

The SHOUT Method: A Story of Hope Born from Crisis

Thirty-three years ago, I was drowning.

As a young mother of three little boys, I had just received the diagnosis that would change everything: my oldest son was on the autism spectrum. For years, we had been searching for answers—visiting specialists, speech therapists, behavioral experts, and neurologists. I attended every parenting workshop I could find and enrolled him in a special school, all while trying to hold our family together.

But the challenges at home were only part of the storm. Los Angeles was literally burning around us. The Rodney King beating had sparked riots that tore through our city. As the riots were happening, I went to get milk for my youngest son at the local Seven-Eleven. As I pulled out of the parking lot, the store went up in flames. Violence and volatility seemed to erupt everywhere we looked. The world felt like it was falling apart, and so was I.

I was depressed, confused about who I wanted to be, and completely overwhelmed by the weight of responsibility for three precious lives depending on me. In my darkest moment, I reached out to the wisest person I knew—my Bigmama.

"I feel so depressed," I told her, my voice breaking.

Her response was immediate and unwavering: "Baby, you need to SHOUT."

She explained that when life had backed her into impossible corners, when circumstances felt too heavy to bear, she would SHOUT her way through. Not just yelling into the void, but calling on God—her framework for survival and transformation.

That conversation birthed the SHOUT Method that has guided me for thirty-three years:

S - Shine

H - Hope

O - Overcome

U - Use God's Power

T - Take Charge

Every time confusion clouds my vision, when pressure threatens to crush my spirit, when disappointment tries to define my future—I return to the SHOUT. It reminds me not just what I can endure, but what I can become.

Why Now?

Today, I'm drowning by the negative changes in America and the world! Politicians battle while institutions strain. Democracy itself is failing. Wars rage across continents. The future seems uncertain and frightening. And 318,000 Black women, who look like me, have lost jobs and are no longer in the workforce—and I want to SHOUT with and for them! Just like thirty-three years ago, multiple crises are converging, and many of us are feeling overwhelming weight.

But here's what I've learned: it's precisely in these moments that we must do whatever is within our power to make the world better or we will drown, emotionally. We cannot control the chaos around us, but we can control how we respond to it.

I need the SHOUT Method now. As I love my family fiercely, support my autistic son, I will SHOUT! As I cross the finish line with my second feature film—using the SHOUT Method to raise funds and bring this story to life—I will SHOUT! Without SHOUT, I wouldn't make it. More importantly, I can't keep this gift to myself.

Your Turn to SHOUT

You don't have to face these times alone! The framework that pulled me through my darkest hours—that sustained me for thirty-three years—can work for you too.

Whether you're one of the 318,000 Black women struggling to re-enter the workforce, a parent advocating for a special needs child, someone feeling crushed by world events, or simply needing a way to navigate uncertainty with purpose and hope—the SHOUT Method offers a path forward.

This isn't about having all the answers. It's about having a compass when everything feels lost. It's about transforming your pain into power, your confusion into clarity, your fear into fierce determination, and obstacles into opportunities.

The time for whispering is over.

SHOUTMethod.com launches August 28th with everything you need to transform your crisis into power:

- **Masterclass starting Saturday, October 13th** with personal coaching (Saturdays 10am-12pm PST for 7 weeks)
- **SHOUT THROUGH ANYTHING eBook guide** (Chapter 3 free)
- **URGENT SHOUT Kit** with 10 prayers, obstacle inventory worksheet, crisis script to move you forward, and more

Three ways to SHOUT with me:

- **Masterclass Only** (\$597)
- **Masterclass + VIP Coaching** (\$1000)
- **Producer Tier** (\$1500) - Masterclass, VIP coaching, plus Associate Producer credit, behind-the-scenes access to my second feature film, production meetings, red carpet invites, and more

Can't wait until August 28th? Get updates now at **Art of Survival on Substack** and follow **@SHOUTWITHME** on Instagram.

Don't wait for someone else to change your circumstances. Don't wait for the world to get easier. Don't wait until you feel ready.

SHOUT with me. SHOUT for yourself. SHOUT for your family. SHOUT for your community.

Join the movement. Because together, we don't just survive the storm—we become the force that changes it.