

## DO THE WORK:

# "House of Healing: Fix a Black Man's Heart" — Part 1

Beloved:

This is the second House of Healing special presented this season. This time, we're focusing on black men. Regardless of whether you are a black man, we hope to provide you, the viewers, with an opportunity to participate in the healing process and identify your own challenges, issues and beliefs about black men. Like the guests on the show, we want to support you in recognizing and acknowledging what you think and feel, and how it affects your relationships with black men in your own life. At the same time, we hope to offer you information and tools that will support you in developing a different, more compassionate and understanding perspective about black men that will transform your experiences of them and with them.

This worksheet is offered to support you in doing your work to dismantle any thoughts, beliefs, feelings and stereotypes that negatively affect how you see and experience your brothers in the world.



## DOING YOUR WORK

We encourage you to keep pens and paper handy so that you can take accurate notes. As you watch the show, we ask that you:

**1.** Identify the guest or guests in the House of Healing with whom you can most identify. If you do not see yourself, try to identify someone you know.

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**2.** What is it about the guest that you recognize within yourself or about someone you know?

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**3.** Identify what you believe the guest is demonstrating, and why.

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## DOING YOUR WORK

4. For each guest with whom you identify, write down what you would consider to be three (3) toxic or negative traits. Write these down because you will need them for future episodes.

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## DURING COMMERCIAL BREAKS

Get in touch with your feelings about what you have seen and heard expressed by the guests. Be sure to write these down.

1. Are you aware of any stereotypes you see?

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## DURING COMMERCIAL BREAKS

**2.** Are you aware of any judgments (right, wrong, good, bad, name-calling, making assumptions) that surface in your mind?

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**3.** Identify the strongest emotions that have come up for you at the end of each segment of the show (i.e., Seeing this, I feel...).

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## AT THE END OF THE SHOW

We encourage you to remember that healing is a process. Most healing begins with a flare-up of the disease, or disruptive patterns. This is a three-part special episode through which you will have the opportunity to participate in the unfolding of the healing—your own and that of the guests.

At the end of each part, consider the following:

1. What did you find most troubling about the guests in the House of Healing in this part?

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- Why were you troubled by this?

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- How did it make you feel?

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## AT THE END OF THE SHOW

- How do you (or how does someone you know) engage in this behavior?

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- How did it make you feel?

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- What judgments (right, wrong, good, bad, name-calling, making assumptions) have you made about the guest(s)?

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- Are you aware of thinking or feeling this way (having the judgment) about yourself or someone else?

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## AT THE END OF THE SHOW

**2.** When you think about the black men you know or with whom you have interacted, what are three of the most positive labels that come to mind?

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**3.** When you think about the black men you know or with whom you have interacted, what are three of the most negative labels that come to mind?

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**4.** During the show, each of the men was asked to pick a label that described how he is perceived in the world. If you were to choose one of those labels for yourself or a black man you know, which would you choose?

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## AT THE END OF THE SHOW

5. As you move through the week between episodes, use your journal or some other method to stay mindful of the following:

- a. What triggers your feelings about the label you have chosen?
- b. Who triggers your feelings about the label you have chosen?
- c. When you are triggered, who does it remind you of?
- d. What is your first response when these feelings are triggered?
- e. What is your "nastiest" response when these feelings are triggered?
- f. How do you reconcile these feelings within yourself?
- g. How do you project these feelings onto the black men in your life?

We hope that this worksheet supports you in gaining a deeper understanding of what we have presented. Of course, you are free to use this worksheet or any other process to be more than just a viewer. We encourage you to be a participant, to look for and embrace the lessons you need as well as those you can pass on.

We also invite you to view **A Deeper Dive** on the Iyanla Vanzant YouTube channel for more information about the work the men did and the lessons that were covered. If you are interested in the **Head Blessing Kit** used by the men during the process, visit [InnerVisionsWorldwide.com](http://InnerVisionsWorldwide.com) and click on Products.