
Module 3.

Journaling question

- Which of the man box rules (below) do you follow?
- Which could you let go of, or be lighter with?

- Don't be feminine
- Don't show weakness or pain
- Restrict your emotions, only use anger
- Status and achievement is everything
- Rely on yourself & only yourself
- Objectify sexuality
- Fear / hate homosexuality
- Normalise male aggression (outside and in)
- Respect your body (big muscles) & disrespect it (drugs, alcohol)

Don't forget to let me know your reflections

Leave a comment below.

or email me: ed@mensmindgp.com



Dr Ed Rainbow
mensmindgp.com

