



Paul Phillips: 910-470-0870

Loneliness

The Lie: Loneliness is part of being a man.

The Truth: Friendship is a Superpower.

Three Stories Dealing With Shame

1. **Proximity:** Being near each other...near enough for -->
2. **Unplanned Interactions:** Being together without a calendar invited needed
3. **Vulnerability:** We talked about this under the topic of Shame: you need to have relationships where you are not trying to HIDE!



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