

# THE 5 MYTHS OF MASCULINITY

A man in a red jacket is seen from behind, looking out over a vast, open field under a hazy, sunset-colored sky. The scene is peaceful and contemplative.

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COMPASSIONATE  
MAN PROJECT

Website: [www.thecompassionatemanproject.com](http://www.thecompassionatemanproject.com)



# REAL MEN DON'T FEEL EMOTIONS

Truth: Real men feel deeply – and have the courage to stay present with those feelings. Avoiding emotions doesn't make us strong. It makes us shut down, numb out, or lash out. Emotional awareness is not weakness – it's wisdom. The most grounded, powerful men are the ones who've done the inner work to feel fully and respond skillfully.

**Myth  
One**

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# VULNERABILITY IS WEAKNESS

Truth: Vulnerability is the birthplace of real connection and inner strength. When men hide behind masks, relationships suffer – with our partners, our kids, our teams. Opening up doesn't mean falling apart. It means standing in your truth. It takes guts to say, "I'm struggling," or "I need help." That's leadership.

**Myth  
Two**

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# I HAVE TO FIX EVERYTHING

Truth: Sometimes, the most powerful thing you can do is listen without trying to fix. We're conditioned to solve problems – but not every situation needs a solution. Some moments just need presence. Being there, without rushing in to fix, is often the most healing act we can offer to others – and to ourselves.

**Myth  
Three**

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# SUCCESS DEFINES MY WORTH

Truth: Your value isn't measured by your income, status, or how many plates you're spinning. True self-worth is internal. When we tie our identity to performance, we're always at risk of burnout, self-doubt, or shame. The compassionate man knows his worth is inherent — not earned.

A silhouette of a man standing on a dark, rounded rock or cliff. His arms are raised high in a 'V' shape, and he is facing away from the viewer towards a hazy, orange-brown sky. The overall mood is one of triumph or achievement.

**Myth  
Four**

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# I'M ON MY OWN

Truth: You were never meant to do this alone. One of the most dangerous messages men receive is that we have to handle life solo. In reality, connection is survival. Brotherhood, mentorship, friendship – these are lifelines, not luxuries. Asking for support is not a failure. It's how we grow.

**Myth  
Five**

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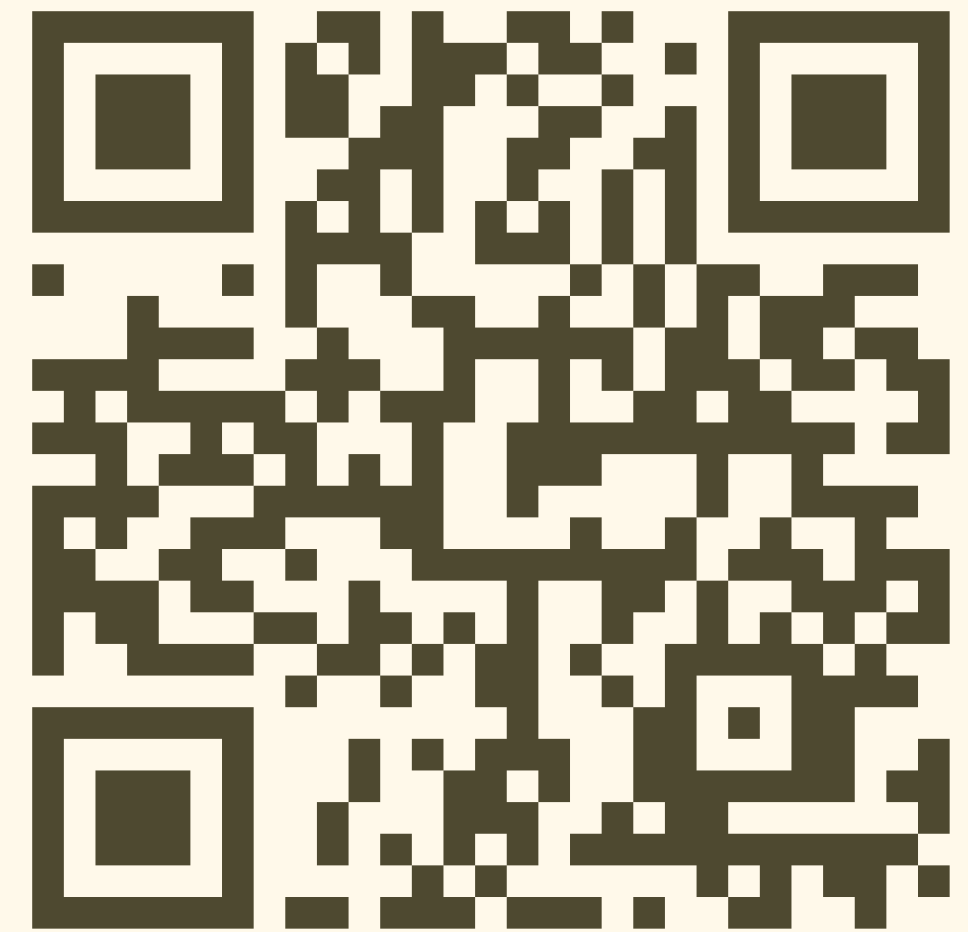


# WHICH MYTH WILL YOU CHALLENGE?

You don't have to be perfect. You just have to  
be present.



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