

## Manhood / Masculinity

What men learn about being a man is too often rooted in abandonment, pain, and sexual conquest, with a definition of respect based on fear and violence which can become a major part of their identity.

Answer the following questions about manhood and masculinity and discuss them in group.

What does manhood and masculinity mean to you?

How did you learn to be a man? What was your father's or "male" role model's idea of masculinity?

Who were your early "heroes" and "role models?"

What characters from books, movies or television programs presented you with images of men you imitated?

What kind of "ceremonies" or "symbolic" activities marked your passage from "boyhood to manhood?"

Who initiated you into the "male mysteries"? Father, uncle, brother, grandfather or peers/gang?

What is the "hardest" thing about being a man?

What do you resent most and why?

What "privileges/pleasures" do you enjoy as a man?

Are you "afraid" men would despise you or take advantage of you if they knew your hidden weakness?

What is power? Is there a difference between "strength and power?"

Under what circumstances do you feel "powerless?" What how do you usually respond to those situations?

Under what conditions are you most at ease "sexually?" One night stands, long term relationships, marriage?

How much performance anxiety accompanies sex and is it better with or without love?

Are you a success or failure and how do you measure success and failure?