



"[A] touchstone in gay culture just as *Goodbye to Berlin* was in the 30s, *A Boy's Own Story* in the 60s, and *Faggots* in the 70s."—**OBSERVER**

THE VELVET RAGE

OVERCOMING THE PAIN OF GROWING UP
GAY IN A STRAIGHT MAN'S WORLD

ALAN DOWNS, PhD

Alan Downs

The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World, Second Edition



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A groundbreaking study of the psychology of homosexuality, why it leads to shame over one's identification, and how to overcome it. In *The Velvet Rage*, psychologist Alan Downs draws by himself have a problem with shame and anger, modern research, and tales from his individuals to passionately describe the levels of a gay man's journey away of shame and will be offering practical and inspired strategies to stop the routine of avoidance and self-defeating behavior. *The Velvet Rage* is an empowering book that has already changed the general public discourse on gay lifestyle and helped form the identity of an entire generation of gay guys.



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Peter Pan Grows Up Psychologist Alan Downs' information to authentic living for the gay man, 'The Velvet Rage,' is a very important self-help device for gay males struggling to break free from a existence of insecurity, self-loathing, & most of most, shame. Downs' central thesis, one he presents convincingly, is that gay guys start off life far more emotionally crippled than most other people. Downs makes the argument that people gay guys suffer the consequences of a toxic self-image, one that is due to a pit of shame embedded deep inside. Rather, they are too general rather than always well-fitted to this issue at hand. Finally, the majority of Downs' clients share experiences from fairly 'problem-free' developing processes. Some of the writer's insights may be accurate and generally useful. In a nutshell, we become get better at dissemblers, actors, actresses adept at the artwork of providing others what they would like to see and hear from us. For the most part, these testimonies do little to fortify the psychological points Downs strives to create. Downs says, "...we must hide, presenting to the world a fabricated version of ourselves until the day that we are free to express our sexuality and step out of the closet of shame." Downs explains in great detail how we 'compensate for' rather than 'confront' our shame. We become obsessed with out-performing others inside our chosen professions, enthusiastic about physical beauty above all, and perhaps most dangerously, become obsessed with the thrill of apparently countless sexual conquest. Our 'velvet rage' comes away when these compensating strategies begin to weaken and crack, leaking out ferocious and foul bouts of poisonous rage, frequently fond of innocents. Upon re-reading, I worth a lot more importantly Down's very human examples and explanation of practical practices, that can offer me a more passionate, loving and integrated existence. These quotations are oddly placed in sidebar boxes next to the text message body. All of this comes at a horrible price. He argues we should systematically and assiduously eliminate this cancer if we ever entertain the idea of maturing into emotionally healthful adults." Luckily, I stopped myself with "Don't get rid of the infant with the bathwater", and "Maybe you also don't like looking at how harm and unfortunate and angry you are feeling? Downs' shame thesis might have been delineated in a more engaging and meaningful method had he examined the roots of our toxic shame. I actually loafed that this is indeed on point. behaviors driven by a desire for validation, e. Could it be internalized homophobia or fear of sex with guys? Additions to the second edition, these 'Abilities for Living a geniune Life' impart some precious lifestyle wisdom to the reader. Or maybe it stems from most of these elements combined?, compulsive function, people-pleasing, and putting on a mask--trying to end up being who I think someone wants me to end up being. His book could have been a lot more helpful and empowering got he done so. This deep-seated and long-enduring feeling of shame inhibits us from showing our most genuine emotions and from being our most authentic selves. Great read Loved it This will help. These criticism's aside, 'The Velvet Rage' finishes on a solid note. In fact, the last one fourth of the book is the best benefit, worth the other three-quarters mixed. Or perhaps is it the fear to be emotionally and physically vulnerable with another guy that drives this shame? Most importantly, it sheds light on why we 'behave' just how we do. Each skill is definitely succinctly offered in a short paragraph and then explained in more detail. Actually the titles themselves sound off as small snippets of healing help, "Inner peace above all else," "Contentment over authorization," "Accept reality on actuality's terms," "Walk your way out of distress," "Embrace ambivalence," "Default to forgiveness," are all just some of the practical, life-changing ideas Downs gifts his readers. While "The Velvet Rage" isn't quite the gay bible to life, it does go a long way in helping us understand why we will be the way we are. While gay men especially need to 'perform and live' these lessons, anybody, right or gay, could income immensely from their good sense wisdom. Downs shares from his accumulated years' worth of psycho-therapeutic experience for all to learn from. Coupled with his practical abilities section, 'The Velvet Rage' is helpful therapy for the gay man. Understanding is the first step towards complete self-acceptance and Dr. Alan Downs did much to greatly help us recognize the facial skin in the mirror. Not Perfect, But a Powerful Information to Releasing Shame, Breaking Aged Patterns, and Living a Lifestyle of Authenticity and Contentment I agree with the review written by MJ (4 Superstars

- "Essential but flawed" - August 30, 2014), and the actual fact that 40/40 people (by the day I'm composing this) have found his review helpful says a lot. MJ's stage that almost all the vignettes in the reserve involve "power gays" is spot on. I am a gay man who loves hard rock and punk music; There is indeed small nuance about the diversity that truly is present within the demographic group labeled "gay men. compulsive sex; will not hobnob with the gay sociable elite; has avoided interactions, instead of been promiscuous or addicted to one romantic relationship after another; There is a saddened feel, but overall it is very good.2) To be able to heal shame-based wounds; Furthermore, Downs often repeats a lot of his points through the entire first three-quarters of the reserve." Pulling myself up short like this helped because I was then in a position to glean many gems discovered throughout this book's pages (or about the Audiobook). Five Stars I believe every gay guy should read this book.. behaviors designed to numb out pain, e.g., alcohol and other drugs; isn't well-traveled; avoidance & isolation; Not only deeply insightful but also practical It had been if Alan Downs opens the secrets of my own struggles, in a manner that makes sense if you ask me in a few ways for the first time. Is normally it the fear of not fitting in?g. Unfortunately, Downs hardly ever really analyzes this query to any great depth. I in the beginning reacted to this focus on a select group of gay men simply by thinking indignantly to myself, "Well this book doesn't connect with me! Due to learning and practicing these skills, I am gradually experiencing more pleasure, contentment, and internal peace. This book is definitely for older gay men which have lost touch using what it is to be gay in the us today - harsh to state, I realize - but honestly it read as an arm-chair assessment of a world that the author did not grasp. live with integrity and authenticity; I gave this book 5 Celebrities because, although flawed in regards to the narrow range of gay males discussed in the written text, everything else in The Velvet Truth rang true, and has provided me a pathway + a guidebook to live fully and thrive. Hitting homosexuality right on--positive This book broadened my range of appreciating and understanding homosexuality. and who does not work out religiously or possess a match body. I not merely learned a lot about myself from the reserve, also learned how exactly to overcome shame and live a more fulfilling life. and> Downs offers a lot of first-hand testimony from additional gay men as to how these compensation tactics work and yet, ultimately fail. I understand - but honestly it read like an arm-chair evaluation of a global that the author ..Two 'truths' that We garnered, which have helped me personally immensely are:1) Shame-driven motivations possess ruled my life, especially:> and become the man I want to be, I have to not only gain insight into the origins of shame and its impact on my options and behavior, I have to learn and practice *specific skills* designed to break the dysfunctional patterns, and replace them with fresh means of perceiving, thinking, and performing.. I believe most of what is discussed is common understanding now and will not come as very insightful to new visitors. It was apparently a classic in its time, but now requirements to be reserve in favor of new works. Anyone who has struggled with both inner and external self-acceptance might not connect with the experiences presented here. Will it stem from feeling 'different' young? I wish he had an editor who helped put in a little nuance and moderation to the stereotyped picture he paints. Because of this, we develop a set of theatrical tricks to cover our true selves, to shield us from any potential for honest emotional disclosure. However, he writes in such total terms about what the "gay man" experience is similar to that I find it gets in the form of his credibility. As another reviewer commented, he writes about the successful, urban, educated, sophisticated guy whose lifestyle is outwardly "fantastic," summering in Key West or Fire Island or Provincetown. knows little about fashion or home design;" For instance, the picture he paints shows that the average gay man in the us is wealthier and has more disposable income than his right brothers. Data indicate usually. Ironically this is likely so because of the bigger rates of unhappiness and other socially-linked obstacles that gay men often face. So .. Good Psychology Now Outdated This book seems to me to become a bit dated at this point. Thank The "Gay Man" profile is a lot more diverse compared to the author suggests I'm still reading this book, so perhaps I'm getting unfair in writing this prematurely.



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