

# SOLID MAN

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strong · present · confident

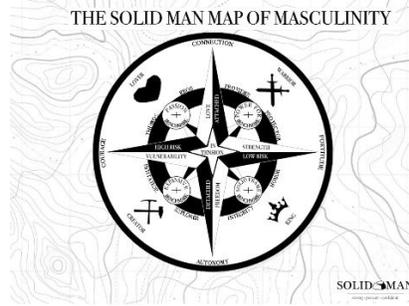
## **Solid Man Integrity Group Lesson 24**

### **Pillar Four**

### **Mastering Your Masculinity - Part Eight**

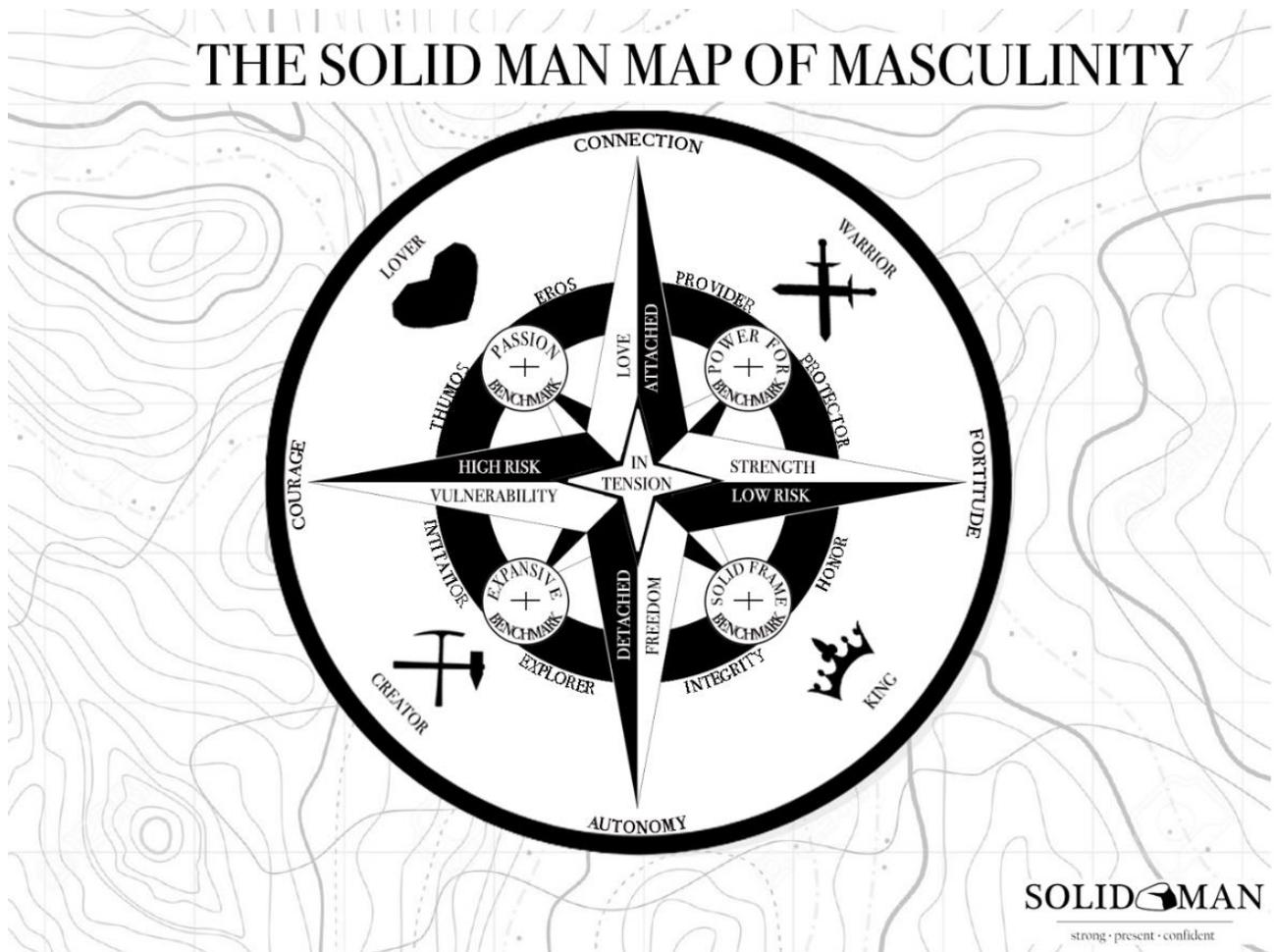
### **Mastering and Making a Plan**

# **24**



## Mastering Masculinity

This exercise is designed to be an ongoing journey for your whole lifetime. It is taking the information you have been gathering and make it become part of your life. To present to your group, share with them the main things you will presently work on to gain strength and mastery with becoming good at being a man.



The Solid Man Map of Masculinity

There it is in all its glory, the Solid Man Map of Masculinity with all the working parts. Now your goal is to master it. You've read the concepts, you have seen how each move with the others, and you have a good idea how it plays out in real life. Now the challenge is for you to begin to build proficiency, competence and mastery with this vital internal resource.

Remember that the map is not the territory, you are the territory. You are the land upon which these concepts become real. We all have our own unique topography, so make it your own. With this map, I am giving the skeleton to the structure of how Masculinity will take shape in your life. It's not just giving it the muscles and guts, but you'll give it its Passion and Vision. Now, let's get to mastering your Masculinity.

## **Mastery**

Mastery is skill, competence or knowledge over a subject or any area of expertise. Many people talk about it as a journey of 10,000 of deliberate practice, until we begin to master anything. Its looking like 25,000 hours is more like it.

We are not like the movie *The Matrix*, where things are downloaded into your head, "I know Kung Fu?" It will take time and effort. It is a journey, as well as the destination. (but a destination with which you probably not be satisfied in the end, you'll probably still strive for more).

Mastering will require drive, discipline, focus, desire, time, and passion. And for some, depending on the area of mastery, it will seem to come naturally. So then this begs the question; "do you have to be born this way?". Is it the thought that if you got it, you got it or can it be developed? That answer is yes, and yes. But there are limitations.

You do have to have the raw materials. Master basketball like Michael Jordan? Maybe not, since I don't have the body, the drive or the hops. I can enjoy basketball (I actually played very small college ball), but I will never achieve his level of mastery.

### **☞ You will need specific raw materials to master certain things.**

It's the same when I learned the basics of the guitar, but since I do not have much of a sense of rhythm, I would never master that. Which also hindered my ability to master any dancing. My wife and I have enjoyed learning dancing (except for the public humiliation at times), but I could not easily figure out if it was 4/4 or 3/4 time, which determines which kind of dancing you'll choose. So, I'll enjoy it, but never master it.

All that to say is you need the raw materials. We all cheered when Rudy Ruettiger played in the game in *Rudy*, but that was as far as he got with football. I guess he later somewhat mastered a motivational speaking career, good for him.

The point is that we do need the tools for that particular arena we wish to master. Some things need a certain level of brain power, some a level of athleticism, some need money, strength, or maybe an intense or laid-back personality. Whatever it is we want to pursue, we must be honest if we have or don't have the raw materials to be able to master that thing.

**☞ Do not think that what is hard for you to master is humanly impossible; and if it is humanly possible, consider it to be within your reach.  
– Marcus Aurelius**

Aurelius is saying that if it is humanly possible, it is in your reach. As a man you have the raw materials to master Masculinity, therefore, it is possible. You may have limitations in some areas, but you have strengths in others. This is how it will become yours. You give it the shape that your own personal interests, strengths, passions, weaknesses, wounds, victories, physical boundaries, gifts, and incompetencies will come together to create.

According to Robert Greene in his book *Mastery*, your path to mastery contains three distinct phases. The first is the Apprenticeship, the second is the Creative-Active, and the third is Mastery itself.

Apprenticeship is the instruction stage. You will do what you can to learn everything you can about that field of study. Here, it is important to find a mentor, a coach or a sage who has been down this road. This stage is the silent, unseen preparation. Learning the basic elements and rules. Going over the fundamentals over and over, again and again; making mistakes, over and over, again and again. This is where you must have the "Beginner's Mind" and just be humble.

This practice stage is often called "Surrender" because you are giving your time and often don't see results. It is Mr. Miyagi telling you to "wax on, wax off", you might lose your motivation because it is tedious, and you don't see the point. You must have willingness to feel awkward, look silly or be incompetent. You must be ok with growing and getting better. You know how incompetent you are, and it helps you move ahead. It will seem rigorous, and it will take dedication and grit.

In the Creative-Active stage you will start to see how things connect with one another. It will feel more like intention. You will slow it down, ingraining it into your muscle memory. Whatever it is, will become a part of you. Brain pathways will begin to shift. Your vision for mastery will become clearer and clearer.

But, in this stage you will plateau. There will be negative feedback loops which want to keep you the same. Something in you will want to keep the old homeostasis. Keep it at 98.6 degrees.

You must fight through this and embrace the positive feedback loop which wants the change, wants the new you.

Passion is one thing that will push you through the negative feedback loops. You can't be in the without a whole heart or do it half-fast, you have to be all in during this stage or you'll never experience mastery.

You will be pushing the envelope, finding new paths, experiencing new proficiencies, expanding your practice. You see your progress, that you're getting the hang of it, and maybe even feeling competent. Remember you're still in the 10,000 to 25,000 stage.

Then comes Mastery, your degree of knowledge, experience, and focus is so deep that you can now see the whole picture with complete clarity, allowing you to perform your tasks with seemingly minimal effort. The skills, knowledge and movements have become hardwired into your brain and your muscles. Things begin to feel like second-nature.

There is now more intuition, you don't need to think so much about what you're doing. Seemingly somewhat effortless, your actions and behaviors engage your internal intuition and logic process. You improvise on the fly without consideration. It's as though you don't have to be conscious of your well-developed competence. You improvise. You just do it.

You truly now are a Creator. As you master your life, you will create beautiful things; bridges, flower gardens, artwork of all kinds, housing renovations, math equations, athletic displays, healthy kids, mechanical wonders, inspiring speeches, technological pathways, musical experiences or new ways to make love to your wife. You will begin to create your own realm of practice. You'll push into new opportunities. You'll begin to make stuff happen that you never knew you could do. You will begin to initiate unimagined possibilities and expand your life. This is mastery, the Creator.

One significant problem as we master anything is a concept called "Domain Dependent". This means that the domain that I have mastered works well only in one domain. For instance, a fish out of water does not look like the masterful swimmer he is. Or the world's best cellist has no competence in the octagon. These are extreme examples but do layout an aspect of how to master Masculinity.

Masculinity is domain independent. Masculinity is real, it is powerful, and it is influential across many domains, no matter if you are coaching little league baseball, running for political office or cooking dinner. But the pitfall would be to limit your vision and think it is only good at picking up women or in competitive sports. Or that it is inherently just a bad disturbance in the force. Masculinity is designed to cross many domains and remain significant wherever it goes.

## ☞ **Mastering your own life and your Masculinity prepares you well.**

Mastery is a significant provider of power in every area of your life. If power is the ability to get something done, mastery seems to be the engine behind that. The more you pursue mastery, the more competence, freedom and influence you will have. Your capital, both social and financial will potentially increase. With more power, your ability to choose and create the life you want will increase. Your presence will become more noticed and influential everywhere you go. You will be more confident.

Until then, be ok with being a beginner. You are just starting.

### **Make it Happen; Master Your Masculinity**

Now it is important to take the map that I have outlined as the skeleton and then begin to put the muscles on it. It is your task to take this information and give it life, to make it your own. Here are some steps to help you get this ball rolling in the right direction.

Assess where you are with each Cornerstone, Currency, Benchmark, Muscle, Archetype and Distortion.

**Cornerstones;** Fortitude, Courage, Autonomy and Connection.

**Currencies;** Strength, Vulnerability, Freedom and Love.

**Benchmarks;** Power For, Solid Frame, Expansive, Passion

**Muscles and TLA's;** Provider (**B**uild **Y**our **C**apital), Protector (**B**uild **Y**our **P**ower), Honor (**I**mpeccable in **W**ord and **D**eed), Integrity (**H**old **T**he **C**enter), Explorer (**P**enetrates **T**he **V**oid), Initiator (**M**ake **S**hit **H**appen), Thumos (**L**ive **W**hole **H**earted), Eros (**P**ursue **I**ntimacy **P**assionately)

**Archetypes;** Warrior, King, Creator, Lover

**Distortions;** Power Over, Powerlessness, Unreliability, Spinelessness, Lack of Leadership, Passivity, Oblivious, the Domestic, Closed Heart, Impulsivity/Compulsivity and Abuse.

Determine which areas you want to develop and grow. At the end of this chapter I have some questions and tools to give yourself an idea about what areas will need specific attention. You probably already know by what you just read. Assessing will help you get an idea of what to prioritize first and then what will be next. Or you could do a number of things at once, you make the plan.

Project manage this thing. Make it happen. Here's an idea of project management steps, many of you do this every day with your work, just make it happen with yourself.

1. Conceptualize a vision (what you want), define your objectives (what it will look like) and develop an intentional motivation (why you want to do this).
2. Develop a plan, outline the steps you'll take, consider potential obstacles and problems, and assess the resources you'll need.
  - a. Problems may be if my wife doesn't want me to do this, or I don't have much money. Overcoming your obstacles is part of how masculinity will grow in you.
  - b. Resources may be books, podcasts, conferences, hiring a coach, attending a group, counseling, etc. It will take an investment, just like mastering anything.
3. Commit those resources to your project and begin to initiate the work implementing the steps you've outlined.
4. As you continue through the project, assess your progress, continually re-assessing and making changes as needed to achieve your goals.

**Begin the process of Mastering Your Masculinity. Use the Appendix Questions to give you ideas about what aspects to begin building.**

My Vision

My Objectives

My Motivation

My Basic Plan

My Steps

Potential Obstacles/Problems

Needed Resources/Support

Start Date

Progress and Reassessment

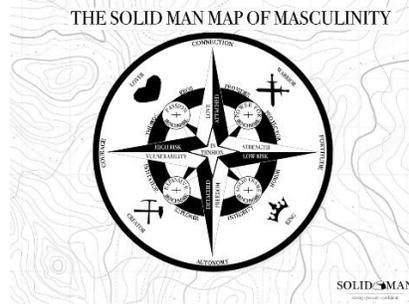
This is all about defining and creating what/who you want to be as a man. It is the “be” not the “do” with your life. Remember that Masculinity is what you are, not what you do. As you seek to master this, make it your own. I have given you an outline of many characteristics, virtues and aspects of what a man is, now it is your turn to decide how it will look for you. Whatever that looks like, be that man with Passion and resolve.

Remember that you will start as an apprentice; gaining instruction and practicing basic fundamentals. This will take some time. This will be clumsy, so be patient and stay with it. This is where having other men along with you is essential, they will help you keep on the path.

Then when you begin to get this down, you’ll move into the Creative-Active stage. In the trades world this is the Journeyman. You know what you’re doing, you’re good at what you do but it is not second nature yet. This is where you will plateau, which is very frustrating. Again, stay with it and be patient with yourself. Keep your men close by. They will help keep you going.

Eventually, you will begin to become a Master of your own self, to master your own Masculinity. You will be able to truly create the life that you want. You will make life that has all the things you want in it. You will be the man you have always wanted to be. That is your reward.

There are two books I would recommend on this topic, *Mastery*, by George Leonard and *Mastery* by Robert Greene. The authors come to the concept from different angles and each has a unique style of writing. Both books tell great stories about mastery and how to gain mastery in life.



## Conclusion

To master your Masculinity, you must know who you are. You must remember the deep truths that exist deep within you. You must awaken the internal realities of your masculine soul. You must find and join other men who are on this journey and men who have gone before you. You must find the true narrative of your life and throw out the BS that we have been taught about ourselves for the last half century or more.

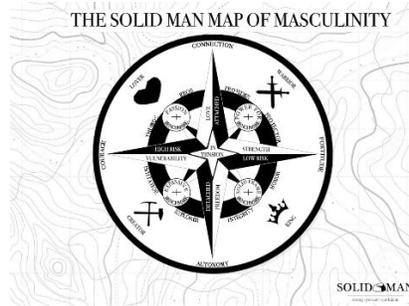
☞ **Look around you, which man do you want by your side in the zombie apocalypse? – Jack Donovan**

The Map that I have presented here is a model, there are others, so it doesn't matter what you do from here, except that you move forward with discovering who you really are. From that, let your internal resources (Masculinity being a powerful resource) run your life. Not external narratives, what would make people happy with you or to live up to anyone else's expectations.

Take all the information, ideas and concepts I have presented and begin to build your version of you, your version of your masculine self. If you lean into the Solid Frame world and don't want to build a family, then do that, or do the opposite and build a family. If you have a more sensitive heart, do protection the way that kind of man does it; not so much with physical force, but vigilance and avoiding danger.

All these concepts are essential to your masculine soul, how you play them out is up to you.

Remember who you are and be that man.



## Assessment Questions

With these questions you'll begin to get an idea for yourself about where your strengths, weaknesses and imbalances are. The idea is to build your masculine self into a balanced machine with all the aspects at play in your life. You will be naturally good at some of this and some will need to be built with intention.

Remember, this is about creating a good sense of how you want to build your own type and style of Masculinity. It is yours, make it what you want. Take the stuff I am outlining and build it how you want it to be. What I have outlined are significant parts of a masculine soul, how you develop it and balance it out is up to you.

There are Tension, Paradox, Cornerstones, Currencies, Benchmarks, Muscles, Archetypes and Distortions to assess. Take time to consider how well these are balanced into your life. Then make a plan to build the things you want to make happen first. This is a lifelong journey for each man, so make the plan for the long game. Make short-term plans and have an idea for the long-term goals as well.

It will be good just to write some stuff down about where you are at. Have the beginner's mind and remember you are at the beginning stages of mastery. You are just an apprentice, this will take practice and repetition. First you just need to see where you are with each category, then make your plan. It will be very customized for you, because you are uniquely designed to carry this the way you are meant to. It can be very overwhelming but keep yourself steady and ready to build.

These questions are designed just to get an idea of the state of being as you develop masculine concepts in your life. There is no right or wrong, it's just an assessment designed to help you grow and develop mastery of your masculinity. Challenge yourself to do things that will push you into areas of discomfort and expose you to things you may have never considered.

## Masculinity Basics

Where do you fall on the spectrum of Nature v. Nurture, or the concept that masculinity is a brute fact, or an idea created by culture? How so?

Nurture \_\_\_\_\_ Nature  
(Idea) \_\_\_\_\_ (Fact)

How have you been caught in the trap of believing Masculinity was determined by external constructs like how you look, the size of your penis, how many women you had sex with or your status (money, job, car, etc.) rather than internals like integrity, courage, passion, personal strength or wise choices and actions.

External 1 2 3 4 5 6 7 8 9 10 Internal

In what ways have you gotten caught up in the externals that define Masculinity?

To what degree do you believe Masculinity is essentially good or do you believe it is inherently toxic? Assess this from a personal place, you as a man, ok or not ok?

Toxic 1 2 3 4 5 6 7 8 9 10 Good

Explain why you think this.

When you consider the idea of mastering your Masculinity, what seems like an obstacle, what seems do-able, what seems exciting?

## Tension and Paradox

How would you assess your ability to stay In Tension; with conflict, discomfort, not knowing, with paradox or just plain anxiety?

Not OK 1 2 3 4 5 6 7 8 9 10 OK

How much do you feel confident with the low-risk side of life as you hold fast with your Fortitude and Strength? Being a “Fort” where all inside are safe/secure?

Not OK    1        2        3        4        5        6        7        8        9        10 OK

How much do you feel confident with the high-risk side of life as you engage openly with Courage and Vulnerability? Being open with your heart and experience?

Not OK    1        2        3        4        5        6        7        8        9        10 OK

How much do you feel confident with the attached side of Relationships as you build Connection and Love in your life? Do you feel competent or somewhat incompetent?

Not OK    1        2        3        4        5        6        7        8        9        10 OK

How much do you feel confident with the detached side of Relationships with the idea of Autonomy and Freedom? Are you free to move and be as you wish or want?

Not OK    1        2        3        4        5        6        7        8        9        10 OK

How well do you think you balance the tension between Fortitude/Strength with Courage and Vulnerability? How well do you carry both categories?

Not OK    1        2        3        4        5        6        7        8        9        10 OK

How well do you balance the tension between Connection/Love with Autonomy/Freedom? How well do you carry both categories?

Not OK    1        2        3        4        5        6        7        8        9        10 OK

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

What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

What areas would you want to wait on, to build later?

### Cornerstones;

Remember that **Fortitude** is an environment of Low-Risk as it holds space that is safe and secure. Fortitude is wisdom with making choices that are conservative and safe. It is powerful and protective. Fortitude is not open, nor is it vulnerable. How are you with building Power and Strength in your life, becoming as strong as possible?

Not OK    1       2       3       4       5       6       7       8       9       10    OK

**Courage** only exists in the face of Vulnerability or danger, so Courage is found in the world of High Risk. Courage is the ability and willingness to confront [fear](#), [pain](#), [danger](#), [uncertainty](#), or [intimidation](#) with intentional action or voice. Physical Courage is holding fast in the face of physical pain, hardship, death, or threat of death, while moral Courage is the capability to [act rightly](#) in the face of opposition, [shame](#), [scandal](#), or discouragement. To what degree does this describe you?

No    1       2       3       4       5       6       7       8       9       10       Yes

**Connection** is interaction with others where you are respected, seen, known, loved and wanted. Connection exists when other people know your story, accept you and are in this journey with you. How does this describe this aspect of your life?

Not Much    1       2       3       4       5       6       7       8       9       10    Very Much

**Autonomy** is having integrity with your being. It is having an internal frame of reference. It is having the freedom to be yourself, to pursue that which pleases you and helps you thrive. Autonomy is personal freedom, healthy true identity, authenticity, control over your own life, being an individual, and having personal power and influence. How much does this describe your life?

Not Much    1    2    3    4    5    6    7    8    9    10    Very Much

How have you lost Autonomy in your family of origin? How could you get it back?

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

What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

What areas would you want to wait on, to build later?

## **Currencies/Commodities**

### **Strength**

How have I honed in on the fact that I only have so much bandwidth to give in my life? How have I settled on the fact that I will choose only to care for those close to me and a very few other people or causes to spend my energy and resources on?

Not OK    1    2    3    4    5    6    7    8    9    10    OK

With my commodity of Strength, do I have a good sense of how and when I will use my resources of strength?

Not OK 1 2 3 4 5 6 7 8 9 10 OK

### **Freedom**

How much have I been “enslaved” to addictions, family of origin, validation from women or expectations of others?

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

With my commodity of Freedom, do I have I found good balance with how I spend my time on things that are important and wise?

Not OK 1 2 3 4 5 6 7 8 9 10 OK

### **Vulnerability**

How much to you understand how Vulnerability is a masculine ideal, when we engage in risk, Courage and living with an open heart?

Not much 1 2 3 4 5 6 7 8 9 10 Very Much

With my commodity of Vulnerability, do I have a good idea about how, to whom and when to be open with my deeper parts of my life?

Not OK 1 2 3 4 5 6 7 8 9 10 OK

### **Love**

Since Love is the highest virtue, to what degree do you think you live this out?

Not Much 1 2 3 4 5 6 7 8 9 10 Very Much

With the commodity of Love, Have I streamlined my use of passion and desire so that I have developed the depth that I desire with the one's that I desire?

Not OK 1 2 3 4 5 6 7 8 9 10 OK

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

What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

What areas would you want to wait on, to build later?

**Benchmarks;** Power For, Solid Frame, Expansive, Passion

To which degree do you understand the idea that Power is an abundant concept where there is plenty to build for everyone rather than Zero-sum (not enough)?

Zero-sum 1 2 3 4 5 6 7 8 9 10 Abundant

The idea of Power-For is not normally taught in any context, how well does this idea make sense or ring true with what you know about your Power and Strength?

Not so much 1 2 3 4 5 6 7 8 9 10 Resonates

To which degree do you understand the concept of Solid Frame in your life?

Not Much 1 2 3 4 5 6 7 8 9 10 Quite So

The idea of Solid Frame is basically what the Solid Man process is about, building a good solid frame within your being as a man. To what degree do you think you have gained that Solid Frame?

Not much 1 2 3 4 5 6 7 8 9 10 Very Much

Expansive means that a man is active, empowered, free. His presence is Expansive; moving and growing as he makes a positive difference and influencing with purpose. How much does that describe you?

Not Much 1 2 3 4 5 6 7 8 9 10 Quite So

The idea of Expansive is new to most men, how well does this idea make sense or ring true with what you know about your desire to make a difference or to create art, solutions, or experiences?

Not so much 1 2 3 4 5 6 7 8 9 10 Resonates

How comfortable are you with the idea that Passion is a two-sided coin with desire and drive on one side and suffering and emptiness on the other?

No 1 2 3 4 5 6 7 8 9 10 Yes

Passion in life has to do with suffering as well as desire, engaging in the most positive and difficult aspects of life intentionally. How much does this describe you?

Not so much 1 2 3 4 5 6 7 8 9 10 Yes

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

What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

What areas would you want to wait on, to build later?

**Muscles and TLA's**

**Provider (BYC - Build Your Capital),**

As a Provider, I think I am capable, reliable, responsible and generous.

Not True 1 2 3 4 5 6 7 8 9 10 True

I understand that providing is not just providing money, but being present and available for those I love therefore I pursue personal growth to have a strong presence within my primary relationships; providing time, leadership and attention.

Not True 1 2 3 4 5 6 7 8 9 10 True

I am on an intentional quest to increase and build my abilities to earn by seeking knowledge, competence, freedom and mastery in vocation, business and finance.

Not True 1 2 3 4 5 6 7 8 9 10 True

**Protector (BYP - Build Your Power),**

As a Protector, I am vigilant, prepared and ready to sacrifice.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have developed my ability and skill to make myself a very capable Protector.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have good balance in my life, with good self-care so I can maintain good presence as I build my capacity for Providing and Protecting.

Not True 1 2 3 4 5 6 7 8 9 10 True

I am intentional about increasing and building my power and ability to protect by seeking competence, freedom and mastery in physical health, abilities and strength. I am empowering myself to be more vigilant and able to create safety and protection.

Not True 1 2 3 4 5 6 7 8 9 10 True

**Honor** (IWD - Impeccable in **W**ord and **D**eed)

As a man of Honor, I think I have a good sense of right/wrong with a code of ethic and my sense of Honor guides my big and small decisions during my day.

Not True 1 2 3 4 5 6 7 8 9 10 True

I am very in tune with my sense of justice, personal responsibility, personal authority, fidelity and personal conviction; these aspects of Honor have deep meaning for me.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have a strong internal moral compass so in my interactions, opinions and what I say and what I do has no hint of hypocrisy, deceit or inconsistency.

Not True 1 2 3 4 5 6 7 8 9 10 True

**Integrity** (HTC - Hold **T**he **C**enter)

I have a strong sense of internal Integrity where I have a strong frame, a sense of wholeness/complete and integration of all my good internal resources. I feel Solid.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have developed my ability, skill and capability to have very strong internal Fortitude. Most often, in tension or when things fall apart, my center holds.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have good balance in my life, with good self-care so I can maintain good presence as I build my capacity for Honor and Integrity.

Not True 1 2 3 4 5 6 7 8 9 10 True

When things get rough with conflict, criticism or tension, I am able to Hold The Center without crumbling quite well.

Not So Much 1 2 3 4 5 6 7 8 9 10 Usually

**Explorer** (PTV - Penetrate The Void)

As an Explorer, I am a man of adventure and play; very active and engaged in life.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have developed my capacity and ability to get myself out there to see and experience what life has to offer. I go and learn because there is so much that is new to me.

Not True 1 2 3 4 5 6 7 8 9 10 True

**Initiator** (MSH - Make Shit Happen)

As an Initiator, I am intentional and purposeful; I make stuff happen.

Not True 1 2 3 4 5 6 7 8 9 10 True

If there is something I want or want to experience, I will do what I can to make it so. I have developed my ability and skill to make myself a very capable Initiator.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have good balance in my life, with good self-care so I can maintain good presence as I build my capacity for Exploring and Initiating.

Not True 1 2 3 4 5 6 7 8 9 10 True

**Thumos (LWH, Live Whole Hearted)**

As a man of Thumos, I think I have a deep love of life and could be described as a man of vigor and vitality.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have developed my capacity and lifestyle of the “Fire in the Belly” Thumos.

Not True 1 2 3 4 5 6 7 8 9 10 True

I am a man who lives with a whole heart (LWH). True False

**Eros (PIP, Pursue Intimacy Passionately)**

As a man of Eros, I am deeply motivated for connection and intimacy on many levels.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have developed my ability and skill to become competent with erotic aspects of life.

Not True 1 2 3 4 5 6 7 8 9 10 True

I have good balance in my life, with good self-care so I can maintain good presence as I build my capacity for Thumos and Eros in my life with intent.

Not True 1 2 3 4 5 6 7 8 9 10 True

I am a man who Pursues Intimacy Passionately (PIP). True False

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

What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

What areas would you want to wait on, to build later?

### **Archetypes; Warrior, King, Creator, Lover**

When it comes to considering yourself as a Warrior who stands in the way of unsafe situations, difficulties, insecurity and even evil, how does that feel?

Not OK 1 2 3 4 5 6 7 8 9 10 OK

When it comes to considering yourself as a King who has a strong sense of sovereignty or calling your own shots, how ready are you with the idea of building your own Kingdom, even if it is just you to start?

Not Ready 1 2 3 4 5 6 7 8 9 10 Ready

When it comes to considering yourself as a Creator where there are things (artwork, pathways, buildings, kids, etc.) that exist in this world because you exist, how does that motivate you or not?

Not Motivated 1 2 3 4 5 6 7 8 9 10 Motivated

When it comes to considering yourself as a Lover who pursues and enjoys the many abundant, intimate and exciting moments that this life offers, how does this description fit you?

Not Much 1 2 3 4 5 6 7 8 9 10 Very Much

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What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

What areas would you want to wait on, to build later?

**Distortions;** Power Over, Powerlessness, Unreliability, Spinelessness, External Reference, Lack of Leadership, Passivity, Oblivious, the Domestic, Closed Heart, Impulsivity/Compulsivity and Abuse.

With the distortion of Power-Over, to which degree do you think you struggle with controlling behavior, being forceful, passive aggressive or trying to dominate over in an unhealthy way?

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

With the distortion of being Power-less, to which degree do you think you struggle with giving up your power or not feeling comfortable with your strength?

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

Unreliability is when I am not able to follow-through, don't show up on time, procrastinate or when people just can't really count on me. How is that for you?

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

With the distortion of being Spineless, to which degree do you think you struggle with spinelessness or not standing up for what is important or for what you need? How hard is it for you to say "No."

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

With the distortion of External Reference, to which degree do you think you still struggle with being a pleaser, living for approval, or having expectations run your life?

Ex. Ref 1 2 3 4 5 6 7 8 9 10 Int. Ref

Leadership is my ability to influence people around me to be empowered and to reach goals. The distortion is not having that kind of presence. How is that for you?

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

With the distortion of Passivity or Flaccid, to which degree do you think you struggle with inaction, fear or just plain Damned if you do, Damned if you don't?

Struggle 1 2 3 4 5 6 7 8 9 10 OK

Oblivious is not being aware, awake or noticing what is happening around you or inside of you. How oblivious are you?

Very much 1 2 3 4 5 6 7 8 9 10 Not Much

With the distortion of being Domesticated, to which degree do you think you have given in to home life logistics, work or keeping it all together; where you've lost the wild man or that part of you that likes adventure or maybe bending the rules?

Lost It 1 2 3 4 5 6 7 8 9 10 Wild

With the distortion of Alexithymia (not aware of emotional process or Closed-off), I have become much more open, observant and connected with deep parts of my heart like emotions, desires and spirit in my life?

Not True    1    2    3    4    5    6    7    8    9    10    True

With the distortion of Compulsivity/Impulsivity/Addiction or avoiding the Void or numbing and escaping difficult feelings or situations with various counterfeits (alcohol, sex, validation, gear, etc.), I have become much more able to stay in the difficult moment without avoiding, escaping or numbing.

Not True    1    2    3    4    5    6    7    8    9    10    True

To what degree are you forceful to get your way, controlling or passive aggressive?

Very much    1    2    3    4    5    6    7    8    9    10    Not Much

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

What are you proficient in and which are you not so good at? If you were to choose what you want to work on right now what would they be? List at least 5.

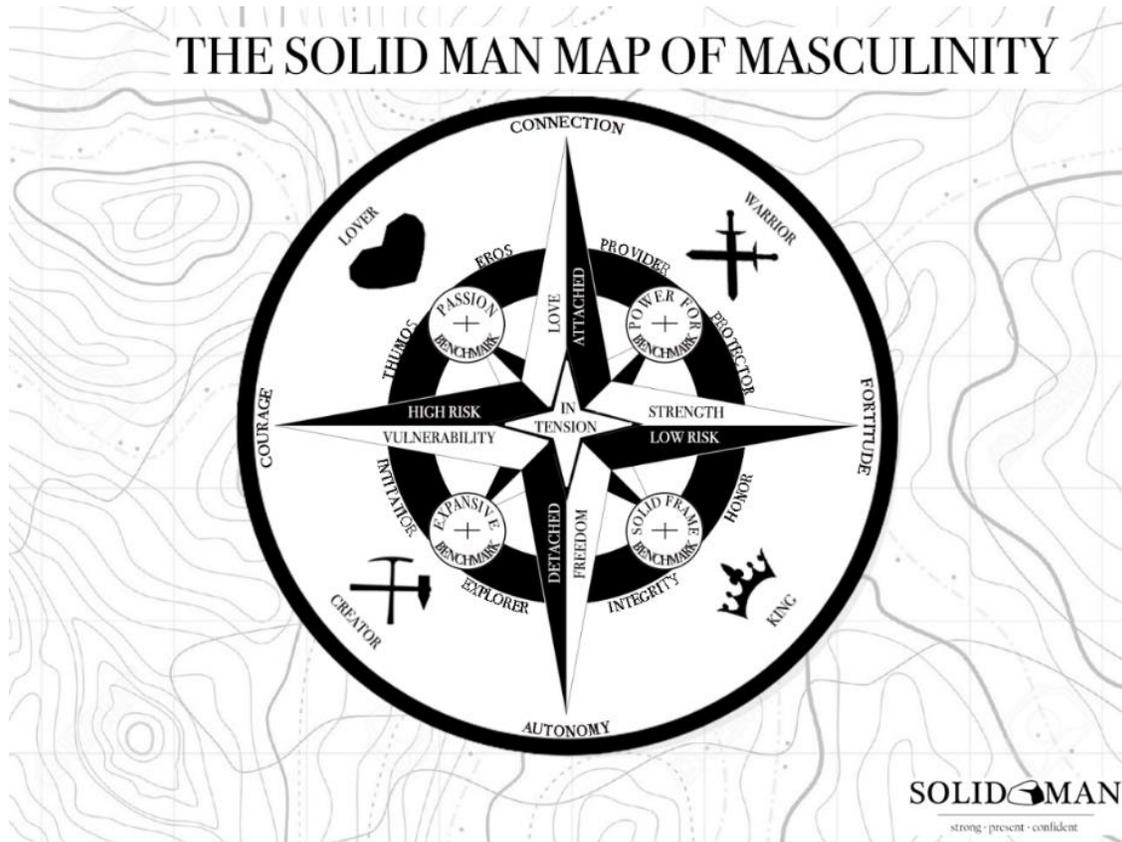
What areas would you want to wait on, to build later?

### **Choosing What to Build First**

Which areas do you feel quite deficient in?

Which areas are you more proficient in?

Looking at the entire Map of Masculinity, which areas are you not excited about? And what areas are you chomping at the bit to get built into your life?



Not excited about?

What are areas you really want?

### **Make Your Plan (Share these things with your group)**

List the top five things you want to build into your life first;

- 1)
- 2)
- 3)
- 4)
- 5)

What areas will be next;

- 1)
- 2)
- 3)
- 4)
- 5)

What are areas that will have to wait;

- 1)
- 2)
- 3)
- 4)
- 5)

For each of those you listed to work on first, think of three things you could do to become more confident with that concept. For instance, if you are not at all described as a man with a Thumos, you could; read Sam Keen's book, *Fire in the Belly*, read Paul Coughlin's book, *Unleashing Courageous Faith*, talk to anybody you know that has this kind of life, listen to podcasts about how men have built their passion for life, ask your friends what they think. This is going to take some research to get some great ideas. If you have a coach or mentor, they should have some ideas.

- 1)
- 2)
- 3)
- 4)
- 5)