

INDIVIDUAL RESULTS



EVAN

“Let me give a real one to Coach T and the Break My Abuse Code program for male survivors of childhood trauma.

I’m going to keep it 100. In our Black communities, we’re told to shut the f-ck up about stuff like sexual abuse — especially if it happened in the family. You learn real young to keep quiet, to protect the very ones who hurt you. Then you’re sitting at Thanksgiving dinner, looking across the table at the same m-f who molested you, wondering how they still breathin’ easy — while you’re out here barely holding it together.

I didn’t have a safe space. Not even in traditional therapy. I couldn’t talk about the real horrific — the dark, heavy, soul-crushing sh-t that was done to me. I needed someone who got it. Someone who understood both the pain and the culture. Not just reading from a textbook — but someone who could walk with me through my actual, lived trauma and give me tools to thrive.

Coach T showed up different from the jump. Before I even signed up, he gave me a powerful one-on-one resiliency session — for real. That’s what pulled me in. Then the workshops? Off the f-cking chain. Just twelve of us — majority Black, but also White, Latino, Asian men, national and international survivors — holding space with no judgment, no place for any of that fake macho sh-t.

That’s where I felt it: ubuntu.

Coach T shared his own traumatic past. Others did too. That gave me the courage to finally say the things I’d buried deep for decades. It lifted a thousand-pound weight off my back. That’s why he eagerly encourages the workshops so hard — because that space is sacred.

- Man, I got my life back.
- I got my family back.
- I’ve been over a year sober.
- I can hug my kids without flinching.
- I know how to regulate my emotions in healthy ways.
- I’m porn-free — which my wife is real grateful for.
- I’m building my own damn business.

And on top of all that? I’ve reconnected with my cultural heritage — this whole ubuntu philosophy. It isn’t just a word. It’s how we rise.

To my Black brothers and other male survivors out there — don’t sleep on this. Don’t waste another year trying to out-run what happened to you. This program? This coach? This community? It’s worth every f-cking second and every damn dollar. You deserve to be free.”

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