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*A Man's Way through Relationships:
Learning to Love and Be Loved*

Gender Matters

October 2014

“Life is meaningful only within
the context of the connections
we have with the friends and
family around us.”

- Bobby

What does it mean for a man to be in relationship?

Any man who seeks to participate fully in his relationships will experience failure.

Invite that failure into your life.

Embrace it.

Failing means you are in it – the crucible of love.

Failure means you are being courageous in the face of fear.

Out of that failure comes our liberation and the transformation of our relationships as we become fully known to others.

This is Water







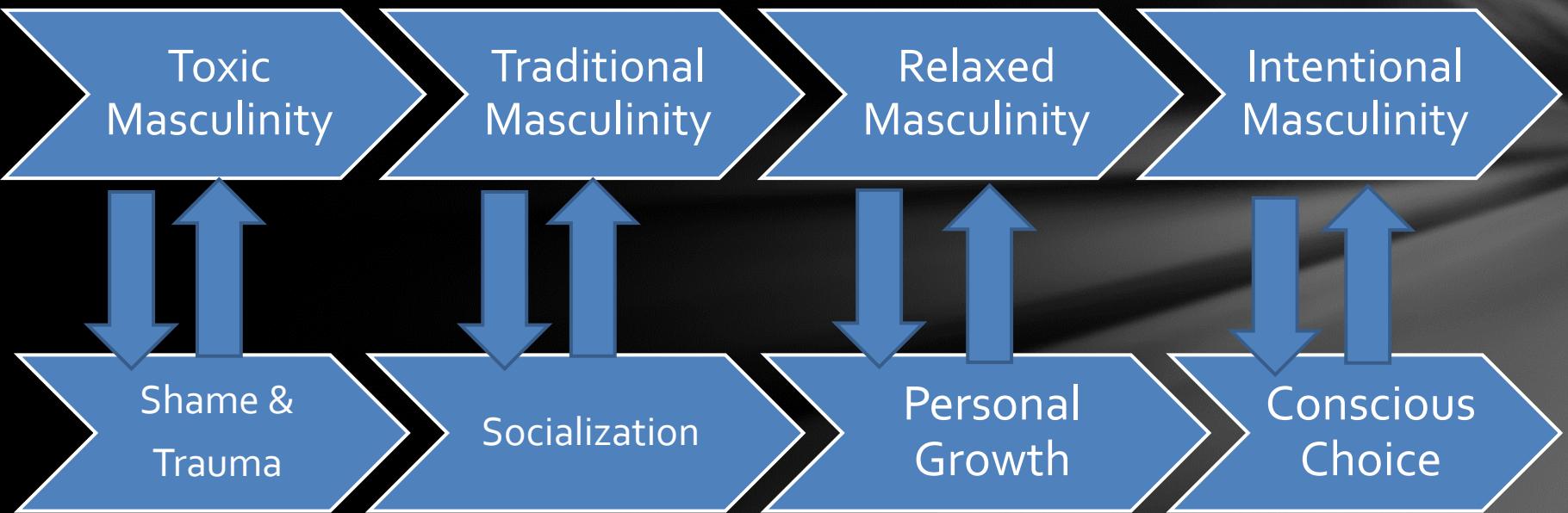
My Water

White
Heterosexual
Male
Upper Middle Class
Person in Long-Term Recovery
Trauma Survivor

The Man Rules

The Man Rules = SAFETY

The Continuum of Masculinity



Men want to genuinely connect
with others but.....something
gets in the way.

We can't see the Water...we
don't even know we are
drowning

Rules

Always be in Control

Don't Cry

Don't ask for help

Don't show emotion

Be a sexual superman

Don't show weakness

Integrity

Responsibility

Be a provider

*How have your ideas of
being a man changed
since getting into
recovery?*



“Recovery has allowed me to
question the measures of
manhood I had set for myself.”

— Jim

Characteristics of Healthy Relationship?

Let go of Control

Share Feelings

Intimacy

Honesty

Vulnerability

Compromise

Trust

Sharing Emotions

Rules

Always be in Control
Don't Cry
Don't ask for help
Don't show emotion
Be a sexual superman
Don't show weakness
Integrity
Responsibility
Be a provider

Healthy Relationships

Let go of Control
Share Feelings
Intimacy
Honesty
Vulnerability
Compromise
Trust
Sharing Emotions

The Paradox of Male Relational Intimacy

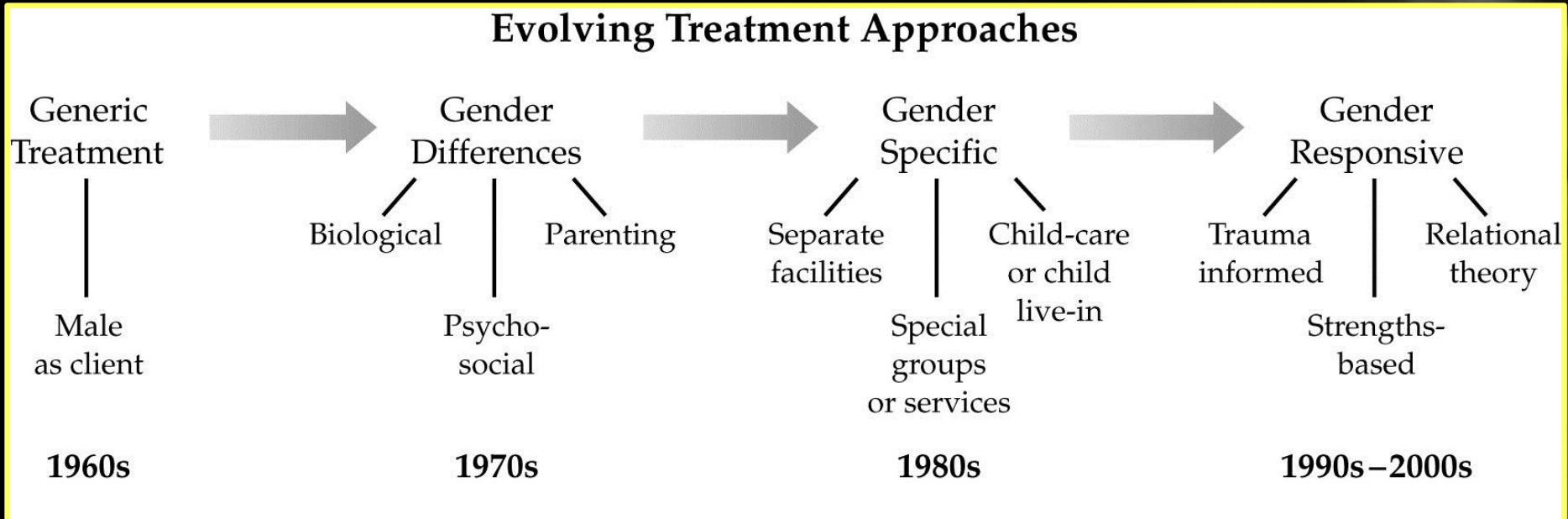
- The core elements of intimacy are deeply connected to male trauma
- In our genuine attempts to connect and be loved we trigger trauma and shame leading us to act in ways that cause disconnection
- Men in recovery have increased impact because of the increased focus on intentional connection and intimacy

TRAUMA = WOUND

TRAUMA = WEAK

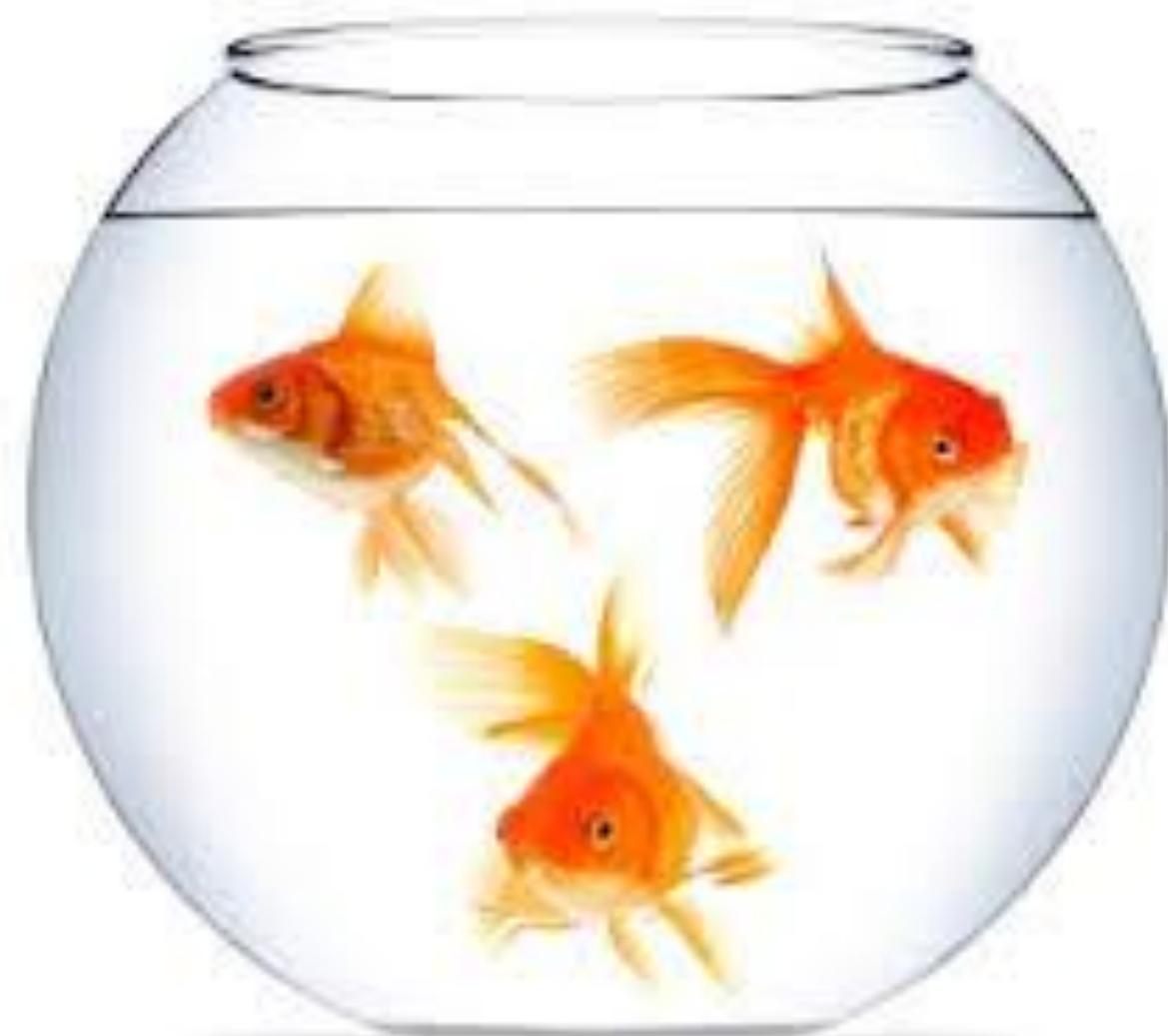
“Holy Shit....
I am the Patriarchy!”
-Brene Brown

The Missing Piece



From “Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services, and Outcomes for Women in Substance Abuse Treatment,” by C. E. Grella, 2008. Copyright 2008 by Christine E. Grella. In Journal of Psychoactive Drugs, November 2008, (SARC Suppl. 5).

This is Water



“We are All Hard-Wired for Relationship”

Central Tenets of Relational Cultural Theory (RCT)

All humans yearn for connection

All growth occurs in connection – through and towards relationships

Relational competence allows for connection

“We are All Hard-Wired for Relationship”

- Central Relational Paradox
- Male Relational Dread
- Five Aspects of Healthy Connection

The Woman Rules

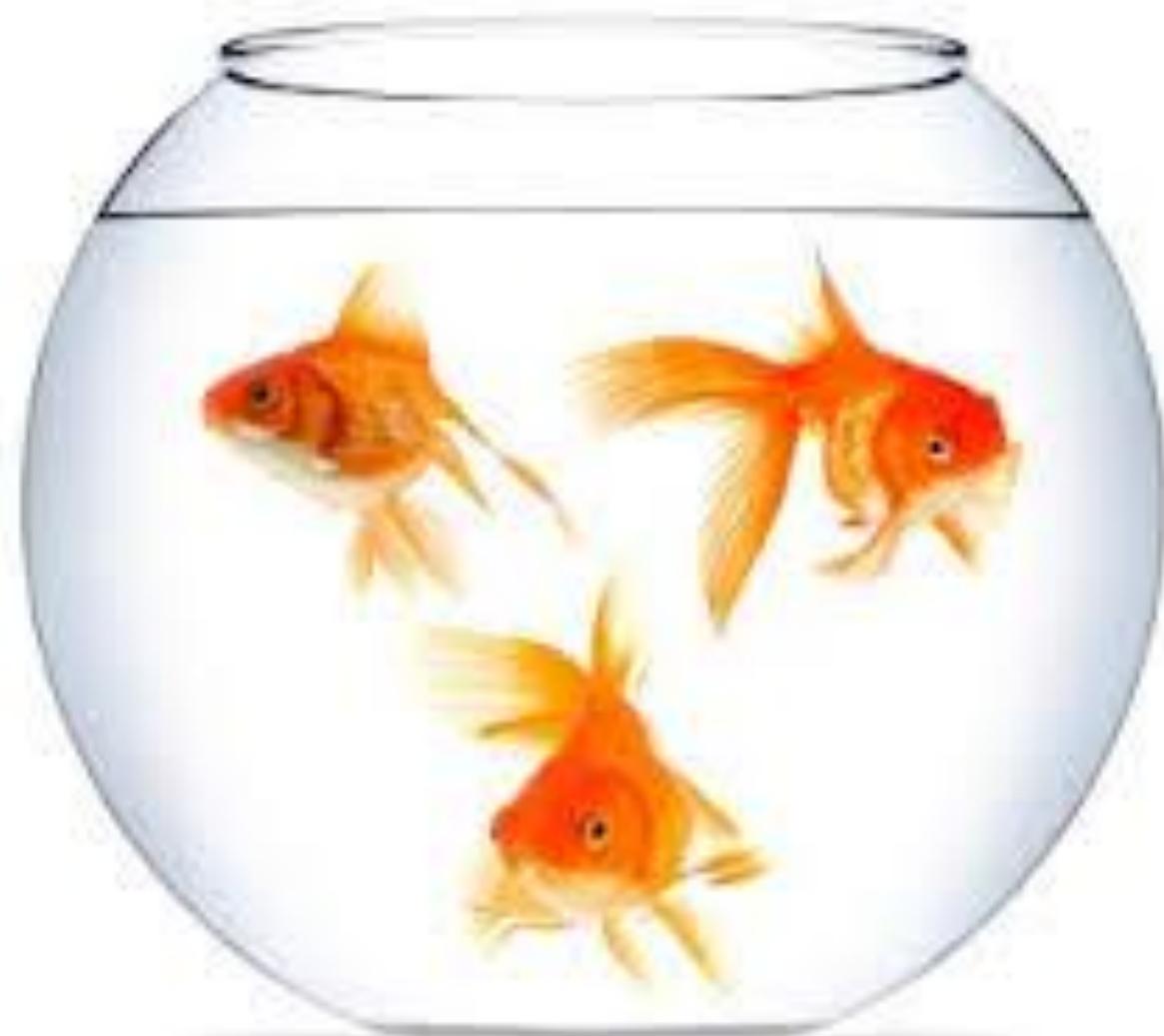
| <u>Feminine</u> | | <u>Masculine</u> |
|-----------------------------------|---------------------------|----------------------------|
| Emotional Intelligence (EQ) | <u>Intellect</u> | Logical Intelligence (IQ) |
| Retreat/Isolation/Internalization | <u>Response to Trauma</u> | Aggression/Externalization |
| Collaboration/Decentralized | <u>Power</u> | Control/Hierarchy |
| Process/Intuition | <u>Information</u> | Analytical/Rational |
| Relational | <u>Self-Development</u> | Individuation |
| Surrender/Intimacy | <u>Sex/Love</u> | Conquest/Performance |
| Codependence | <u>Relationships</u> | Independence |

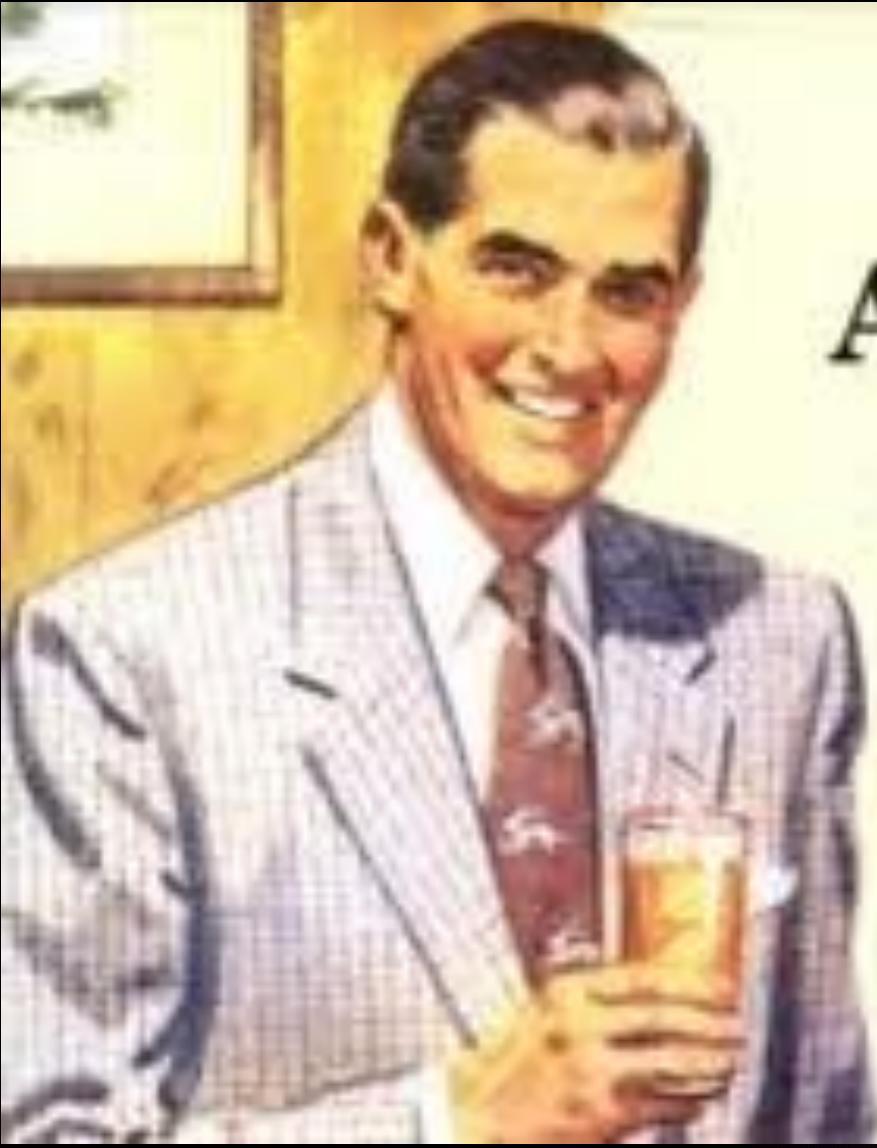
Socialization Process

You Complete Me = BS

$1 + 1 = 3$

This is Water



A painting of Cary Grant from the chest up, wearing a light-colored plaid suit jacket over a white shirt and a patterned tie. He is smiling and holding a glass of beer in his right hand. The background is a warm-toned yellow wall with a framed picture partially visible.

**Being
An Asshole Is
All Part Of
My Manly
Essence**

If you want to have loving and fulfilling relationships, I cannot stress this enough: Screw the Rules! Be who you are, and you cannot help but show up, authentically and as the best man you could ever be.





MEN
DON'T LIKE
TO WORK ON
RELATIONSHIPS

**MEN ARE
FROM MARS,
Women Are
from Venus**

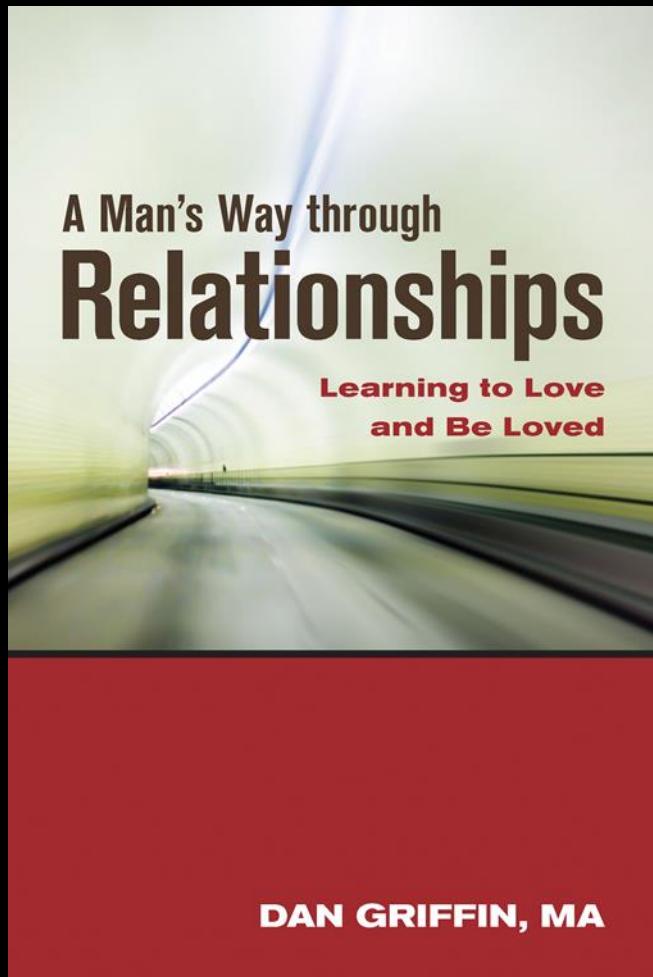
A Practical Guide for
Improving Communication and
Getting What You Want in Your Relationships

JOHN GRAY Ph.D.

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A Man's Way through Relationships



The first trauma-informed book focused solely on helping men in recovery create healthy relationships.

It is in telling our stories that we learn who we are and create the man we want to be. As sharing our stories transforms us, we have the opportunity to own our stories— when we own our stories we own our destiny.