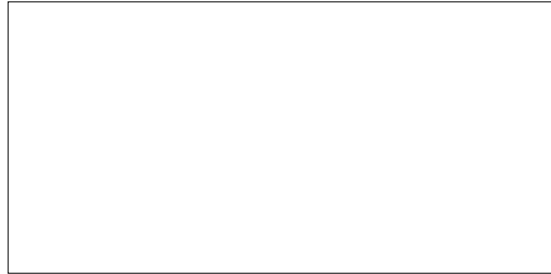


**The Body Is Not an Apology**  
Radically Unapologetic Healing Challenge 4 Us  
(RUHCUS) Project

**RUHCUS Project Development Sheet**

**Step 1: What is the THING IN  
THE BOX?**



Often times when faced with various pains, shames, traumas, and fears in our lives we attempt to compartmentalize them, tuck them away so that they cannot be seen, even by us. However, as we accumulate new boxes of shame we begin to run out of room to store all of the discomfort and hurt. Eventually the things in the boxes begin tumbling out of the containers, spilling into our lives in ways big and small. Boxes hide things and attempt to contain things. Boxes can be heavy. When carrying a box it may be difficult to hold other things. The thing in the box takes up space. Consider all of these characteristics related to carrying some "thing" in a box. Take a moment to think about what is in your box. It may be a physical thing. It may be an emotional hurt from the past. It may be a spiritual pain or trauma. It may be linked to all three. *What have you been trying to contain, ignore, keep hidden? What have you been carrying around and it is limiting your ability to hold other things? What are you tired of carrying?*

**Please place that thing in the box above.**

1. List three things the thing in the box, makes you believe about yourself.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

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2. List three things the thing in the box makes you believe others believe about you.

1.

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2.

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3.

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3. What four things do you do as a result of the thing in the box?

1.

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2.

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3.

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4.

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4. What four things don't you do as a result of the thing in the box?

1.

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2.

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3.

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4.

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5. How does the thing in the box have control/power over you?

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**Step 2a - Taking Back Your Power**

6. What would life be like if the thing in the box had no power?

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7. How would you feel?

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8. What would be possible in your life?

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## **Step 2b - Imagining the RADICAL**

9. What are you most afraid would happen if you exposed the thing in the box?

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10. What is the scariest thing you could do to address the thing in the box?

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## **Step 2c - Developing a Ceremony of Acceptance, Honor & Release**

Invite 5 to 10 loved ones to be present at this intentionally created event (people you care deeply about, people who care deeply about you) friends, family, partners etc use technology to invite folks from other areas if need be.

11. List 5 to 10 people you will invite to participate in your RUHCUS ceremony and why?

# The Body Is Not an Apology

## Radically Unapologetic Healing Challenge 4 Us (RUHCUS) Project

Engage in a ceremonial activity that **accepts, honors, and releases** you from your shame, pain, hurt, fear, trauma.

**Acceptance** is understanding that what was in the box has served you in some way.

12. List three things you have gained from having the thing in the box?

1.

---

2.

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3.

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**Honor** allows us to recognize that the need to put the thing in the box was born out of truth. It was something we developed because we needed it for survival.

13. List two ways having the thing in the box has served you.

1.

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2.

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14. List two ways having the thing in the box has protected you.

1.

---

2.

---

**Release** allows us to see that the thing and the box is not serving us anymore and take our power back.

15. List 4 things you would do if the thing in the box no longer had power

1.

---

2.

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3.

4.

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# The Body Is Not an Apology

## Radically Unapologetic Healing Challenge 4 Us (RUHCUS) Project

Think of an activity that is tactile, symbolic and visual i.e. writing, cutting, posting etc) to address your RUHCUS issue. Ask the people you have invited to help you create your RUHCUS ceremony.

*Ceremonial Examples include:* In a bowl you will have written on separate slips of paper all the reasons you adopted the issue you want healing from: *What do you feel like it gave you? What historical pains are attached to it?* In the presence of the group you will read aloud each sheet of paper. After each one you will say aloud how it is no longer serving you. You will then pass the basket around and each person in the ceremony will take one of the slips, rip it, while stating that they wish to release you from whatever is on the sheet. *Ex" today I release you from ... words of shame that were spoken to you as a teenager. I replace that with a belief that whole, vibrant and loved.* Each person in the space will do this. At the end you all will burn the ripped sheets of paper and toast to your journey of healing. Spend the rest of the evening in celebration of your bravery.

16. Write your ideas here

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### Step 3 - Living in your RUHCUS in community

17. Using the answer from **question 10** and questions **3** and **4**, create action goals for your RUHCUS project. They should be concrete and based in behaviors and actions, things you will DO over the next 30 days. Whenever possible try stating your goals in the positive i.e. *Rather than "I will not talk poorly about my belly," you would write "I will speak positively about my belly for the next 30 days"*

1.

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2.

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3.

4.

5.

6.

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7.

8.

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# **The Body Is Not an Apology**

## Radically Unapologetic Healing Challenge 4 Us (RUHCUS) Project

18. List 3 methods you can use to share your RUHCUS with the larger community?

1.

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2.

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3.

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19. How often will you share your RUHCUS here?

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MY RUHCUS START DATE IS:

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**Love and Light on Your Journey**