The Flip Side of The Gay Man's Laundry List

1 We trust that we are safe.

We no longer need to scan the room for danger. Our nervous system is regulated, and we are safe. We've learned to tell the difference between a threat and an old fear, and we choose to live from a place of trust rather than hypervigilance.

2 We recognize our inherent worth.

We pursue fulfillment and joy because it feels nourishing, not to prove anything to anyone.

3 We honor ourselves instead of becoming someone different to avoid rejection.

We express ourselves authentically, trusting that the right people will accept us.

4 We accept ourselves as enough.

We are whole and complete, and our expression is a contribution. We no longer need others to validate our worth. We are our own source of validation.

5 It's safe to be seen.

We no longer hide or make ourselves bigger to protect against rejection. We show up as we are, and it's enough.

6 We relate to masculinity and femininity on our own terms.

We recognize the divine masculine and feminine within ourselves and others, and we see both as parts of being human. We embrace our masculine and feminine qualities without feeling the need to prove our masculinity or use exaggerated expressions of femininity as a defense.

7 We acknowledge our shame and share it with others.

We remember that while shame is not our fault, healing it is our responsibility. We allow ourselves to be vulnerable and share our true feelings rather than hiding behind silence, sarcasm, or humor.

8 We enjoy sex without tying it to self-worth.

Touch, attention, and desire become celebrations of pleasure and mutual respect, no longer a barometer for our worth.

9 We are open and receptive to all good.

When someone sees us or pays us a compliment, we consciously receive it.

10 We attract relationships that reflect our growth.

We create space in our lives for people who are emotionally available, respectful, and capable of reciprocity.

11 We trust other gay men and allow ourselves to be vulnerable.

We see other gay men as expressions of the Divine. We work toward genuine connection and brotherhood in relationship.

12 We honor our own needs while caring for others.

Giving and receiving are balanced. We no longer give from obligation or to prove our worth.

13 We face our trauma with compassion.

Exploring our past isn't about blame but understanding, and we allow what we learn to inform who we are rather than let it define us.

14 We belong and there's a seat for us at the table.

We are at the right place at the right time doing the right thing. We trust we are always guided to the right people, and the right people find us.

15 We choose to thrive.

We are thriving in life and in our relationships. The Becoming Worthy path isn't an easy one, but we don't walk it alone. We stand on the shoulders of resilient men who risked their lives to live authentically. We make choices now from freedom, not from fear.

Taking action from The Flip Side of The Gay Man's Laundry List is how we demonstrate our wisdom and not our trauma.

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Excerpt from the forthcoming book Becoming Worthy: A Gay Man's Guide to Healing Shame and Loving Himself by Chris Tompkins.