and emotional expressiveness that is the foundation of wellbeing, we must envision alternatives to patriarchal masculinity. We must all change." - bell hooks

23
G-M-A-A
D-A

24
G-D-I-N-S
D-A

25
G-W-O-E-N
D-A

26
G-D-O-N-D-E-R
D-A



23
G-V-R-I-C
D-A

24
G-Z-A-T-E-R
D-A

25
G-O-Z
D-A

Maak je grappen over koorballen of "typische macho mannen" maar doe je dat niet wanneer je zelf vergelijkbaar gedrag vertoont?
Do you make fun of "typical" men or "frat boys" but don't check yourself to see if you behave in the same ways?

OCTOBER

19
M-A-A
D-A

20
D-I-N
D-A

21
W-O-E
D-A

22
D-O-N
D-A

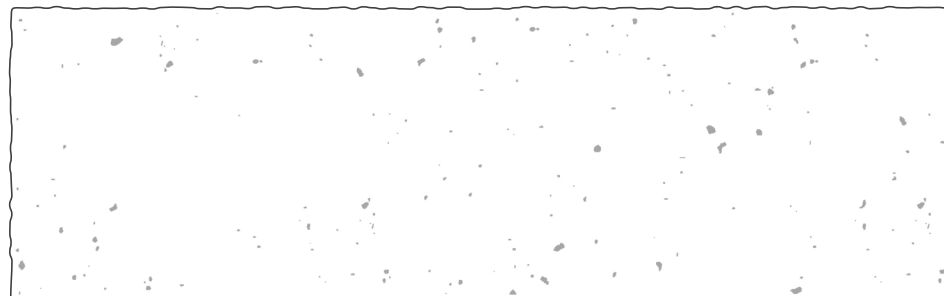


WEEK 9

27
V-R-I
D-A

28
A-T-E
D-A

1
O-Z
D-A



Wanneer was de laatste keer dat je genoten hebt van je lichaam?
When was the last time you enjoyed your body?

DESCARTES COLONIZE YOUR BODY MIND

ENG: During the start of European colonial expansion in the 15th century, this French so called 'enlightened' guy Descartes thought up this idea that the mind and body are separate from each other. This idea was/is being enforced on the rest of the world through erasure and disregarding cultures that claim otherwise. Because Descartes harmful ideas are up until today still commonly accepted in western culture and within the Medical Industrial Complex (MIC), most western psychologists don't include the body within their healing practices leaving many people without proper care. Western society asks us to ignore the physical and highly emotional sensations/wisdom in our body and tells us rationality of the mind is of higher value. In separating your body and mind you lose touch with the physical sensations that emotions are. When you lose touch with those sensations, you lose touch with your emotions to a large degree. When you lose touch with your emotions, you lose connection to parts of yourself and the ability to relate to others. This leads to people not able to act with integrity and this happens on a society-wide scale. We live in a society that is out of touch with the emotional reality of life leading to harm all over the world. Here we see how (toxic) masculinity and whiteness overlap, the patriarchy asks men to suppress their feelings and favour rationality and whiteness does the same. What alternative caring ways of living together could we create, when people are able to experience their emotions to the fullest again and act in integrity? How do we heal not only from the patriarchy but also from white supremacy? When using this journal, we invite you to experience your body and mind as one: the

bodymind. We invite you to listen to your highly emotional bodymind to uncover truths that lay deep within yourself. Ask yourself what do I feel, and where do I feel it? Butterflies in your stomach, a knot in your stomach, tense throat or chest, do your feet and fingers cringe? What emotions do those physical sensations mean to you? What kind of care does this part of your bodymind want?



Heb je het weleens over consent gehad met je partner(s) of vrienden?
Have you ever talked about consent with your partner(s)
or friend(s)?

12
G M A A
D A

13
G D I N
S D

14
G W O E
N A S D

15
G D O N
D E R A



NL: Tijdens het begin van het Europese kolonialisme in de 15e eeuw, heeft de Franse zogenaamd 'verlichte' man Descartes bedacht dat het lichaam en geest los zijn van elkaar. Dit idee werd/wordt de rest van de wereld gewelddadig opgelegd door uitwissing en onderwaardering van alle culturen die iets anders zeggen over onze realiteit van bestaan. Omdat Descartes gevaarlijke ideeën nu nog steeds normaal gevonden worden in de westerse cultuur en binnen het Medisch Industrieel Complex (MIC), betrekken de meeste psychologen het lichaam niet in de zorg die zij leveren waardoor veel mensen geen goede zorg krijgen. De westerse maatschappij vraagt ons om de fysieke en sterk emotionele sensaties/wijsheden in ons lichaam te negeren en vertelt ons dat mentale rationaliteit het aller belangrijkste is. Als je het lichaam en de geest uit elkaar haalt verlies je het contact met de fysieke realiteit van emoties. Als je het contact verliest met die fysieke emotionele sensaties, verlies je ook het vermogen om je bewust te zijn van je emoties tot op zekere hoogte. Als je niet meer bij je eigen emoties kan komen, ken je delen van jezelf niet en is het erg moeilijk om je te verbinden met andere mensen. Hierdoor kunnen mensen niet integer handelen en dit komt op grote schaal bij mensen voor. We leven in een maatschappij die niet in contact staat met de emotionele realiteit van het leven wat voor geweld over de wereld heen zorgt. Hier zien we hoe (toxische) masculiniteit en witheid overlappen, het patriarchaat vraagt mannen om hun emoties te onderdrukken en rationaliteit belangrijker te vinden maar witheid doet dat ook. Wat voor alternatieve zorgzame manieren van samenleven kunnen we creëren wanneer mensen weer volledig bij hun eigen gevoel kunnen komen en integer kunnen handelen? Hoe helen we niet alleen van het patriarchaat maar ook van witte suprematie? Als je dit dagboek gebruikt, nodigen we je uit om je lichaam en geest als één te ervaren; je lichaamsgeest. We nodigen je uit om te luisteren naar de sterke emoties van je lichaamsgeest, om onderdrukte gevoelens en wijsheden die in jou zitten naar boven te halen. Vraag jezelf niet alleen wat voel ik, maar ook waar voel ik dit? Heb je vlinders in je buik, een knoop in je maag, een brok in je keel, druk op je borst, krommen je tenen? Wat betekenen die fysieke sensaties voor jou? Wat voor zorg zegt dit deel van je lichaamsgeest dat je nodig hebt?

M-A-A-R-T



W-E-E-K 4-1

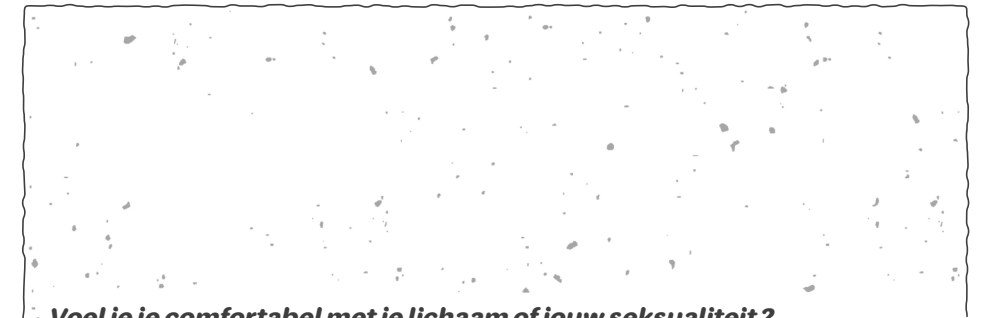


Praat je weleens met anderen over het patriarchaat en seksisme en jouw eigen rol hierin ?
Do you talk to other people about patriarchy and your part in it ?

OCTOBER



WEEK 10



Voel je je comfortabel met je lichaam of jouw seksualiteit?
Are you uncomfortable with your body or your sexuality?

9
M-A-A-N

10
G-D-I-N-S

11
G-W-O-E-N-S

12
G-D-O-N-D-E-R



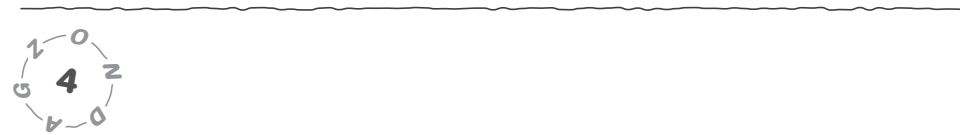
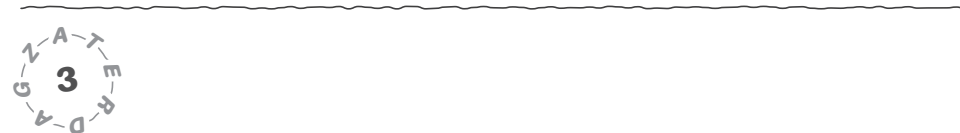
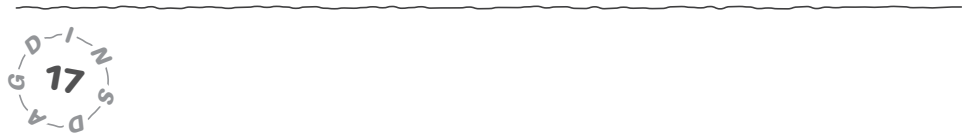
RELATIONAL ANARCHY SMÖRGÅSBORD

The **relational anarchy smörgåsbord** is

a buffet of relational bonds and can be used as a conversation starter to form your own relationships according to your own needs and wishes, without falling back to using the imposed heteromonogamous norms as the standard for your relationships. The smörgåsbord is meant for romantic, platonic and all other kinds of voluntary personal relationships. To form your relationship, you and the other can pick any number of items representing commitments. Make sure you both agree on what is added to the relationship. By picking an item from this buffet, you can make differentiations to the items like : always, sometimes, maybe in the future, never. If commitments you both want are not mentioned in the buffet, feel free to add them yourself. Please try to avoid conflict and/or disappointment by being open about your hopes for the relationship. As relationships can change over time, the items you picked out here for your relationship can change at any time as well. Communication about your hopes, needs, wishes, can be an ongoing part of a healthy relationship.



Wie heeft jou onlangs verrast?
Who has surprised you recently?





Waar hoop je op in je vriendschappen ?
What are you hoping for in your friendships ?

SEPTEMBER-OCTOBER

28
G M A A
D A

29
G D I N
D A

30
G W O E N
D A

1
G D O N D E R
D A



W-E-E-K 1-2

20
G V R I
D A

21
G Z A T E
D A

22
G O Z
D A

**Ben je je bewust van de geschiedenis die mensen
kunnen hebben met misbruik ?**

Do you think about people's history with abuse ?

M-A-A-R-T

23
G-M-A-A
D-A

24
G-D-I-N-S
D-A

25
G-W-O-E-N
D-A

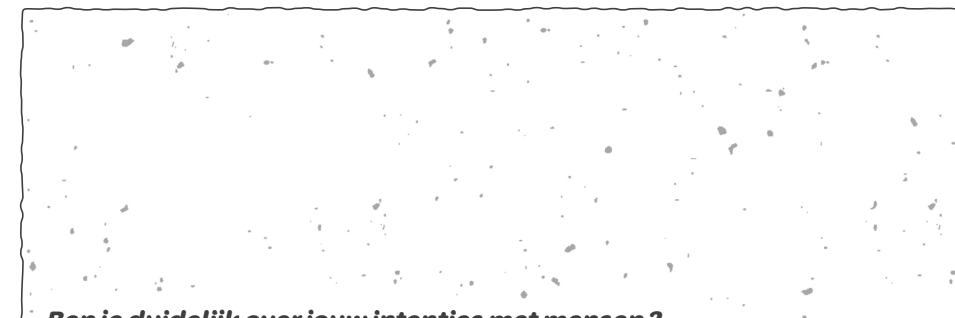
26
G-D-O-N-D-E-R
D-A

W-E-E-K 3-9

25
G-V-R-I
D-A

26
G-Z-A-T-E-R
D-A

27
G-O-Z
D-A



Ben je duidelijk over jouw intenties met mensen?

Are you clear about your own intentions with people?

S-E-P-T-E-M-B-E-R

21
G-M-A-A
D-A

22
G-D-I-N
D-A

23
G-W-O-E
D-A

24
G-D-O-N
D-A



W-E-E-K-1-3

27
G-V-R-I
D-A

28
G-Z-A-T
D-A

29
G-O-Z
D-A



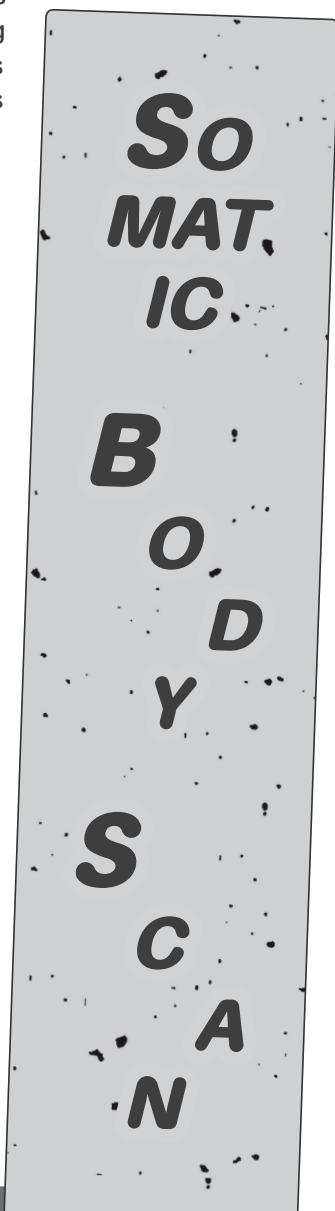
"Patriarchy demands of men that they become emotional cripples."
- bell hooks

Body scans are a fundamental piece of somatic work. It is the simple practice of bringing our awareness inward, and noticing how the body feels. Though it is a simple practice, **the hard part is turning off the over-active mind and actually doing it.** Another tricky part is having language for all of the sensations and all of the body-places those sensations live in. Most of us aren't used to using sensation language, and many of us do not have an in-depth awareness of our own body and anatomy.

To begin to build this inner awareness, it is helpful to have language to do so, so we are adding a list of words for sensations and body places/anatomy. **It is important to note that the words themselves are only tools, and the real practice is in feeling the sensations,** accepting the sensations without judgement, and letting the sensation relax, or move through your body as they want to.

SENSATION LIST

These are only some of the endless list of sensations, many sensations don't even have words to describe them, so let this list open your mind rather than shut it! →



- tight
- heavy
- cold
- dense
- tender
- light
- buzzy
- shaky
- zingy
- uneasy
- constricted
- sharp pain
- zapping
- throbbing
- prickly
- tingly
- bubbly
- warm
- sensitive
- softening
- expanding
- smooth
- relaxed
- flowing
- releasing
- draining



Vind je dat consent erotisch kan zijn ?
Do you think consent can be erotic ?

S-E-P-T-E-M-B-E-R

G-M-A-A
14
D-A

G-D-I-N-S
15
A-D

G-W-O-E-N
16
A-S-D

G-D-O-N-D-E-R
17
A-D



BODY PLACES/ANATOMY

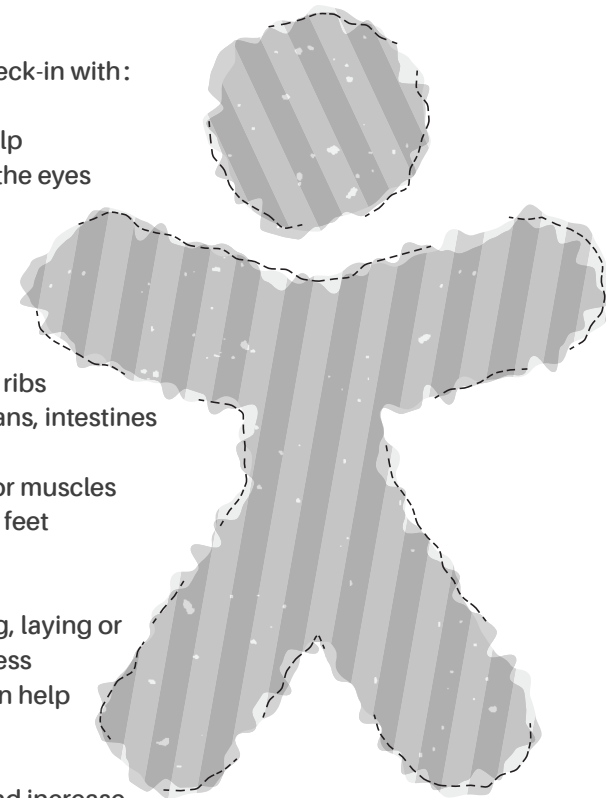
These are some places to check-in with:

- ears, back of the head, scalp
- eyeballs, muscles around the eyes
- lips, teeth, tongue
- jaw, throat
- shoulders, chest, heart
- back of the heart, spine
- diaphragm, solar plexus
- ribs, muscles between the ribs
- navel, lower stomach, organs, intestines
- hips, hip flexors, psoas
- tailbone, glutes, pelvic floor muscles
- legs, knees, feet, arches of feet

BODY SCAN PRACTICE

in a comfortable place, sitting, laying or standing, bring your awareness inward. Closing your eyes can help make this easier.

1. begin to quiet the mind and increase
 - | your curiosity for your body and sensations.
2. let your awareness follow your sensations.
3. you can take non-judgemental notes of these sensations and where they are (ie. diaphragm feels tense and stuck, shoulders are lifting, etc.)
4. allow any movement, noise or unwinding to naturally move through you.
5. take notice of the quality of your breath, how deep or shallow, if breath is more in your chest or belly and the tempo of your breath.
6. finally, notice if becoming aware of, and accepting,
 - | these sensations helps you to soften and release.



30
G M A A
D A N

31
G D I N
S D A

1
G W O E N
S D A

2
G D O N D E R
D A A

11
G V R I
D A C

12
G Z A T E
D A R

13
G O Z
D A

Ben je binaire gender relaties in stand aan het houden ook in queer relaties en vriendschappen? Hoe zullen anderen zich hierbij voelen?
Do you find yourself repeating binary gender behaviors, even within queer relationships and friendships? How do you think these behaviours make others feel around you?

S-E-P-T-E-M-B-E-R

7
G-M-A-A
D-A

8
G-D-I-N
S-D-A

9
G-W-O-E
N-S-D-A

10
G-D-O-N-D-E
R-D-A



W-E-E-K-1-4

3
G-V-R-I
D-A

4
G-Z-A-T
E-R-D-A

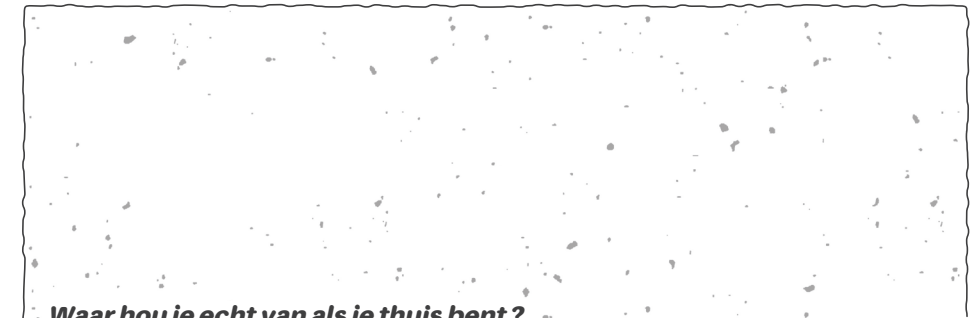
5
G-O-N
D-A

Hoeveel uren slaap heb je nodig?
How many hours do you need to sleep each night
to regulate yourself? _____

A-P-R-I-L



W-E-E-K 3-6



Waar hou je echt van als je thuis bent ?

What have you learned to love here in your home ?

AUGUSTUS-SEPTEMBER

31
G-M-A-A
D-A

1
G-D-I-N-S
D-A

2
G-W-O-E-N
D-A

3
G-D-O-N-D-E-R
D-A



W-E-E-K-1-5

10
G-V-R-I
D-A

11
G-Z-A-T-E-R
D-A

12
G-O-Z
D-A

*Heb je iemand weleens gevraagd hoe het met ze gaat ?
Zo ja, heb je dan goed en respectvol geluisterd ?
Have you ever tried asking someone what they're feeling ?
If so, did you listen to them and respect them ?*

G-M-A-A
13
D-A

G-D-I-N-S
14
D-A

G-W-O-E-N
15
D-A

G-D-O-N-D-E-R
16
D-A

STEP 2

We scan our system for an emotional feeling in our body. Usually this takes some time, especially if we are not yet used to feeling our feelings directly. If we find a sensation in our body that has an emotional undertone, that is more than enough for this practice.

Example: we find a tension in our stomach that, after closer inspection, harbours a sense of anxiety.

Once we have found the emotional feeling in your body, we start to breathe into it.

On the in-breath, we imagine that we are breathing energy and attention into this emotion.

On the out-breath, we imagine that we are allowing the feeling to expand and take space.

Through our out-breath, we are allowing the feeling to have space in our body and in the room.

Repeat this in-and-out breath pattern, until the emotion feels more spacious and integrated.

STEP 3 **

Keep breathing in the same way, but no longer focus on bringing attention and space. Instead, notice if you can find a sense of softness or love in your experience. Maybe you notice a soft glow in your heart. Or maybe you notice a kind of peace or calmness in the background of your experience.

Now, place your hand on the area where you are feeling the emotion. Imagine that with your breath, you are breathing this love or softness into the emotion. Keep doing this as long as feels productive.

Important: We are not trying to 'love the emotion away'. We are trying to genuinely be with it in a soft and open way, without expectation.

*** Step 1 & 2 of the exercise are more than enough to get a lot of benefit, especially if done regularly. If you don't manage to find this love or softness in your experience, stick with step 1 and 2 for now.*

ENG: An exercise for digesting
and integrating unfelt
emotions

FEELING OUR FEELINGS WITH SOFTNESS AND EMPATHY

Caution:
If we have serious
unresolved traumas
in our system, this
exercise might not
be suitable for us at
this moment.

STEP 1

We sit down, close our eyes
and focus on our breath.

On the in-breath, we breathe
in slightly deeper than we
normally would.

On the out-breath, we see if we
can let the breath go out naturally,
without trying to control it.

Keep breathing like this until
you've found a breath that feels
comfortable and calming.

This exercise is best done in a calm
space where we feel at home.

This practise has 2 purposes:

1. To integrate and digest whatever
emotion is present in our system.
2. To train us in feeling and accept-
ing our feelings, instead of resist-
ing them and pushing them away.

When it comes to emotions,
the golden rule is:

Whatever we resist, persists.

**Whatever we accept and allow,
starts to transform.***

* It's very common for people to
worry about allowing and accept-
ing anger. People worry that they
might become an 'angry person'
if they would allow their anger. In
reality, the opposite is true. If we
are able to feel and accept our
anger, we become a far less angry
person. Our anger will now be
integrated and conscious, instead
of repressed and unconscious.

EXERCISE



Denk je dat er continu werk gemaakt moet worden van het
beeindigen van seksueel geweld in onze gemeenschappen?
Do you think there is ongoing work that we can do
to end sexual violence in our communities?

G-M-A-A-N
20

G-D-I-N-S
21

G-W-O-E-N
22

G-D-O-N-D-E-R
23



STAP 2

We scannen ons lichaam voor een emotioneel gevoel. Vaak duurt dit even, zeker als we nog niet gewend zijn aan bewust onze emoties voelen. Als we een sensatie vinden in ons lichaam die enigszins emotioneel aanvoelt, is dat genoeg voor deze oefening.

Als we de emotionele sensatie gevonden hebben, beginnen we ernaartoe te ademen.

Op de inademing stellen we ons voor dat we aandacht en energie naar deze sensatie ademen.

Op de uitademing stellen we ons voor dat we het emotionele gevoel de ruimte geven om er te zijn, zowel in ons lichaam als in de ruimte waarin we ons bevinden.

Herhaal deze in-en-uitademing totdat de emotie ontspannender en lichter aanvoelt.

*** Stap 1 & 2 zijn meer dan genoeg om heel profijt te krijgen van deze oefening. Als we niet de zachtheid of kalmte in onze ervaring kunnen vinden op het moment, houden we het voor nu bij stap 1 & 2.*

STAP 3 **

Blijf op dezelfde manier ademen, maar laat de intenties van stap 2 los. Kijk nu of je een bepaalde rust of zachtheid kan vinden in je innerlijke ervaring.

Misschien merk je een zachtheid op in je hart, of een bepaalde rust in de achtergrond van je ervaring.

Plaats nu je hand op het deel van je lichaam met de emotie. Stel je voor dat op de inademing je deze zachtheid of rust naar het emotionele gevoel ademt.

Blijf dit net zo lang doen als voor jou goed voelt.

VOEL JE GEVOELEN MET ZACHTHEID EN EMPATHIE

Een oefening
voor emotionele
integratie.

Let op: Als
we serieuze onver-
werkte trauma's in ons
systeem hebben, is
deze oefening op dit
moment misschien
niet geschikt
voor ons.

STAP 1

We gaan zitten, doen onze
ogen dicht en concentreren
ons op onze ademhaling.

Bij de inademing ademen we
iets dieper in dan we normaal
zouden doen, maar niet zoveel dat
we ons enorm inspannen.

Bij de uitademing kijken we
of we de adem vrijelijk kunnen
laten gaan door onze enkel te
ontspannen. We ademen uit door
los te laten, niet door te contro-
leren of de lucht uit ons te duwen.

Blijf zo ademen, totdat je een
ademritme hebt gevonden dat
comfortabel en ontspannend is.

Deze oefening kan je het beste doen in
een kalme ruimte waar je je thuis voelt.

Deze oefening heeft 2 doelen:

1. Om emoties die op dit moment in ons
systeem zijn te integreren.
2. Om onszelf te trainen om onze
gevoelens te voelen en te accepteren,
in plaats van ze te onderdrukken.

Als het gaat om emoties, is er
een gouden regel:

**Dat wat we onderdrukken en ver-
oordelen, blijft in ons vastzitten.**

**Dat wat we accepteren en
toelaten, kan geïntegreerd
worden en oplossen.***

** Het komt vaak voor dat mensen zich
zorgen maken over het toelaten van
hun woede. Mensen denken dan dat
ze misschien een boos persoon zul-
len worden als ze hun woede de ruim-
te zouden geven. In de realiteit is het
tegenovergestelde waar. Als we onze
woede kunnen toelaten en accept-
eren, worden we uiteindelijk een min-*

*der boos persoon. Emoties die onder-
drukt en onbewust zijn, richten schade aan.
Emoties die be-
wust en geaccepteerd zijn, in de regel niet.*

EXERCISE

98

W-E-E-K-1-7

24

25

26

Heb je vaak de neiging om voor anderen te spreken ?

Do you often feel the need to speak on behalf of others ?

51

27
G M A A
D A N

28
G D I N
D A S

29
G W O E
D A S

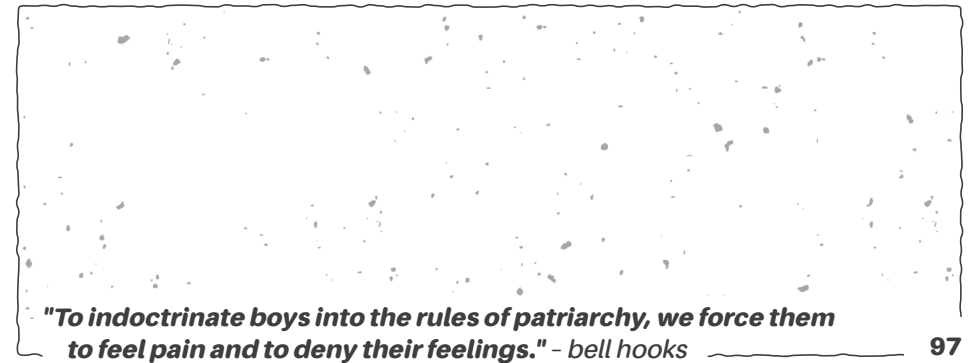
30
G D O N
D A E R



28
G V R I
D A C

29
G Z A T
D A E R

30
G O Z
D A N



"To indoctrinate boys into the rules of patriarchy, we force them to feel pain and to deny their feelings." - bell hooks

AUGUSTUS

24
D-A-T-A
G-M-A-N

25
D-I-N-S
G-D-A

26
D-A-S
G-W-O-E-N

27
D-E-R
G-D-O-N-D-A



WEEK 1-8

1
D-A-T-A
G-V-R-I

2
D-E-R
G-A-T-Z

3
D-A-N
G-O-Z

Wanneer iemand je aanspreekt op patriarchaal gedrag zorg je er dan voor dat je emotioneel aanwezig bent? Niet defensief reageert? Sorry zegt?
If a someone discusses with you or calls you out on your patriarchal behavior, do you make an effort to be emotionally present? Not get defensive? Apologize?



A: 'Mijn fiets is gestolen. Ik ben een sukkel, ik heb hem niet op slot gedaan.' — **B:** 'Geen wonder dat hij dan gestolen is!'

Patriarchale mannelijkheid hoort zonder echt te luisteren wat ervoor zorgt dat de kans om emoties te verwerken actief geblokkeert wordt. De emoties *zullen* ergens anders alsnog naar buiten komen, mogelijk in schadelijk gedrag. We verplaatsen emoties vaak onbewust naar anderen die dan die gevoelens zorgvuldig moeten raden en zich er toe moeten verhouden om veilig te blijven; minder bevoorrechte groepen worden dan opgezadeld met een onevenredig grote hoeveelheid luisterwerk. In plaats daarvan moeten we oefenen met het bieden van die ruimte, vooral voor elkaar. Door radicaal te luisteren, willen we de gevoelens van een ander niet alleen horen, maar ook begrijpen en ze met acceptatie teruggeven. Het actief teruggeven stelt de spreker in staat om hun eigen situatie vanuit een ander perspectief te bekijken, waardoor ruimte ontstaat voor herkenning, acceptatie en eigenaarschap van gevoelens.

A: 'Mijn fiets is gestolen.' Ik ben een sukkel, ik heb hem niet op slot gedaan.'
B: 'Sorry. Je was dol op die fiets. Ben je boos dat je hem niet op slot hebt gedaan?'
A: 'Ik schaam me, denk ik. Het is alsof ik nooit iets goed kan doen.'
B: 'Begrijpelijk. Het is een enorme druk om het de hele tijd goed te doen.'

Tool



Wat zorgt er voor dat jij je veilig voelt?
 What makes you feel safe?

16
M-A-A
D-A

18
D-I-N
G-D-A

19
W-O-E
G-A-D-A

20
D-O-N
G-D-A



1. Wanneer ?

Radicaal luisteren is goed wanneer er emoties bij betrokken zijn ; als je het niet zeker weet, doe het dan even en kijk of mensen het aanbod aannemen.

2. Vraag om toestemming

Als er onverwachts naar je geluisterd wordt, lopen mensen het risico meer te delen dan ze eigenlijk wilden. Vraag tussendoor: *'Ik wil meer weten - vind je het comfortabel om me dit te vertellen ?'*.

3. Geef geen 'antwoord

Er zullen veel dingen in je opkomen om te zeggen: meningen, advies, interpretaties, oplossingen, oordelen, excuses, verklaringen en gerelateerde verhalen. Negeer ze allemaal. Als ze opkomen, accepteer dan dat ze voorlopig niet gehoord zullen worden. Richt je focus weer op het luisteren naar de ander. Bij radicaal luisteren ben je waardevol voor hen omdat je echt *luistert*, niet omdat je iets waardevols zegt of een 'oplossing' biedt.

4. Probeer te begrijpen

Probeer echt te begrijpen wat er aan de hand is en ga ervan uit dat je dat niet weet. Onderbreek niet. Als ze stoppen, vat dan samen wat je denkt dat ze zeiden. Vraag dan: *'Heb ik dat goed begrepen ?'*. Wacht dan tot ze verder praten

5. Empathie tonen

Probeer tijdens het praten een idee te krijgen van hoe ze zich voelen bij wat ze zeggen. Als dat niet lukt, blijf dan vragen ; blijf proberen te begrijpen waar ze vandaan komen.

6. Bied mogelijke gevoelens aan

Vertel ze niet hoe ze zich voelen, maar doe suggesties: *'Klinkt oneerlijk. Was je boos ?'*; *'Ik denk dat ik erg bang zou zijn geweest, maar ook opgewonden - hoe was dat voor jou ?'*. Dingen die te maken hebben met negatieve gevoelens worden vaak gedeeld alsof ze een onbelangrijke bijzaak zijn. Luister extra aandachtig naar die dingen.

7. Bevestig hun geuite gevoelens

Zeg: *'Het is oké om bang te zijn. Het is een enge situatie.'* Het is hierbij belangrijk dat je eerst hun perspectief begrijpt en ze voldoende aanvoelt om dit vervolgens eerlijk en vanuit je hart te zeggen.

8. Add perspective

Pas *nadat* je volledig hebt geluisterd, je in hun situatie hebt verdiept en hun gevoelens serieus hebt genomen, kun je een alternatieve visie bieden. Als je niet zeker weet wat je moet zeggen, is *'bedankt dat je dit met me deelt'* een volkomen acceptabele reactie.



A: 'My bike got stolen.

***I'm an idiot, I didn't lock it.'* ————— **B: 'No wonder it got stolen then!'** —**

Patriarchal masculinity hears without listening, which actively blocks any opportunity for emotions to be processed. They *will* come out elsewhere, possibly in harmful behaviour. We often unconsciously displace emotions onto others who must carefully guess and manage those feelings for us in order to stay safe ; less privileged groups are then encumbered with a disproportionate amount of listening work. We must instead practice providing that space, especially for each other. Through radical listening, we want to not only hear but understand another's feelings and reflect them back with acceptance. The active reflection allows the speaker to see their own situation from another point of view, thereby making space for the recognition, acceptance and ownership of feelings.

A: 'My bike got stolen. I'm an idiot, didn't lock it.'

B: 'Sorry. You loved that bike. Are you angry that you didn't lock it?'

A: 'I'm ashamed, I guess. It's like I can't get anything right.'

B: 'Understandable. It's a lot of pressure to get it all right all the time.'

Tool



AUGUST

10
MAY

11
JUNE

12
JULY

13
AUGUST



1. When ?

Radical listening is good whenever emotions are involved ; when unsure, do it a bit and see if people take the offer.

2. Get consent

If being listened to is unexpected, people can risk sharing more than they're later happy with. In between, ask: *'I want to know more - are you comfortable telling me this ?'*

3. Do not 'answer'

A lot of things to say will pop up in your head : opinions, advice, interpretations, solutions, judgements, excuses, explanations and related stories. Ignore them all. As they pop up, accept that for now, they will not be heard. Return your focus to hearing the other person. In radical listening you are valuable to them because you really *listen*, not because you say something valuable or offer a 'solution'.

4. Try to understand

Try to truly understand what is going on and assume that you don't. Do not interrupt. If they halt, summarise what you think they said. Then ask: *'Did I understand that correctly ?'* Then wait for them to continue.

5. Empathise

As they speak, try to get a sense of how they *feel* about what they say. If you can't, keep asking; keep trying to understand where they are coming from.

6. Offer possible feelings

Do not tell them how they feel but offer suggestions: *'Sounds unfair. Were you angry ?'* ; *'I think I would have been very scared but also excited - how was that for you ?'* Things related to negative feelings are often shared as if they were an unimportant side note. Listen carefully for those.

7. Validate their expressed feelings

Say: *'It's ok to be scared. It is a scary situation.'* It is important here that you understand their perspective first and feel them enough to then say this honestly and from the heart.

8. Add perspective

Only *after* you have fully listened, empathised with their situation and taken how they feel about it seriously, maybe offer an alternative outlook. If you are not sure what to say, *'thank you for sharing this with me'* is a perfectly acceptable response.

M-E-I



W-E-E-K 3-2



Kan je alleen affectie tonen naar een partner in het bijzijn van vrienden en familie? Of alleen wanneer jullie alleen zijn?
Can you only show affection and be loving to your partner in front of friends and family? Or only in private?

AUGUSTUS



WEEK 19



Zeg je er iets van wanneer (andere) mannen seksistische opmerkingen maken ?
Do you say anything when (other) men make sexist or patriarchal comments ?

M-E-I



W-E-E-K-3-1



Waar probeert je woede je van te beschermen?
What is your anger trying to protect you from?

27
G-M-A-A
D-A

28
G-D-I-N
D-A

29
G-W-O-E
D-A

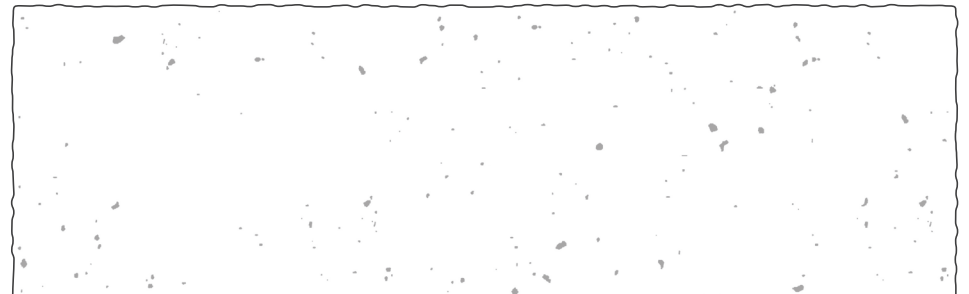
30
G-D-O-N
D-A



15
G-V-R-I
D-A

16
G-Z-A-T
D-A

17
G-O-Z
D-A



**"Patriarchy is the single most life-threatening social disease
assaulting the male body and spirit in our nation." - bell hooks**

M-E-I

18
G-M-A-A
D-A

19
G-D-I-N
D-A

20
G-W-O-E
D-A

21
G-D-O-N
D-A



W-E-E-K-3-0

24
G-V-R-I
D-A

25
G-Z-A-T
D-A

26
G-O-Z
D-A

"There is only one emotion that patriarchy values when expressed by men; that emotion is anger. Real men get mad. And their madness, no matter how violent or violating, is deemed natural - a positive expression of patriarchal masculinity. Anger is the best hiding place for anybody seeking to conceal pain or anguish of spirit." - bell hooks

J-U-L-I

20
M-A-N-D-A-G

21
D-I-N-S-D-A-G

22
W-O-E-N-S-D-A-G

23
D-O-N-D-E-R-D-A-G



W-E-E-K-2-1

22
V-R-I-J-D-A-G

23
A-T-E-R-D-A-G

24
O-Z-G-D-A-G

Who are you taking care of?
Voor wie zorg jij?

M-E-I

25
M-A-A-N-D-A-G

26
D-I-N-S-D-A-G

27
W-O-E-N-S-D-A-G

28
D-O-N-D-E-R-D-A-G



W-E-E-K-2-9

17
V-R-I-J-D-A-G

18
A-T-E-R-D-A-G

19
O-Z-D-A-G

Is je weleens gezegd om meer "een echte man" te zijn
of juist meer "vrouwelijk"?

Have you ever been told to "man up" or be more "girly"?

J-U-L-I

13
D-A-T-U-M

14
D-I-N-S-D-A-G

15
D-A-S-O-W-G

16
D-E-R-O-N-D-A-G



W-E-E-K 22

29
D-A-T-U-M

30
D-A-T-U-M

31
D-A-T-U-M

Met wie kan je het patriarchaat/genderongelijkheid eerlijk bespreken? Met wie zou je dat het meest comfortabel kunnen doen?
To whom can you talk about the patriarchy openly? Who would you be most comfortable sharing with?

PODS AND POD MA

Written by Mia Mingus for the BATJC

June 2016

The Bay Area Transformative Justice Collective (BATJC) needed a term to describe the kind of relationship between people who would turn to each other for support around violent, harmful and abusive experiences, whether as survivors, bystanders or people who have harmed. These would be the people in our lives that we would call on to support us with things such as our immediate and on-going safety, accountability and transformation of behaviors, or individual and collective healing and resiliency.

Prior to this, we had been using the term "community" when we talked about transformative justice, but we found that, not surprisingly, many people do not feel connected to a "community" and, even more so, most people did not know what "community" meant or had wildly different definitions and understandings of "community." We found that people romanticized community ; or though they felt connected to a community at large, they only had significant and trustworthy relationships with

very few actual people who may or may not be part of that community.

We also knew that across the board, people who experience violence, harm and abuse turn to their intimate networks before they turn to external state or social services. Most people don't call the police or seek counseling or even call anonymous hotlines. If they tell anyone at all, they turn to a trusted friend, family member, neighbor or coworker. We wanted a way to name those currently in your life that you would rely on (or are relying on) to respond to violence, harm and abuse. In order to help label this support network "pods" was suggested and it stuck. This is not to say that we don't use the term "community" still — we do ; but we needed to create new language for our work.



Schaam je je voor je emoties ? Zo ja, waar komt dat vandaan ?
Do you feel shame about your emotions ? Where does
that shame comes from ?

J-U-L-I



Edited by Marylea for menSEN

November 2025

APPING WORKSHEET

POD

Your pod is made up of the people that you would call on if violence, harm or abuse happened to you ; or the people that you would call on if you wanted support in taking accountability for violence, harm or abuse that you've done ; or if you witnessed violence or if someone you care about was being violent or being abused.

People can have multiple pods. The people you call to support you when you are being harmed may not be the same people you call on to support you when you have done harm, and vice versa. In general, pod people are often those you have relationship and trust with, though everyone has different criteria for their pods.

Once we started using the term "pods," we realized a bunch of things. Due to the isolation and loneliness enforced by systems of oppression most people have few solid, dependable relationships in their lives. Some people, especially those being marginalized, have

no-one in their pods. It's important to develop a deeper understanding of your pod network to see the gaps that exist for you and those around you. Pod networks do not fall under traditional or political lines of intimacy and can be expanded once we put in the work to care and trust each other as individuals rather than through specific prescribed roles.

There is also a distinction between the people they could call on to take accountability for harm they've done, which is often much smaller than the people they can go to for when harm happened to them. For us to be better at taking accountability it is more fruitful to have us organize among our pods than to do so with our nebulous "community". As we expand and make our pods more accessible to those around us we should also focus on not perpetuating attitudes that blame victims and release us from important accountability work.

See next page for the worksheet →

BATJC POD MAPPING WORKSHEET

Below is our Pod Mapping Worksheet. We use this as a template to help people start to identify who could be in their pod(s). We invite people to fill out multiple worksheets for their different pods. This is only a basic template, people are welcome to create their own pod maps.

- Write your name in the middle grey circle.
- The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. We encourage people to write the names of actual individuals, instead of things such as "my church group" or "my neighbors."
- The dotted lines surrounding your pod are people who are "movable." They are people that could be moved in to your pod, but need a little more work. For example, you might need to build more relationship or trust with them. Or maybe you've never had a conversation with them about prisons or sexual violence.

The larger circles at the edge of the page are for networks, communities or groups that could be resources for you. It could be your local domestic violence direct service organization, or your cohort in nursing school, or your youth group, or a transformative justice group.

Your pod(s) may shift over time, as your needs or relationships shift or as people's geographic location shift. We encourage people to have conversations with their pod people about pods and transformative justice, as well as to actively grow the number of people in their pod and support each other in doing so. Growing one's pod is not easy and may take time. In pod work, we measure our successes by the quality of our relationships with one another and we invest in the time it takes to build things like trust, respect, vulnerability, accountability, care and love.

STEP 1 **R****EWIEW** Review what happened in your lives during the past month. No discussion yet, just facts. If you've had a R.A.D.A.R. before, discuss your past action points.

STEP 2 **A****GREE ON THE AGENDA** Make a list of what you'll discuss. Be sure to include all the topics that are relevant to your relationship, even if there isn't anything "wrong."

*Quality Time / Projects / Sex
Physical & Mental Health / Family
Other Partners & Friends
Fights & Arguments / Money
Work / Future Plans / Household*

STEP 3 **D****ISCUSS** Go through the agenda together. Many different emotions may come up, and that's okay! Use compassion, empathy, and active listening. If things get heated, it's okay to take a break to cool off before coming back to it. Remember to celebrate the good things, too!

STEP 4 **A****CCTION POINTS** As you discuss, write down tangible, achievable action points to ensure you are both taking steps to grow and improve. At your next R.A.D.A.R. check in on these action points to see which ones worked and which ones you want to adjust.

STEP 5 **R****ECONNECT** Congratulate yourselves for making it through! End on a positive note by reconnecting to your partner. Verbally appreciate and compliment each other, give affectionate touch, or share a fun activity you both enjoy.

Communication is a delicate thing. If you're at the start of a new relationship, it can feel awkward to speak honestly and vulnerably. If you're in a well-established, long-term relationship, it can be challenging and intimidating to break old habits and change the way you communicate with your partner. Regardless of where you're at in your relationships, communication is vital, and yet human beings often totally suck at it. This text will walk you through a monthly relationship check-in format, otherwise known as **R.A.D.A.R.**

First, let's go over some fundamentals. A good relationship check-in:

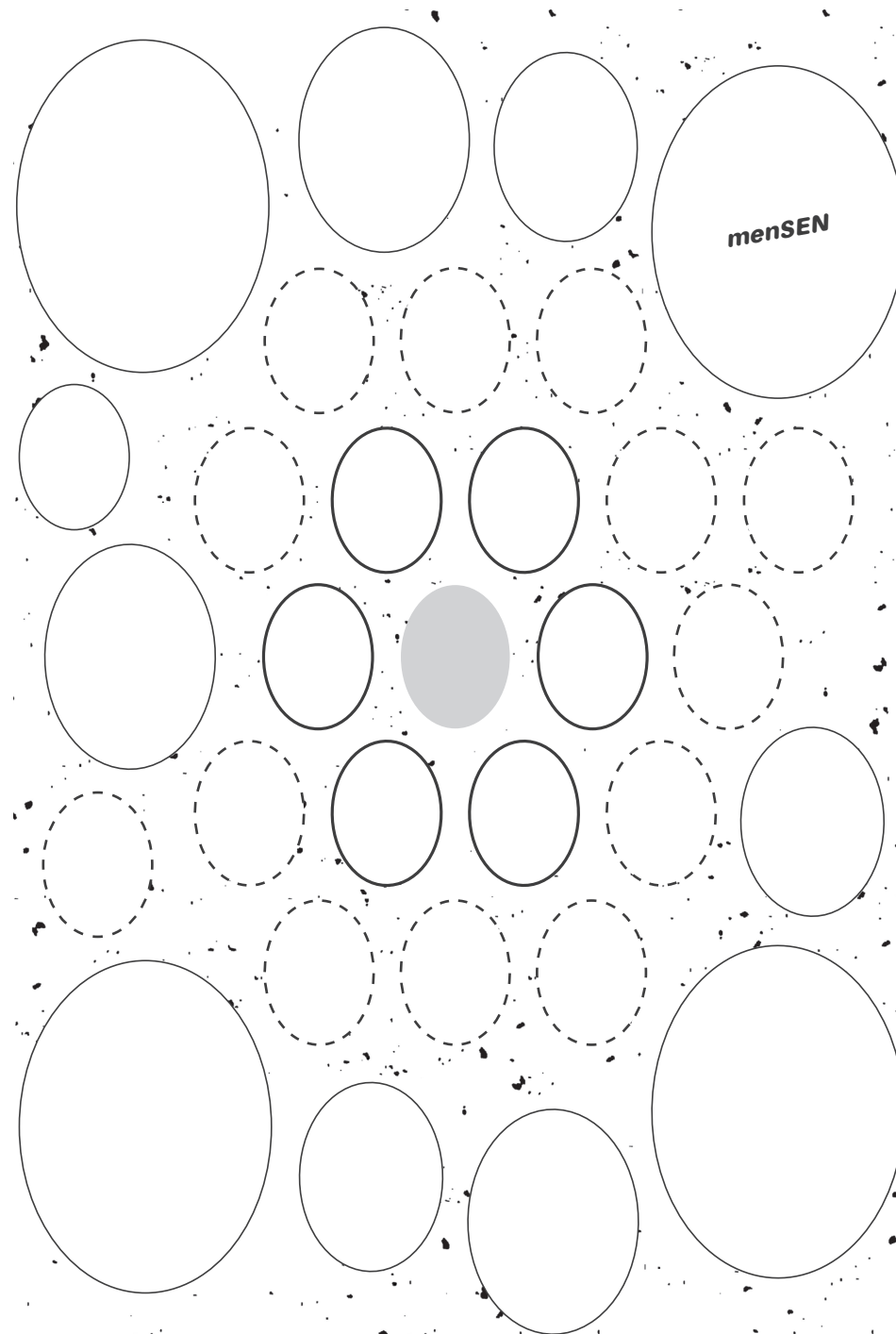
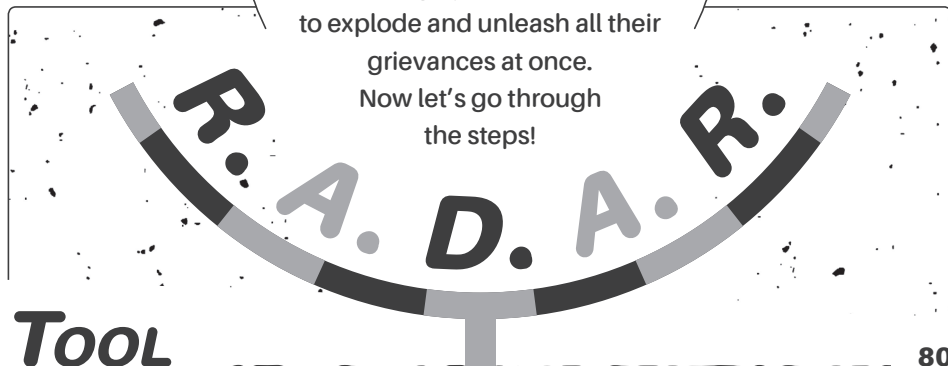
- Establishes a safe space for talking about uncomfortable topics
- Happens on a regular basis. (Monthly, weekly, etc.)
- Can be done even when things are feeling good
- Follows a set formula

**But why have a regular check-in at all?
Why not just talk about things as they come up,
like normal people do?**

The good news is that even if you have a regularly established relationship check-in, you can still talk about things organically. In addition, a regular safe space for communication helps to bring up topics to discuss them before they turn into full-blown problems. This enables you to minimize day-to-day admin and processing while at the same time maximizing positive, non-processing time with your partner.

It also prevents "problem back-log" from building up until someone has to explode and unleash all their grievances at once.

Now let's go through the steps!



J-U-N-I



W-E-E-K-2-7



**Spring je van de ene relatie meteen in een andere ?
Of neem je de tijd en ruimte voor jezelf tussen relaties
om te reflecteren over jouw rol in de relatie ?
Do you jump from relationship to relationship ? Or do you
take space and time for yourself in between each relationship
to reflect on the relationship and your role in it ?**

JUNI-JULI

29
M-A-A
D-A-G

30
D-I-N
D-A-G

1
W-O-E
D-A-G

2
D-O-N
D-A-G



W-E-E-K 2-3

5
V-R-I
D-A-G

6
A-T-E
D-A-G

7
O-Z
D-A-G



Wat maakt jou opgewonden over dicht bij iemand zijn?

What makes you excited about getting closer with someone? — 71

J-U-N-I

8
G-M-A-A
D-A-N

9
G-D-I-N-S
D-A

10
G-W-O-E-N
D-A-S

11
G-D-O-N-D-E-R
D-A



W-E-E-K-2-6

26
G-V-R-I
D-A

27
G-Z-A-T-E-R
D-A

28
G-O-Z
D-A

Voor welke hulp kan je bij mensen terecht?
What support can you ask for?

J-U-N-I

22
G-M-A-A
D-A

23
G-D-I-N-S
D-A

24
G-W-O-E-N
D-A

25
G-D-O-N-D-E-R
D-A



W-E-E-K-2-4

12
G-V-R-I
D-A

13
G-Z-A-T-E-R
D-A

14
G-O-Z
D-A

Organiseer je regelmatig meetings om conflicten op te lossen in je huis?
Do you organize regular meetings to resolve conflict in your house/group?

J-U-N-I

15
M-A-A-N-D-A-G

16
D-I-N-S-D-A-G

17
W-O-E-N-S-D-A-G

18
D-O-N-D-E-R-D-A-G



W-E-E-K-2-5

19
V-R-I-J-D-A-G

20
A-T-E-R-D-A-G

21
O-Z-D-A-G

Welke gedachten komen er in je op wanneer je nadenkt over prioriteit geven aan zorg voor jezelf en anderen?
What thoughts and feelings come up when you consider prioritizing care work at the expense of your social status or personal goals?