

# **Men** Chapter 1 (The Journey)

## **Questions for discussion**

### **1. Is it important to understand your Masculinity?**

Masculinity might be just another word. What defines you as a man? So many of us define ourselves by the life we lead. We tag ourselves by saying “I am gay, a father, or I am in a career.” Maybe your life has been great and you are defined by the successes you’ve obtained. Some people have had experiences that have changed them forever. Either way, you have been on a journey from the moment you were born. The world around you has shaped, molded, and trained you into the person you are today. What if your Masculine side means something more to who you are? Understanding that part of your self is the beginning of a journey into a bigger world.

### **2. Is there a point in time where you needed to find yourself?**


I hope you don’t find yourself watching ships go by as your life silently passes you by as well. There is always a fork in your road somewhere in time. For many of us it happens several times. To look in the mirror and not know who you are is a scary thing. We all have stories about the things that have defined and shaped us. Who are you really? Is an identity crisis really a crisis or a fork in the road? Maybe it’s time to venture down another road. It’s time to start a new journey on a different path.

### **3. Is a healthy relationship related to a strong you?**

What is your definition of a strong relationship? There are hundreds of books out there asking you the same question. I think it comes back to the book “Men are from mars, Women are from Venus.” Although it was not written that long ago it makes a good point: we are different. People from different places and backgrounds need to understand each other. A strong you means you can explain to others exactly who you are. To be who you really are in a relationship will only strengthen that bond. Who are you really? A healthy relationship yearns to see the other become so much more than they began with. Are you prepared mentally to deal with that?

### **4. Are you willing and ready to listen about who you need to be?**

People with addictions are never ready to listen in the beginning. There is a picture inside you of who you look like and what others should look like. We tend to spend our time trying to make others look like that picture. Rarely do we take the time to make us look like who we really are. We compromise and neglect the person inside. At some point we need to be ready to listen to the voice inside about who we are. Are you ready to listen?



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### **5. Who are the people, events, and books that have edified your life?**

This question says it all. What are those special markers in your life that have shaped you? I have had events, books, and teachers that have been those forks in the road. I have read the Gospels many times. One day a preacher asked me to go deeper by reading each of them 4 times in one month (that was hard to do). The thing of it was that by the third Gospel I was beginning to see things differently. This process changed me forever. There are reoccurring themes in your life that are defining you. Maybe those things are pivotal markers or forks in your journey. Is it time to acknowledge those markers and go through your journey so far one more time.