

Unshame Yourself

The Worst **Girl Gang** Ever Edition

*A no-fluff journal for men who feel like crap
and don't want to talk about it (yet)*



Introduction

You won't find platitudes in here.

This journal is for men and partners going through what no one prepares you for: the grief of Infant loss, miscarriage, infertility, and everything in between.

You may not talk about it. You might not even know how to.

But this is a space for the bits you can't say out loud, the rage, numbness, shame, confusion, and quiet ache that shows up at 3am.

You don't have to be poetic. You just have to be honest. Start wherever you are.

How to use

- Use it daily, weekly, or when you need to get things out of your head.
- There's no right way - just be honest.
- If you get stuck, write: "I don't know what to write" until something shifts.
- No one's marking it. It's yours.

Before You Start: A Few Important Things You Should Know



3 out of 4 suicides in the UK are men

Men aged 45–49 have the highest suicide rate.

[Source: ONS, 2023]



Only 36% of NHS talking therapy referrals are for men.

But we account for over half of mental health-related deaths.

[Source: NHS Digital, 2023]

Don't be another statistic



Men are less likely to reach out

Culturally, we've been told to man up, not speak up.

[Source: Mind UK / CALM]



Men are twice as likely to become dependent on alcohol

...and more likely to use distraction or humour to hide emotional pain.

[Source: NHS England]

**You're not the only one who's felt this way.
You're just the one holding this journal right now.**

***“We accept the love we think we
deserve.”***

Perks of Being a Wallflower

Take a Moment to Breathe

I know, I know, but trust me....(assuming you don't have trust issues)

"Just breathe" sounds like a lot of fluffy b*llocks when your chest feels like a herd of elephants and your brain's doing the 100m sprint in flippers.

.....But this one's different, it's used by many people and professionals as well as dads who've just stepped on Lego.

The Method: (Box Breathing)

Try this once. If you hate it, fine. But try it like you mean it.

1. Inhale through your nose for 4 seconds
(Like you're about to walk into a room full of your in-laws at Christmas)
2. Hold it for 4 seconds
(Channel your inner "Just leave it Dave" Energy)
3. Exhale slowly through your mouth for 4 seconds
(Like you've just sat down after assembling IKEA furniture without crying or throwing the screwdriver)
4. Hold it again for 4 seconds
(This is your "Woooooosaahhhhh" moment)

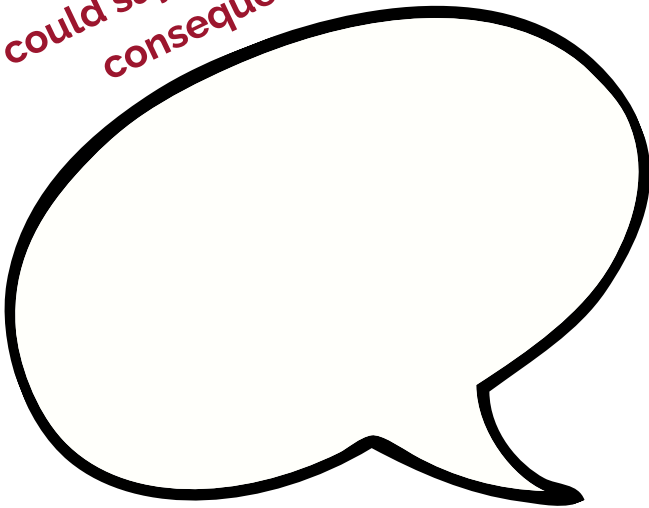
Do this 4 times. Or until your brain stops trying to gaslight you into a meltdown.

Bonus Section

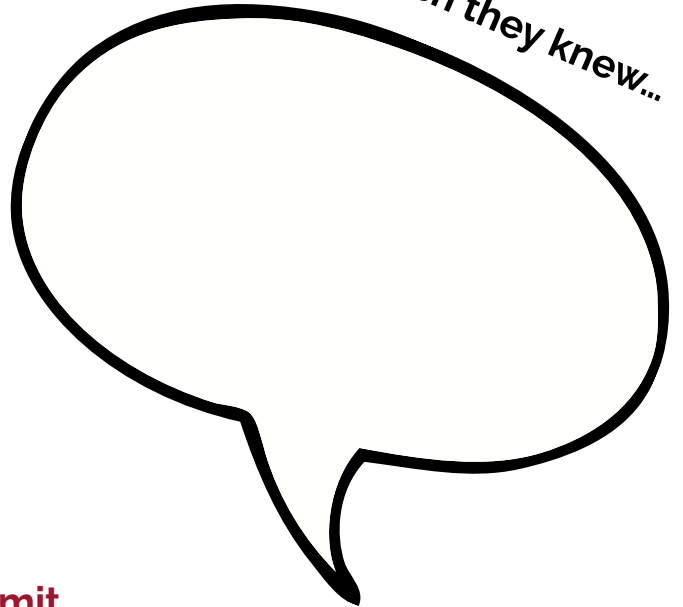
Things I Never Say Out Loud

Write what you'd say if no one could hear you.
Or judge you. Or screenshot it.

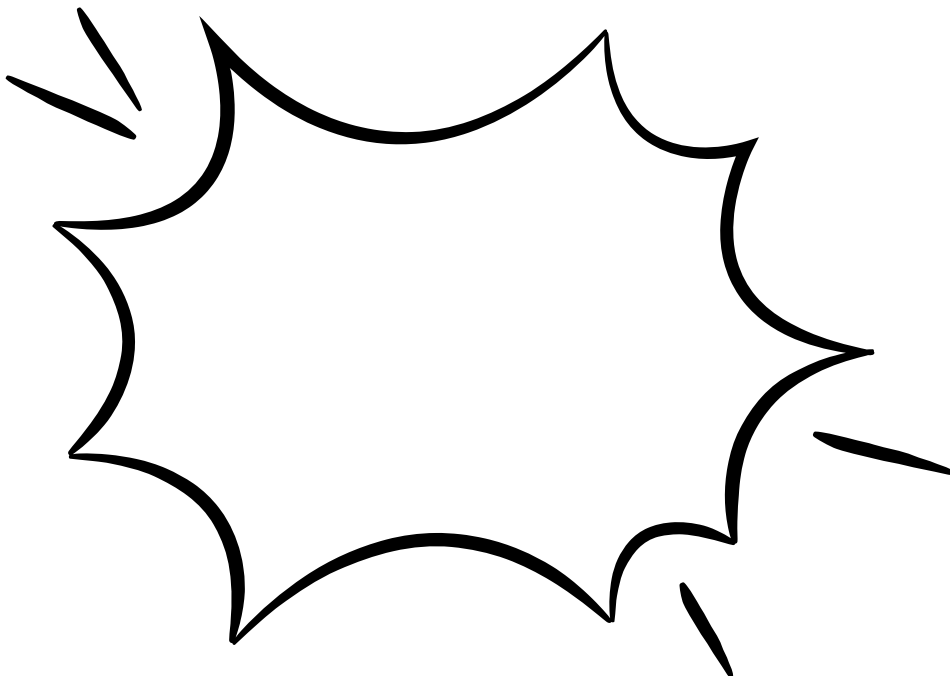
*If I could say anything without
consequences...*



What I wish they knew...

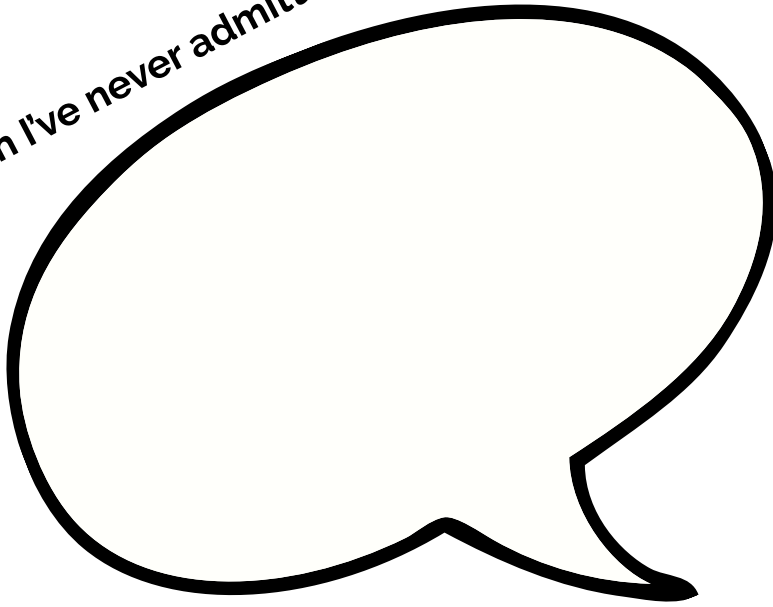


I'm scared to admit...

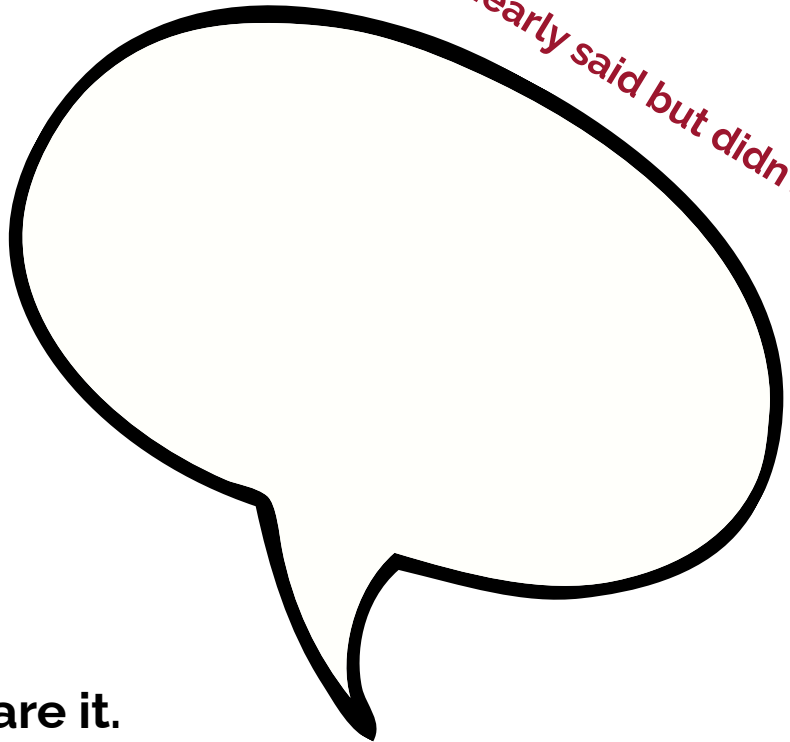


Things I Never Say Out Loud

One truth I've never admitted to anyone.....



What I nearly said but didn't...



**You don't have to share it.
But you don't have to carry it either.**

Call me Al
COUNSELLING



**This journal was created with honesty, humour, and
learnings from past f*ck ups —
for men who want to feel different, not broken.**

**Find more tools, support and sarcastic
encouragement at:**



**Call Me Al
Counselling
Bio Site**



TWGGE Website