

# Happy relationships through **HONEST SHARING**

We do the transformation ourselves



**A GUIDE**

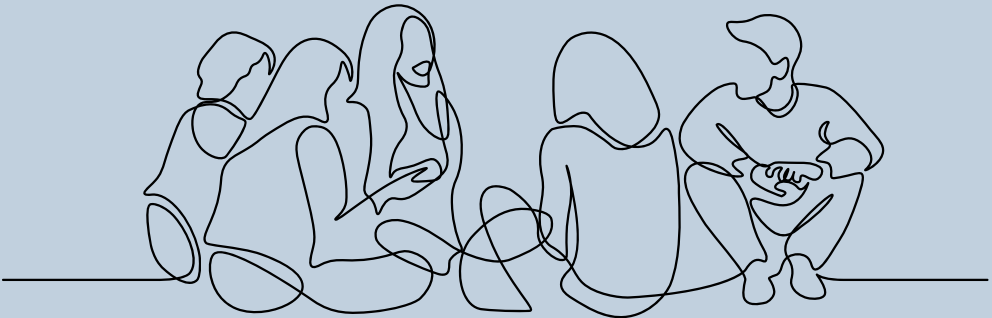
## NURTURING COMMUNICATION

# What is HONEST SHARING?

Honest Sharing is a protocol designed to keep you safe and protected while you share how you feel in this very moment. Honest Sharing was brought to life by Gopal Norbert Klein.

Honest Sharing creates a special contact that you may have never experienced before. Your relationships with people become deeper, happier and more fulfilled.

Honest Sharing helps you become aware of your own body sensations, emotions and thoughts. It may increase your mental strength and lead you to the life you want to live.



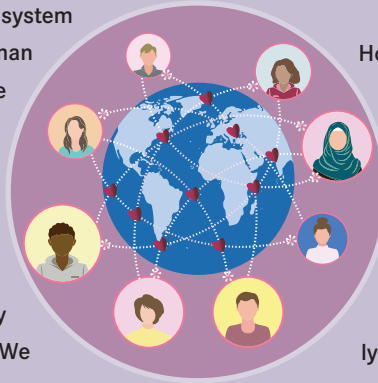
## REAL CONNECTION

# ... and what makes it so beneficial?

We humans are deeply social beings. As mammals, we need an honest, truthful exchange about our inner self, so that our autonomic nervous system classifies fellow human beings as safe. This is the only way we can get into a state of relaxation and well-being.

Unfortunately, we have largely lost the ability to make real contact. We

discuss trivial things and share stories. We talk to each other, but most of our conversations are superficial.



Honest Sharing can help us experience the much needed deep and nurturing connections. It is a new quality of communication that strengthens individuals, couples and groups equally and at the same time.

## A NEW WORLD

Honest Sharing leads to a changed view of other people. Hearing someone share emotions, bodily sensations and thoughts makes it very difficult

to see them as “hostile“. Therefore, Honest Sharing contributes to the end of suffering, to a peaceful coexistence in society leading towards a new world.

## LISTENING IS SACRED

# How can you do HONEST SHARING?

You meet as a pair or group of up to 6 people. Each participant shares undisturbed for 10 minutes – the other group members listen attentively. Listening is an equal part of the process and is just as important as speaking. Whoever speaks gets 100% attention. The process only works if you (want to) listen openly. Maintain eye contact, or if that is not possible, look towards (the feet of) the person who is sharing.



The special features of Honest Sharing are the beginnings of each sentence. These beginnings serve to separate the levels (body sensations, emotions and thoughts). This creates an „inner distance“ so you can share content without identification.

The table on the right shows examples of the sentence beginnings of the different levels.

## EVERYTHING YOU NEED TO KNOW

Level	Sentence beginnings	Example
BODY SENSATIONS	<i>I sense... (sensation) ...(in bodypart)</i>	<i>I sense pain in my hip. I sense pressure in my tummy. I sense heat in my hands.</i>
EMOTIONS	<i>I feel ...</i>	<i>I feel joy. I feel anger. I feel loneliness.</i>
THOUGHTS	<i>In my head is the thought, that...</i>	<i>In my head is the thought, that it's difficult for me to find the right words. In my head is the thought, that I like to do everything correctly. In my head is the thought, that I did not share any emotions yet.</i>

In the beginning it takes some practice to perceive your own body sensations, emotions and thoughts and to express them in this specific way. It is helpful to speak slowly and in short sentences and to move your body as little as possible during The Honest Sharing. It's not about "doing" or "achieving" anything, and it's not about communicating anything in particular. Doing Honest Sharing is already the goal:

GETTING IN TOUCH WITH WHAT I NOTICE WITHIN ME.

## HONEST SHARING LEVELS 1 - 4

# What are the Honest Sharing levels?

**Level 1** When sharing thoughts, nothing is said that relates to other participants, so that no one feels addressed, e.g. “In my head is a thought about a person.”

**Level 2** Reference to the other person is allowed, e.g. “In my head is a thought that Peter (present) looks happy today.” If even one person is not comfortable with this intermediate level, stay with Level 1.

**Level 3** This advanced level is done with exactly 3 people. There is no time limit for each person and all 3 exchange their body sensations, emotions, and thoughts without a fixed order. This is for experienced people who can share without identification.

**Level 4** This very advanced mode uses telepathy. It is done in addition to Honest Sharing Levels 1-3. It consists of pure awareness of the exchange of subtle information between two or more people without the need for words - the basis for building conscious telepathic networks.

**Honest Sharing is about contact, which occurs at every level.**

**Observe your own limits and if in doubt or problems occur - change to Level 1.**

## LOCAL GROUPS

# Where can you do HONEST SHARING?

Honest Sharing can be done with anyone who is interested and with whom you feel safe at the moment, such as your partner or your best friend.

Local Group in your area, just become a Group Leader and start one yourself. So that other people can find you, register online on the Heart Map.

You can also join a Local Group where people meet specifically to do Honest Sharing. You would be taking part in a global multi-language self-help network that originated in Germany, Europe.



Much of our suffering has arisen from relationship and developmental trauma and may be improved through Honest Sharing and real contact at present time.

All Local Groups have a Group Leader who ensures that everyone follows the Honest Sharing protocol. If there is no

Local Groups do not replace therapists, however they can be a very helpful tool on your path to healing and in your relationship.

## FINDINGS FROM THE POLYVAGAL THEORY CIRCLE

# How does HONEST SHARING work?

The vast majority of people experienced a childhood where the people they depended on, (usually the parents), were unable to adequately deal with all of the child's emotions. Expressing certain feelings often meant acute danger for the child, e.g., a child was left alone to deal with his sadness or a child was beaten for expressing her anger. Since, at that time in our childhood, our life depended directly on our caregivers, we had to suppress the unwelcome negative feelings that would, if expressed, lead to danger. This is how we were able to ensure our physical survival.

**SECURITY**  
NEOCORTEX  
SOCIAL INTERACTION



*relaxation, play, ability to act, creativity, happiness, connectedness, vitality, interest in contact*

**DANGER**  
LIMBIC SYSTEM  
FIGHT/FLIGHT



*competition, argument, separation, war, manipulation, conflict, acting out*

**THREAT TO LIFE**  
BRAIN STEM  
IMMOBILITY



*emptiness, withdrawal, depression, chronic fatigue, inner resignation*



## REWIRE THE NERVOUS SYSTEM

The survival strategies that saved us as children lead to destructive relationship patterns today. We live with the subconscious perception that if we communicate today the feelings that were suppressed in the past, this would lead to imminent danger to our life right now. Without changing our perception, we stay stuck in our childhood scenario.

Since our old beliefs are no longer correct, we need something to rewire our nervous system. Our physical survival today no longer depends on our caregivers. We are adults and we can take care of ourselves. We can choose our contacts and find people who listen and with whom we can safely share all our inner feelings. This is how real interpersonal closeness is created.

These new experiences of secure relationships and belonging to a group permanently regulate our autonomic nervous system. Ultimately, all the survival stress we experienced during our childhood is released from our bodies. A completely new attitude to life is created with positive effects on our mental and physical health.



## START INTO HAPPY RELATIONSHIPS

# Try it for yourself!

Does the sentence use Honest Sharing?

YES NO

*I feel joy.*

*You are hurting me right now.*

*I sense tension in my tummy.*

*I sense pain in my shoulders.*

*Yesterday you did not listen.*

*I feel anger.*

*In my head is the thought, that I am grateful.*

How are you right now?

Verbalise your body sensations, emotions and thoughts!

... and look for secure relationships in which you can practice Honest Sharing regularly.

LET'S STAY IN CONTACT

# Contact and further information

Finding a way to share honestly is easy.



Telegram - find partners for Honest Sharing,  
workshops, networking  
[https://t.me/Gopal\\_Local\\_Groups\\_Networking](https://t.me/Gopal_Local_Groups_Networking)



YouTube - Honest Sharing  
Honest Sharing \* International Network /Community



Find Local Groups in your area:  
<https://www.traumaheilung.net/en/local-groups/>



[App.honestsharing.org](https://www.honestsharing.org)



To order this guide  
<https://www.honest-sharing.com>



Book suggestion about Honest Sharing:  
Relationship Healing I Trauma Therapy and Spirituality  
Free download at: <https://www.traumaheilung.net/downloads/en/Relationship-Healing-I.pdf>



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