

SOLID MAN

strong · present · confident

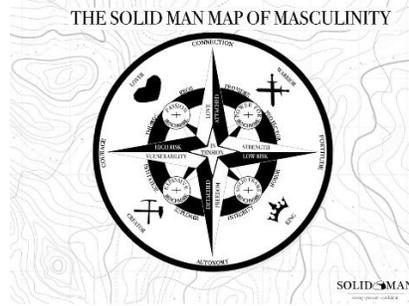
Solid Man Integrity Group Lesson 21

Pillar Four

Mastering Your Masculinity - Part Five

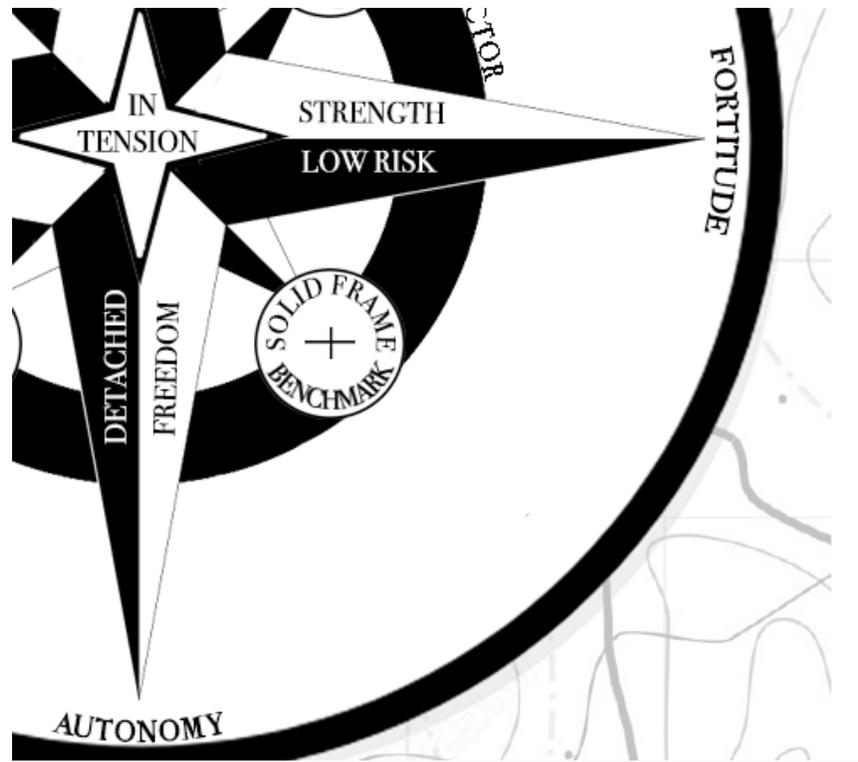
Benchmark Two; Solid Frame

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6 Quadrant Two – Solid Frame

Benchmark #2 – Solid Frame



The Solid Frame Benchmark

At the corner between Fortitude and Autonomy is the Benchmark called “Solid Frame”. Solid Frame is found where the Commodities of Strength and Freedom meet. Fortitude and Strength on one side with Autonomy and Freedom on the other. These categories seem to fit together like hand in glove and they create significant concepts for the life of a man.

Remember that the Fortitude/Strength side of the equation is where the concept of Power comes from. We have been designed to be powerful and strong. As the last quadrant was the interaction between strength and relationship, Benchmark #2 is about a man's relationship with himself, his autonomous self and his strength.

Solid Frame is the Benchmark in this quadrant. At the crossroad of Fortitude and Autonomy, it is having a strong self. It is internal Fortitude. Internal Fortitude that will withstand storms and hold up under pressure. It is developing a core that is immovable, sustainable and unshakable.

Solid Frame is significant in that the Masculine has been designed to be driven and defined from deep internal realities found within the soul of a man. The Masculine has been designed to be solid in freedom and strength in a personal structure which is integrated, whole and internally referenced.

Solid Frame describes a state of confidence, concreteness and a sense of being immovable or unalterable. It is having clear boundaries because you know who you are, what you want and where you are going. It is having a solid internal core which is not driven by what other people think (not being a pleaser); but has an unalterable internal confidence and internal moral compass. Solid Frame describes a person with internal structure, stability, wholeness and consistency.

Solid is a word I have chosen as a primary word to describe manhood. If I were to only have one word to describe a healthy man, it would be the word Solid. Consider how a rock is Solid. It is firm, it has depth, it has gravity. The rock is there, usually to stay. You cannot easily move it. It is reliable, has substance and holds fast.

Consider how it is different than liquid. Anything Solid holds its own shape. The substance of its shape does not change except under the most extreme circumstances. It has stability and you know what it is when you see it and feel it. It is Solid.

Liquid has often been a word that describes how the Feminine moves. As the polarity of Masculine Solidness and Feminine Fluidity interact with each other there is attraction and bonding, much like poles on a magnet or molecular bonds in chemistry.

The Masculine has been described as a container for the Feminine. The container, being solid holds the shape and the fluid takes the shape of the container, whether it is a glass or a reservoir. As the Feminine energy is fluid, the Masculine can hold the energy in a way that allows for freedom and expression of the beauty of the feminine.

In a similar way the Masculine could also be described as the riverbanks and the Feminine the river itself. The riverbanks guide and lead the river to move in certain directions. The Feminine will push up against the banks, yet eventually move with the firmness of the riverbanks.

Many women enjoy this artful dance, it is the designed movement between the masculine and feminine.

The energy of lightning is also a metaphor here as well. Imagine the Feminine being the lightning and the Masculine the lightning rod grounded into the earth. As grounded, the Masculine has the capability to direct the energy. This happens often in a relationship, much to the consternation of the one who is the lightning rod. If you are not grounded it is a horrible experience. If you are grounded, it is no problem directing the energy into a harmless direction. You don't have to carry it and you can stand up to it.

Being grounded is like being centered or anchored, also as an aspect of Solid Frame. Anchored or centered are terms which describe someone who is deeply connected to themselves and is somewhat immovable with their emotional or spiritual state of being. Having a strong internal frame of reference is how to develop a Solid core and to become anchored and centered in life.

Frame is a word that describes a basic structure that underlies something, like the foundation of a home. Usually it is something strong and firm that surrounds a picture or doorway. The Frame holds things all together. Framing is the part of building a house that is the basic structure of walls, headers, joists and rafters, it makes up the frame of the house.

The Frame of a man is his internal structure, which I often refer to as integrity. There is a design or blueprint that is intentional about the internal Frame of all men. The blueprint is what this map of Masculinity reveals. The first quadrant revealed the structure of Power-For, Protector and Provider. This quadrant is Solid Frame and the next two quadrants reveal even more of the blueprint and design of the structure of a man.

The word Frame is also used in the world of dance. With many ballroom types of dancing, the "lead" will hold frame with a strong posture, firm arms and confident movement guiding toward the next steps of the dance. Most women enjoy following a lead that has this kind of frame and are frustrated if there is no strong frame. This just happens to correlate almost precisely with real life.

As the second Benchmark of Masculinity, Solid Frame is an aspect that must be developed if you are going to become good at being a man. Holding Frame in the face of any kind of difficulty or Void experience in life is not easy, but it is what we are shooting for. Sometimes men crumble as things get tough. If a wife criticizes it is met with immediate defensiveness. If a boss demands unethical behavior you do it out of fear of losing your job. If life gives you lemons, you go play video games or look at porn.

What is the thing that keeps a man solid like a rock? What will develop that internal Fortitude that holds fast under difficulty? What gives a man confidence enough to lead into uncharted waters? The answer to this was mostly answered in the Second Pillar, Embracing the Void. The Void is the place where we are initiated into confident manhood. We find out that we do have what it takes, and we are enough to handle just about anything that comes along.

Frame is concreteness and a sense of being immovable or unalterable. Frame is having clear vision because you know who you are, what you want and where you are going. This is not giving too much consideration to what other people think (not a pleaser), but having an unalterable internal confidence. Integrity is another word that describes this, integrity describes structure, stability, wholeness and internal consistency.

Solid Frame is something that is developed over time in our lives as we push ourselves into tough situations. It is grown when we stay in and embrace the Void for as long as is necessary. We often will intentionally engage in discomfort so we can grow. We find out who we are and what kind of stuff we are made of when we engage in uncomfortable situations and experiences.

 **Find out what kind of material you are made of, push into discomfort.**

Men are made of some of the strongest materials you can imagine. Not only do we have good muscles, we have good hearts. We have strong abilities to build our intellect and logical processes. We have deep intuitive and instinctive strength. We are able to withstand incredible loss while maintaining firm control of a situation. Our souls are made of good identity and moral compass. We can take quite a bit.

Most of us have experienced good coaching. For me, the best coaches knew exactly how far he could push me. As a young man I had a very limited idea of what my body was capable of. I was pushed way beyond what I thought, and it produced some great outcomes for me in athletics.

What I am giving you here is the same thing. You are capable of withstanding so much more than you think. You have all the capability in yourself to become and be a man with incredible Solid Frame. You are way more than you have ever been told, you've got it all inside you.

This was what Pillar One was all about; creating a strong internal frame of reference. This quadrant of Masculinity is all about developing a strong internal integration of all your internal resources, a sense of wholeness and completeness and the strong internal frame and the confidence that it will hold fast in just about any circumstance.

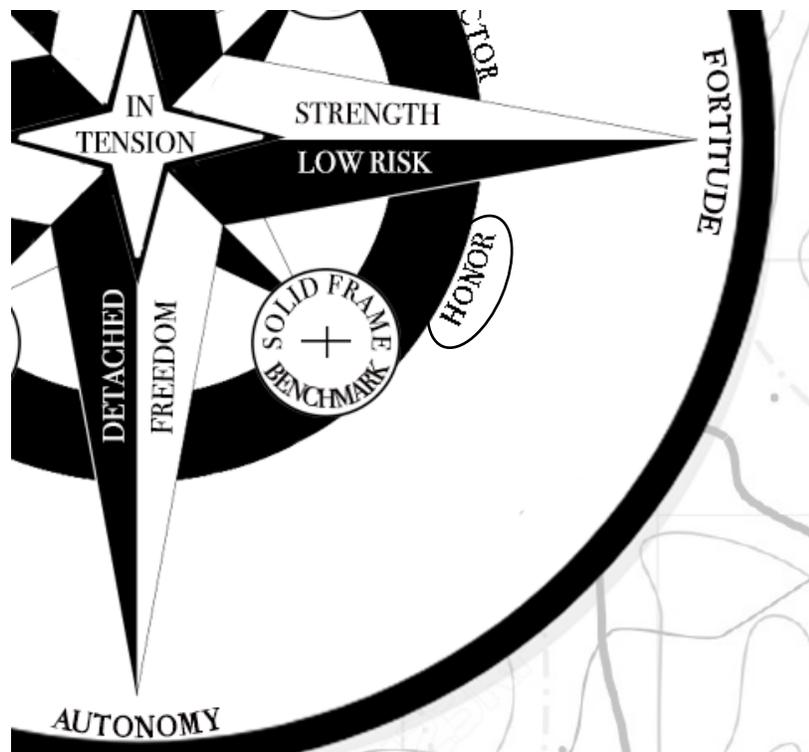
- ☞ **Solid Frame is fully expressed as a man is internally referenced, driven and defined by realities based in his true identity, his integrity, his intuition and his intention.**

Solid Frame is not just a metaphor or an idea, it is a concrete ideal which every man must seek. This is a significant way that a man becomes good at being a man.

The Muscles of Benchmark #2: Honor and Integrity

Reflecting the concept of Solid Frame, the two Solid Frame Muscles are Honor and Integrity. These Muscles are found between Fortitude and Autonomy and are expressed through the Commodities of Strength and Freedom.

The Honor Muscle



The Honor Muscle

In the Solid Frame quadrant and leaning toward the side of Fortitude and Strength is the Honor Muscle. Honor is an ancient virtue which speaks to deeply held internal beliefs and ways of seeing the world that seem archetypal or even sacred. Honor holds to standards set forth by ancient internal and communal realities.

Honor is worthy of respect and imitation. Honor is doing what's right, holding fast to one's own moral compass or code of ethic. Often a person of Honor has a "Code of Honor" that has a certain standard of conduct that they follow without hypocrisy.

They say there is no "honor among thieves", but that is not true, it's just a different code. Such as, you would never snitch. Everybody has some kind of belief system or worldview which guides how they move through life. Everyone has a worldview or belief system, but does everyone have Honor? Not in the least, true Honor is based on some very basic principles. True Honor has ageless value; courage, benevolence, protection of the innocent, voice for the voiceless, value of all life, mercy, loyalty, consistency, character, hospitality, generosity and self-discipline are some of these values.

Honor is highly connected to two things, your name and your word. Your name is the character and substance of your identity behind your moniker (like Bob or Bill). Your name represents all that is under the surface of your being, expressed in your behavior, choices and movements in life. Many men will sell out their name without Honor, allowing lies or deceit to take them down. A man of Honor upholds his name with powerful self-respect. His name is one of his most valued possessions.

☞ **"I have given you my soul; leave me my name!" -John Proctor, *The Crucible***

A man's word is another priceless possession. As you cannot put toothpaste back in the tube, the words that come out of you are forever out there. A man of Honor will use his words and voice with generosity, grace, skill and blessing. He knows his words have deep meaning, especially to his children. He will speak with integrity and what he says is what he means. His words are words with Honor.

☞ **"Be impeccable with your word"; 1st of *Four Agreements* – Miguel Ruiz**

Many groups throughout history have had a Code of Honor. The Samurai of Japan had the Bushido Code, there was the Medieval Code for the knights across Europe, many warrior cultures like the Spartans had a Warrior Code which guided behavior. Even today there are codes of Honor in our armed services which outline the highest values. Living with Honor is living with expression of the highest values of humanity.

Here are a few values that help develop as you exercise your muscle of Honor;

Justice; Justice is what is right, good and noble. It is a form of fairness, that each person would be treated rightly under the law with the same consequence. Whether it is a contract of behavior determined by mutual consent of a group, rules determined by the natural state of being or laws given by God, justice is a set of rules or laws which determine right behavior.

As a man of Honor, you uphold justice in all circumstances. You will fight for the rights of people who are abused and dispossessed. You will stand for ideals which you know are right and honorable. It is within the quote; “I will defend your right to disagree with me to the death.” As an internally referenced man you will have a set of core beliefs that will guide you through life. Standing for these in the defense of others is justice.

Much has been said that good people have been led astray to do despicable acts (as in Nazi Germany) when they lived for external ideals rather than internal value and truth (justice). They thought they were fighting for justice but had lost their internal Frame. This external pressure to belong or fit in to something greater, along with the strong narratives given, has deceived many people to do horrible things in our history.

We would like to believe that we would stand if ever those moments came to us, even to the point of death. But if our Frame of justice is fragile in any way, we too could fall to this kind of tyranny. When/if our “Give me liberty or give me death” moment ever comes, may we be found to have a strong Frame of justice.

Authority; Similar to dominion and dominate, the word authority is somewhat reviled in our world today. Authority is power, ability to make decisions and to have control. Authority as power reminds us of the Power-For construct. Real authority begins with having a strong internal authority. Within myself, I have power, ability to make decisions and self-control. Ultimately you can only control yourself.

When authority is the tyrannical or Power-Over type of power, it is unhealthy and used wrongly. As a man grows into a person with deep internal authority, his influence increases greatly. People are willing to follow since they know his authority is set to empower and release others to live well. This is the true authority that a man with Honor wields.

Becoming a man of authority is a great goal in life. To have good, positive influence in the lives of those you love and in your community is a significant goal. To lead others toward increased well-being, confidence and freedom is true authority.

Responsibility/Ownership; Many people live with the posture of victim, where they have no interest in agency or responsibility in life. They are being “done to”. Masculinity is the opposite, it has a strong sense of agency where responsibility is taken for just about everything. Being responsible creates a posture of power and authority. Responsibility places you in a position of capability and competence to get the things done that you want to get done. Instead of being “done to” you are “doing” the world.

☞ **Responsibility is the meaning of life, pick something up and carry it!**
- Dr. Jordan B. Peterson

Often men are reluctant to take responsibility since they will be blamed for mistakes or when things go wrong. You know, it is always the man's fault. While this seems unjust, it is just fine, since this places you in a position of power and volition. Would you rather have power or be a powerless victim? Take "The buck stops here!" mentality. No longer being the victim, you will begin to have real control over your own life. This is a strong aspect of Honor.

Fidelity; Fidelity is faithfulness to something. It is fully giving your heart and loyalty to a cause or a person. It is a commitment to that cause or person's well-being and success. Fidelity is a strong byproduct of having a Solid Frame and is a very clear part of what it means to have Honor. His Fidelity does not easily waver.

Conviction; Conviction takes belief to a higher level. I not only believe some thing but it is a deep sense that that some thing is right, or it is the right way to do or be. A man with conviction holds fast to this sense with an uncanny focus which sometimes even feels over the top, especially if there is some evidence to the contrary. Like Fidelity, Conviction does not waver, it remains secure and locked in.

Character; A man's Character is his deep moral, ethical and personal qualities. It is the inherent defining aspects of who a man is. In this sense it is just not that he has a personality or personal qualities, but he has a sense of self that is quality. His being has an immovable grouping of qualities that are the essence of a good, masculine man. He is someone people will look up to as he moves through life.

Other Words to Describe Honor

Honor is also described as standing up, standing firm, setting boundaries, unapologetic, speaking clearly, holding fast, non-argumentative, not pugnacious, self-controlled, honorable, endurance, resilient, prepared, vigilant, responsible, goodness, self-controlled, physically present, intentional, virtuous, temperance, open, insightful, doesn't worry, doesn't wallow, is present, holds strong in fear, decision maker, ethical, unwavering, truthful, aware, self-confronts, confesses, admits wrongs, honest, sure, anchored, impeccable with his word, uncompromising, centered, internal moral compass, wise, aware of sacred, humility, gratitude, values, stability, faithful, unwavering, grounded, and spiritually connected.

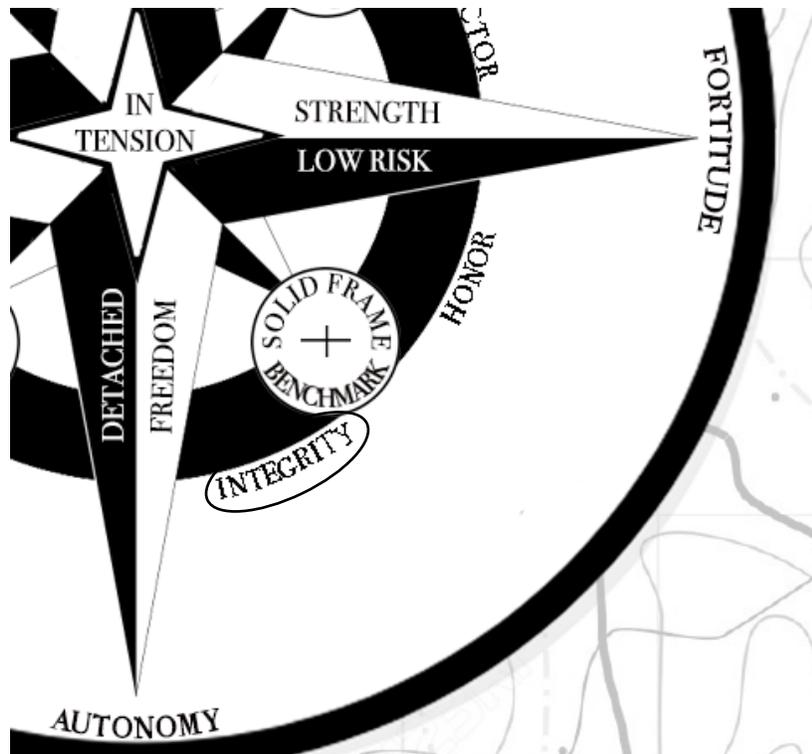
Honor TLA

IWD = Impeccable in Word and Deed

As with all aspects of the Map of Masculinity, true Honor is lived out from an internal frame of reference. Having a strong goal to be impeccable in both your words and your deeds is important. Impeccable means that you are upholding the highest standards of propriety. This means your word is true, in all you say. This means that your deeds are honorable in all you do.

This simple way to live out Honor gives a man the ability to have great influence as he strengthens his voice and presence in any situation by keeping a firm grasp of his deep internal truths. He will build trust more readily, he will be more reliable and anyone on his team (whether family, work or sports) will be able to count on him.

The Integrity Muscle



The Integrity Muscle

In the Solid Frame quadrant and leaning toward the side of Autonomy and Freedom, you will find the Integrity Muscle. For this muscle to really become yours you must remember that there are three main aspects of Integrity.

The first is that Integrity is about developing an internal structure, like a building with “structural integrity” will not collapse even under extreme conditions. Your solid, immovable internal structure is your goal as you build this muscle.

Secondly, Integrity is about developing integration, in which a system or a person lives in a holistic way. Integration brings all parts of a man into complete working order. Many have lost the ability to integrate important parts of ourselves, like emotions, wisdom, mind, body and spiritual aspects of life; therefore, we have lost our integrity, often. Because of shame, we have been dis-integrated and we are unable to live in an integrated way.

And thirdly, Integrity is about developing wholeness, like an integer. A whole number is complete, lacking in nothing. A solid man of integrity is whole and complete. Other people in his life are necessary for a full life of thriving, but he is solid in wholeness, there is no “You complete me” BS.

Building Integrity in your life is a lifelong endeavor. You will always have room to grow. As you develop this deep internal core, you will build so many strong parts of you and your confidence will soar. You will develop the Solid Frame. Integrity has the internal structure, the integration of all your good parts and wholeness. Here are a few other concepts that will help you learn how integrity is part of your life.

Wise; The man of integrity is constantly on a search for wisdom. Remember that wisdom is optimum judgement with optimum action. It is using the best information to make the best move in life. Integrity not only has wisdom as its goal, wisdom is the essence of integrity at its core. The integration of the internal resources within the frame of a man is one of the most profound avenues of discovering wisdom.

Wisdom is also found with accumulating knowledge and understanding through collecting ideas and beliefs from scriptures, great literature, wise people and history. If he does not know the answer or needs more information, he will ask questions to increase his knowledge base, even for directions! He will ask for help with humility. Because he gathers all this good intel, a man with Solid Frame has a deep well of wisdom within his Frame.

Compass; A man with Integrity can be trusted to be a light in a dark world and a guide in the midst of uncertainty and chaos. He may not know exactly where to go or what to do, but he has the internal tools to make the best move with the information available. With his Integrity he has a good sense of “True North” and is oriented to be able to discern which way is the right way. He able to guide and lead well in most situations.

Confident; The man of Integrity is confident in his inner capabilities. He knows he can handle just about any situation that may come his way. He is aware that his internal resources will guide him well. He is well practiced in listening to his intuition, spirit and emotional processes, and knows these have guided him beautifully in the past.

His posture is strong, sure and upright. He is not a poser and has left the feeling of being a fraud behind long ago, since he now knows who he is and what he is capable of. His confidence is real and not contrived. It is not arrogant or boastful. It is a quiet, sure sense that he has what it takes and that nothing needs to be proven or acknowledged.

Grounded; This man is anchored and grounded into something deep and strong. Not only does he have confidence that he can handle just about any situation that may arise, his being is locked into the depth of the foundations of life itself. As part of something much larger than himself, he anchors spiritually to his Source and physically to the Earth. He is connected. Because of this deep connection to self and to Source, he will maintain Frame as he moves through life in situations that used to crumble him.

Other Words to Describe Integrity;

Integrity is also confident, unshakable, integrated, whole, complete, structure, internally referenced: internally defined identity, internally driven, true self, well-defined, real, authentic, knows who he is and what he wants, unattached, indifferent, differentiated, conscious, deep awareness of internal realities, resourceful, emotionally aware, physically aware, relationally aware, introspective, non-judgmental observer, and disciplined.

Integrity TLA

HTC = Hold The Center

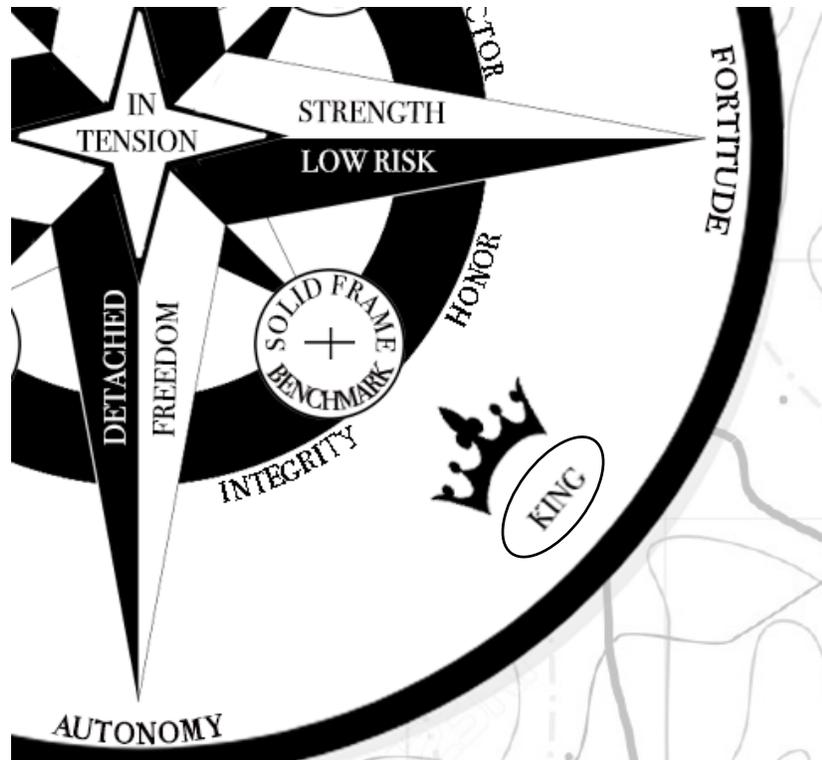
Holding the center comes from an idea from the poem by W.B. Yeats, *The Second Coming*. One line in the poem says this, “Things fall apart; the centre cannot hold;” referring to the cultural state of things in post-World War One Europe. For our endeavor, I do not have such a bleak outlook. I believe men can “Hold The Center” in great times and in the most difficult times.

Holding the Center has less to do with the external realities of our culture (keeping the machine running), but the maintaining a strong sense of self in a deep internal place. If men are able to Hold The Center internally, there will be positive

ramifications in marriages, families, communities and eventually the entire world. When things do fall apart (either in society or in a family), which they will, the center will hold when individual men keep their own centers held.

If a significant number of men were able to Hold their internal Center, in any circumstance, the world would always come out stronger and evil would win less often. All it takes is for a few men to speak up, to stand up and to be willing to hold against evil or entropy which will change the course of our communities and our world.

Solid Frame Archetype; The King



The King Archetype

Many images come to mind when you consider the word “king”; of the many examples you may think of obese Henry the 8th with purple robes and rings, King John the Crusader, King Arthur and the Knights of the Roundtable, King David, King Solomon or King Herod from the Bible, Screwy King Louie from Jungle Book or the multitude of characters vying for the Iron Throne in the Game of Thrones. Whoever comes to mind there are characteristics that qualify that individual to be a king.

A king is a ruler who has authority and sovereignty over a place or group of people. It is usually a position given by birthright or taken by force. Regardless, the man sitting in the throne now has control and power that no one else has. He has the power to dictate the direction of the country, what people will do, and the laws that determine behavior of his subjects.

In the Solid Frame quadrant, the Archetype of King is about being a man who has control and sovereignty over his kingdom. For most of us this idea feels like a stretch or pushing into something uncomfortable. Especially as Americans who for our entire lives have been taught that kings are something that would cause a good ol' revolution. We have fought for our independence and by God, we will keep it. To which I say, of course, now that you have sovereignty over your own life, be the king of your own life.

Sovereignty is independence or self-governance. It is expressed as freedom to be and do as you want. The Western ideals of individual freedom were developed from two arenas, Greek Intellectualism and Christianity. Both of these forms of thought and belief placed a significant level of importance in personal or individual sovereignty. Each person was able to develop their own freedom and self-governance.

Consider your life, it is your kingdom. Your life is your playground. It is the space upon which you build that which you want and desire. You see the great works of men who have come before you; Infrastructure, Inventions, Ideas. These men have created and developed kingdoms.

In comparison, we often see ourselves as small, meaningless or powerless, "I am not a kingdom builder", you say to yourself, "I don't have a kingdom". This is where you are so wrong. You have a kingdom. Even if right now it is small, in the smallest form your kingdom is you. And with all the abundance our world offers, your kingdom will grow mighty if you have vision and intention to build it.

Consider this, we experience so much more luxury than any king in all the fairy tales or real history ever did. They did not have plumbing (toilets, running water, hot showers), electricity (lighting, appliances, tools), transportation (trains, planes, automobiles), food (stocked shelves, year-round seasonal food, restaurants) or communication (phone, texting, email, wifi). Today, even the poorest of Americans live in more luxury than Solomon, Cinderella, Henry VIII or Charlemagne.

Our kingdom is made of all the services that are available to us at our whim; Amazon products, coffee, gas stations, delivery, medical/dental services, a flight this weekend to Las Vegas or just the ability to call home. Think of all your servants at your disposal who move into your service anytime you want something. You have a kingdom. We are all kings with luxury beyond anything a king of old could imagine.

You have all that you need, life is abundant. Your woman is your queen, enjoying all this by your side. You can create a relationship you desire; you can build her up into the beauty as she has been designed, or you can break her down. You have that kind of power. You can build your kingdom to reflect goodness, beauty and justice, or you can let it be small with anger, addictions and revenge.

Whether or not you would follow the Bible or not it speaks to the idea that the man is designed to be the leader of the household, like I am saying, the King. In the Bible the Apostle Paul talks about how the man is the “Head” of the wife in a similar way that Christ is the head of the man and the church. This is not a command or something to obey, but a reality of life, something that is, something that is internal.

☞ **But I want you to realize that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God. - First Corinthians 11:3**

☞ **For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. - Ephesians 5:23**

Men have found themselves in a position where their woman will “let” them lead or give them permission to make decisions. This is so backward to how things have been designed as though the woman is the head. The idea of being the “head” is what I am talking about being the King. Don’t wait, don’t ask, just BE what you have been designed to be.

☞ **Don’t wait for permission. Be the King!**

It is time to blow the hell out of the small kingdom you have had and rebuild it into abundance and greatness. Take your queen, your space, your life and create a great vision for what you want and what will make you come alive, then begin to build your great kingdom. Expand into this great world with intent and love.

Own your own life and your own story, rewrite the narrative and create a beautiful ending. You have everything you need to do make it so. As a man with Solid Frame you are a King!

As a guardian of your realm, you have a sphere of influence no matter how small or large. It starts with you and then extends to your family, workplace, friends, and your community. You have the potential for more influence than you ever realized.

The King is centered. As centered, he has a strong connection with his Source or the transcendent. Even the king is under the power and influence of God. When a king considers himself as greater than the transcendent, his hubris overtakes him, and his kingdom fails.

A King is decisive. He is able to choose and make decisions based on the wisdom he has collected internally throughout his life. He considers the well-being of his subjects (wife, kids, employees, etc.) and makes choices for the best of all in his kingdom.

A King is integrated. As a man with Solid Frame, he trusts his internal processes and moves with confidence and strength. Since he is well on his journey to slay the Dragon within, he pursues the Dragon without. He creates order out of chaos and expands integration from within to without.

☞ **“The King has not only integrated all the other archetypes but seeks this wholeness in other areas of his life as well. He mends broken relationships, keeps his word, acts with honesty, and takes responsibility for his actions. He is who he says he is; he doesn’t have one set of principles for Sundays and one for the rest of the week.” – Brett McKay, Art of Manliness**

The King inspires others to greatness, blessing all under his care to do well and to experience abundance. He recognizes and honors others for who they are, what they have achieved, and he sees greatness in others continually moving them towards even more greatness. As his power grows, so does the power of all around him.

The King leaves a Legacy; he has a deep desire to leave the world in a much better place than when he arrived, this is an essential aspect of the King Archetype. He carries his power with the Power-For posture, where he is dominant, but not dominating. He is an influential leader, leading to the Promised Land.

Distortions of the Solid Frame Quadrant

The two main distortions of the Solid Frame quadrant to watch out for are **Spinelessness** and **Lack of Leadership**.

Spinelessness is having a very weak frame, it is when a man is Externally Referenced, and he lives by the expectations of others or doing what would make others pleased with him. A person is externally referenced when their identity and/or their motivations are determined by what external influencers think or expect of them. When categories external to you define or drive you. This is when a man will lose his Integrity.

At this point he are no longer driving his own life from an internal reference using the vast resources which exist within. An externally referenced individual is the raft on the ocean, driven by the wind and current without determination or control over his own life. The negative consequences of such a life are numerous and profound.

Because his life is about pleasing others or living up to their expectations, he has no backbone; he does not stand up for what is right nor does he stand straight with a posture of confidence.

He is also Spineless because he lives in compartmentalization which is the propensity to live from segmented categories in life. Some people will describe this as having different “rooms” in your house of life. Each room will have a separate set of values, identity, expectations or other variables. This is the life of a Chameleon, living in diverse ways in distinct parts of life; work, school, home, etc. Personal Integrity and the Integrated Self is lost completely, and the self is dis-integrated into parts with no solid structure or wholeness. Therefore, he will not hold fast to his values and moral compass in all situations.

The Spineless man also lives in Secrecy, which is another result of the non-integrated self which is externally based on toxic-shame. The life of secrecy places the individual into a position of isolation/aloneness or hiddenness where several various “fig leaves” need to be worn to keep the illusion of wholeness or value. Since he hides significant parts of himself, he will never be able to stand tall when the spine is called upon.

Lack of Leadership occurs when a man fails to understand his masculine soul, his role in family or community and his own ability to create the life he wants. He allows others to guide and direct his own life and direction. Leadership is influence where a man will guide and direct not only his own life, but the lives of the ones he loves and cares for in a way that takes deep consideration for the well-being of them.

The man with no leadership allows other forces or people to take the reins. Leadership requires that you know who you are and what you want. That is how leadership is done. If you do not know what you want and where you want to go, you will never lead your own life nevertheless anyone else’s. This man has no vision for what he wants, therefore he has no influence.

Surprisingly this is where abusive men are developed. Since they have no power to direct their own lives they think their only option is to be aggressive or controlling to get what they need.

Benchmark #2 Motto:

“I know who I am and what I am capable of, I will influence my world from a Solid Internal Frame with honor and integrity; things will fall apart, but my Solid Frame will hold fast, my center will hold.”

Concrete Steps to Gain Solid Frame:

Responsibility

- ☞ **I am responsible for my life and I will engage in strong personal boundaries.**

Gaining ownership in the area of Solid Frame requires that you actually start to have Solid Frame. You must begin to see yourself as responsible for your life, you are not a victim, or even an active participant in your own life. You must take full responsibility for your own life and take it where you want it to go.

First, begin to notice how you ask permission, say you are sorry, hesitate or second guess yourself. These are all ways we live in someone else's frame. Just take time to notice, don't kick yourself for it, just see it for what it is.

Secondly, start to choose to do things in small areas of your life; go golfing, go out to beer with friend, or choose to go workout. Live in your own frame.

Thirdly, lead your own life. This is yours, no one else's. Take ownership and run with it. Trust your internal resources and make those good healthy wise choices.

Self-Care

- ☞ **To maintain personal integrity, I must engage in intentional and consistent self-care.**

The King must care for himself, so he can move with strength, intent and wisdom in his kingdom. If you don't listen to your internal resources, you will not live to your fullest. Trust your body, listen to wisdom about caring for your body and then implement those things.

Taking care of yourself is how you will maintain Solid Frame. Just like building your power, get in shape, get the sleep you need, eat well and get the medical help you need, especially if you're not sleeping well. This is the most internally referenced quadrant, so listen carefully to your internals and choose wise actions accordingly to keep care of your most valuable resource, you.

Balance

- ☞ **Keeping a good balance in life will help me hold my center.**

This quadrant is quite strong on the side of internal fortitude. Living with internal fortitude is like being a solid rock that doesn't move. Be that rock. Your balance will be developing proficiency in the other quadrants while being the immovable stone.

This is part of where the paradoxes become real, each quadrant seems mutually exclusive of the others. Maintaining balance between all these concepts will be a huge part of mastering this process of becoming good at being a man.

Now we will move from building your own inner kingdom to expanding your world and your outer experience as we develop quadrant three.

Solid Frame Character Comparison

Jesus; Here is one of the men who had Honor to the point of death. He held fast with what he believed, what he knew was truth and kept firm on his mission so much so that they killed him for it. He was willing to piss-off the leaders of that day, both spiritual and political by holding fast to his Solid Frame. As King, he has a kingdom which is not like any type of kingdom on earth. It is a kingdom of freedom and love.

Maximus; His unwavering sense of Honor was what gave him his ability to build the trust of the other gladiators, they, like the men of his army were willing to follow him into any situation even if death was imminent. His internal Solid Frame is in vivid contrast to the pathetic weasel Commodus, who would not only sell his own soul, but that of his sister and nephew. Where Commodus had no center, Maximus held his firm in many situations.

William Wallace; In the end as he was disemboweled, his cry was “Freedom!” He had held tightly to that concept his entire life, it was what defined his Solid Frame and he never wavered from that cry.

Aragorn; With the Fellowship he was surrounded by all kinds who had difficulty maintaining that strong internal Frame. As many around him faltered he held fast in his Honor, belief and hope. His Solid Frame kept all around him strong and hopeful. The story ends with Aragorn being crowned as rightful king of Gondor. We don't see how he plays that out, but we know how it will be because he has Solid Frame.

Others; There are many characters from literature and history who have a deep lack of internal Solid Frame. You have internally tortured characters like Judas, Lieutenant Dan, Lieutenant Dike, Boromir or Gollum whose inner turmoil created a clear lack of Frame, Honor or Integrity. Long John Silver, Iago from Othello or Lando Calrissian from Star Wars would sell out others without flinching. For that matter, Han Solo was kind of a dick without much Frame, remember Greedo?

Group Questions; Quadrant Two – Solid Frame

Remember that Quadrant Two is at the crossroads of Fortitude and Autonomy, where we develop an incredibly strong internal sense of Fortitude. The motto is; “I know who I am and what I am capable of, I will influence my world from a Solid Internal Frame with Honor and Integrity; things will fall apart, but my Solid Frame will hold fast, my center will hold.” It has the Muscles of Honor and Integrity, The TLA’s of Impeccable in Word and Deed (IWD) and Hold The Center (HTC) and the Archetype of King.

Balancing Fortitude (being strong and closed) and Autonomy (standing on your own two feet) can be a challenge to some who have not developed a solid sense of self and differentiated identity, how have you been stuck with either needing others to validate you (not a strong self) or unwilling to embrace being strong?

Solid Frame means you have an internal structure that is immovable and firm. In what ways is that true for you and how its not true for you?

The Motto is “I know who I am and what I am capable of, I will influence my world from a Solid Internal Frame with Honor and Integrity; things will fall apart, but my Solid Frame will hold fast, my center will hold.”, how is this true for you and how can you make this motto become more of a reality in your life?

Honor is doing what’s right, holding fast to one’s own moral compass or code of ethic. In what ways are you a man of Honor or not?

The acronym for the Honor Muscle is be Impeccable in Word and Deed, how have your words and actions been incongruent, maybe even hypocritical at times?

Besides being honest, Integrity is having structural integrity, integration of all your parts and wholeness. How do these words describe you or not?

The acronym for Integrity is Hold The Center. How does your center crumble or get defensive when there is opposition, obstacles or criticism?

The archetype is being the King of your own kingdom. Describe the kingdom you have right now and describe what you want it to look like in the near future.

Take a look at your answers. What stands out to you?

Which of these concepts seem to be areas which need work? List at least 5.

For each of those you listed, think of three things you could do to become more confident with that concept. For instance, if you don't feel qualified or uncomfortable with the King archetype, you could; read a book that considers that Archetype like *King, Warrior, Magician, Lover*, or Ryan Michler's book *Sovereignty*, or talk to any man you respect who has built a business or ministry, or sit down and write ten things you want in your life, or brainstorm about your 1, 3, 5 and 10 year goals.

What other insights or thoughts do you have about this lesson?