



Cultural Myths

- Many of the beliefs society had given me about male-female relationships were totally wrong
- I had to break free of these cultural myths to start improving my relationship with women
- These beliefs are actually destroying couples not helping them to find happiness together



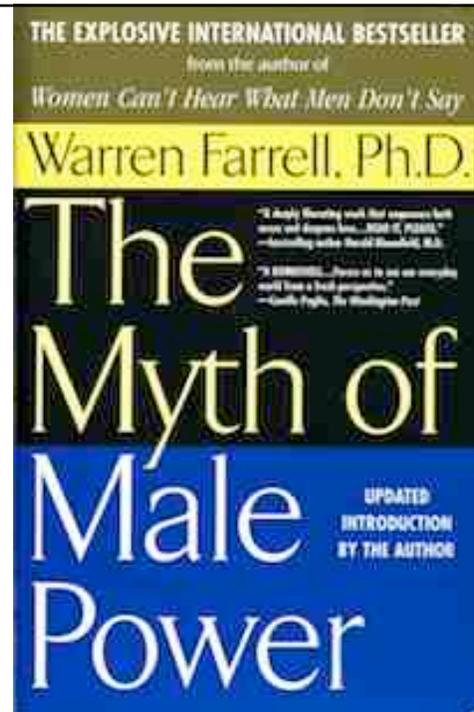
Valid Female Concerns

- I have worked with far more women in emotional healing work than men
- I have helped women heal from rape, incest, assault and numerous other forms of abuse
- These are real issues for which women need help, support and assistance
- It's little wonder women who have suffered this kind of abuse might see men as universally aggressive and "bad"



Men Have Issues, Too

- Unfortunately, modern society seems to ignore many of the issues men have
- For example:
 - Men commit suicide at a rate 20 times higher than women
 - Men receive greater punishments for committing the same crimes as women
 - Women are assumed to be the better parents in divorces and preferentially awarded custody of the children
 - Women's testimony tends to be believed over a man's testimony



Domestic Violence

Cultural Myths

- Women and children are the victims of male abuse, women are never abusive
- When women attack men they are always justified because the man "must have done something" to deserve it
- Women are the kinder, gentler sex
- A woman who says she was raped or molested would never lie about such things

Actual Facts

- Most statistics on domestic violence are based on incidents reported to the police; men usually don't report abuse
- All independent studies suggest that abuse is about 50-50 in domestic relationships
- In situations where the woman is the abuser, the man often gets arrested instead
- Women have been known to fake abuse or sexual assault to get a jilted boyfriend arrested

Physical Spousal Abuse Statistics

- Between 4-15% of people at an emergency room are there due to domestic violence
- 1 in 3 women and 1 in 4 men have been victims of some form of physical violence by an intimate partner within their lifetime.
- 1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.
 - Source: <http://www.ncadv.org/learn/statistics>
- 85% of reported domestic violence is done by women, but 40% of the victims of severe, physical domestic violence are men.
 - Source: <http://domesticviolencestatistics.org/men-the-overlooked-victims-of-domestic-violence/>



- Men are largely silent on the issue because of the perception that men are physically stronger and should be able to subdue a female attacker easily
- Men who do report physical violence are more likely to be ridiculed—both by law enforcement and by the public
- More money is spent on women's programs, and more crusades are launched on behalf of women who are victims of domestic violence despite the fact that men are almost equally or in some cases more likely to be victims of both physical and psychological abuse
- Men are more likely to be victims of attacks with a deadly weapon. According to one study, 63% of males as opposed to 15% of females had a deadly weapon used against them in a fight with an intimate partner

Source:
<http://domesticviolencestatistics.org/men-the-overlooked-victims-of-domestic-violence/>

Male Abuse Reporting



Abuse is Abuse is Abuse

- If something is wrong for a man to do to a woman, it's wrong for a woman to do to a man
- Moral principles are independent of sex, race, religion or nationality
- Taking about abuse in just terms of race (discrimination), religion (persecution) or sex (abuse) can cloud the issue that everyone is capable of being abusive

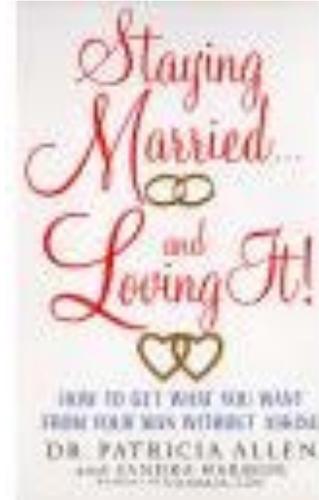


Relationships and Roles



Understanding Traditional Gender Roles

- In *Staying Married and Loving It and Getting to I Do*, female psychologist Dr. Patricia Allen explains traditional gender roles and the importance of understanding differences between men and women for success in dating and marriage
- It is based on the idea that we have to be a 50% narcissist, meaning we have to give up something to get something in having relationships
- We need to decide whether we primarily want to be cherished or respected



Like Games Relationships Have Roles

- In a team, different players have to play different positions (roles)
- If everyone on a baseball team was trying to be the pitcher, who will be the hitter and the catcher
- Everyone on a football team can't be the quarterback, but the quarterback can't function without the other players on the team
- Relationships work best when there are clear and agreed upon roles



Responsibilities and Rights

- All positions in a team have responsibilities and rights
- The rights (or privileges) of that role come by assuming the responsibilities of that role
- To try to claim the rights without assuming the responsibilities will destroy the team



The “Entitlement” Mentality

- The “entitlement” mentality can be defined as “give [bribe] and take”
- I give what I want to give you (and think you should have) and then I demand you “give” me what I want in return
- This attitude destroys all relationships because you are trying to control both sides of the relationship



Your Emotional Issues

- Create “triggers” that get in the way
- Blaming the other person for activating your triggers is like blaming a rock for stubbing your toe
- You have to learn to understand your triggers and communicate feelings and needs without blame



Opposing Energies

Being Respected

- When we want someone to listen to our advice and opinions and value us as a problem solver, we are asking to be cherished, to be looked “up” to for what we do
- Leaders want respect
- Being respected puts a person in a more traditionally “masculine” role

Being Cherished

- When we want someone to care about our feelings (and the needs behind them) we are asking to be cherished, to be lovingly cared for who we are
- Supporters, followers and dependents want to be cherished
- Being cherished puts a person in a more traditional “feminine” role

Primary Relationship Roles

Yin

- Receiving role (receives from the yang)
- Gives back to the yang when full (satiated)
- Cherished follower role (wants to be protected and cared for)
- Gives respect (honors the leadership role) in exchange for being cherished
- Examples:
 - Child
 - Employee
 - Customer
 - Traditional role of a wife

Yang

- Giving role (gives to the yin)
- Receives from the yin when depleted (emptied)
- Respected leader role (wants to protect and care for)
- Cherishes (honors the follower role) in exchange for being respected
- Examples:
 - Parent
 - Employer
 - Salesperson
 - Traditional role of a husband

Feared Dictators

- A dictator leads from their opinions and does not care about how his or her followers feel about their ideas
- Dictators use rewards and punishments to compel their followers to obey their decisions
- People fear dictators, but they cannot love or respect them
- Being feared is not the same as being respected



Respected Leaders

- Leaders inspire people with their ideas and gain willing and enthusiastic supporters
- Leaders care about the feelings (needs) of their supporters and take them into account in their decisions
- Leadership is not dictatorship!
- Respect cannot be demanded, it has to be earned



Leaders Earn Respect

- Leaders can only have willing followers when they demonstrate to the follower's satisfaction that they have their best interests at heart
- Parents earn respect (voluntary obedience and cooperation) from children when they lead children with firmness and love, always demonstrating that they care about the welfare of the child
- Businesses thrive when they understand their customer's needs and find ways to provide for those needs with outstanding service
- Employers earn the respect of their employees when they guide their employees with the intent of wanting to help them be successful

Male Rites of Passage

- The transition from being a child to an adult is puberty, which was traditionally associated with rites of passage
- Female rites of passage centered around the beginning of menstruation, which signaled the beginning of womanhood
- Male rites of passage centered on a boy proving he was a “man” by being willing to put his own feelings and needs behind doing what was in the good of the tribe

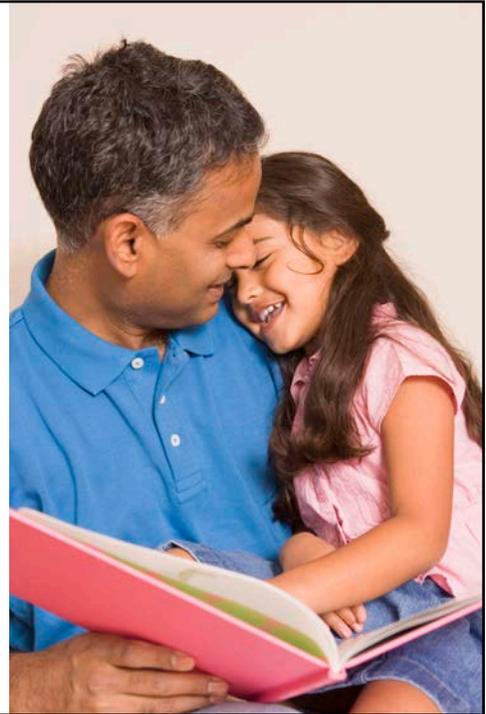
Separating the Men from the Boys

- Boys are dependent on their mothers, meaning the mother is in the role of respected leader and the boy is in the role of cherished follower
- In traditional male rites of passage, the “boy” is taken from his mother into the company of men, where he is supposed to no longer “obey” his mother
- He transitions from expecting the woman to care for him, to being the caregiver to the woman



Cherished Followers

- Cherish followers are in the receiving role
- They receive care from their leaders and give back their support and approval
- Cherished followers do not support the leader in anything which does not FEEL right to them
- They voice their feelings (and desires), expecting them to be cherished



Followers are Not Doormats

- A cherished follower does not support decisions they do not feel good about or that would cause harm to them
- They do not initiate giving, they only give back
- They never give back more than they receive
- Followers must remain true to their hearts, giving their support only when they feel to do so voluntarily

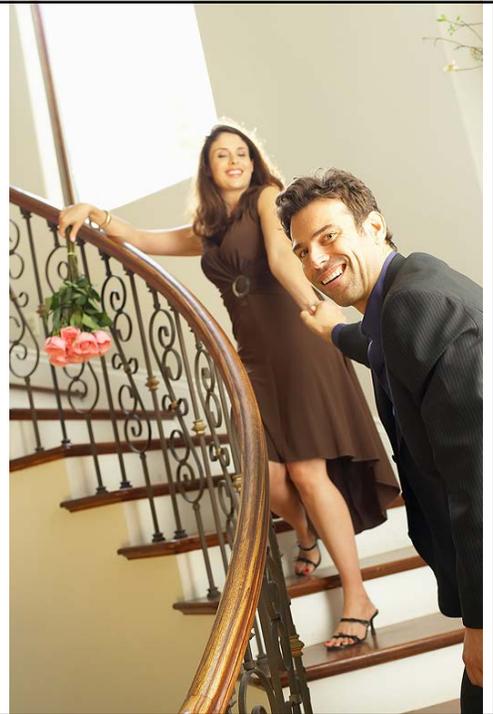


Good Supporters Get Cherished

- The follower gets taken care of, in exchange for respecting and supporting the leader
- Children receive food, clothing, shelter, love and protection from parents, and special privileges in exchange for their cooperation with family rules
- Customers receive great products and services from businesses, in exchange for supporting them with their money
- Employees receive money and benefits from their employers in exchange for supporting the owners by fulfilling their assigned tasks and helping the business thrive

Switching Roles

- Sometimes a man needs to be cherished and a woman needs to be respected
- This means they need to switch roles in the relationship
- The person wanting to switch roles should alert the other person and ask for time to switch roles
- When switching roles, they must allow the other person to take the opposite role



Giving and Receiving

Feminine

- Feminine energy needs to receive in order to give, which is why a woman's affections have to be constantly courted
- A woman must learn to feel secure in receiving and only give back when she is happy with what she has received
- To be in the feminine role, a woman must never give back more than she receives in a relationship with a man

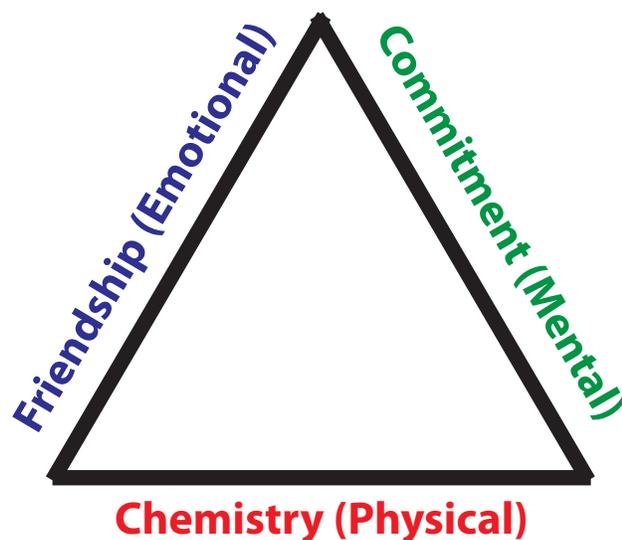
Masculine

- Masculine energy needs to give in order to feel good about receiving
- To feel "manly" a man must feel like he is giving more than he is receiving, and that he has "earned" what he receives
- Receiving more than he gives from a woman causes a man to feel like a boy and view his partner like a mother

*From **Staying Married and Loving It** by Patricia Allen*

Three Aspects of Healthy Sexual Relationships

- Desire – physical attraction or what we call chemistry (physical)
- Friendship – common goals, willingness to care and watch out for each other (emotional)
- Commitment – agreement to stay together and work through differences (mental)



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