



*THE 7 LIES STRONG MEN
TELL THEMSELVES*
That Keep Them Suffering in Silence

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ABOUT

D r . K e n

HELLO !

I am a licensed psychologist and yoga instructor with more than 30 years of experience helping high-performing men break free from anxiety, perfectionism, and silent overload. I've worked with leaders across healthcare, business, and public safety, men who look strong and steady on the outside but feel like the pressure never lets up on the inside.

Throughout my career, I have seen a powerful truth:
The more responsibility a man carries, the fewer places he feels safe to unload it.

Healthcare professionals are trained to stay composed in chaos... but not to recover from the toll it takes. That's why anxiety shows up as chest tightness, overthinking, irritability, and emotional shutdown. It leaves too many smart, capable men feeling alone with their struggle.

I specialize in helping high-performing men understand the hidden pressure that often comes with success and giving them practical, science-based tools to regulate their nervous system, regain clarity, and lead their lives with greater calm and confidence—without feeling weak, exposed, or misunderstood.

These simple steps are a starting point. They help you recognize when responsibility, performance pressure, and silent stress may be turning into hidden anxiety. Once you can see it clearly, you can begin changing how you carry it. If these steps resonate with you, there are many more tools and strategies designed to help.



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You built the life. You carry the weight. You show up.

And at 3am, when your heart is pounding and your brain won't stop running worst-case scenarios, you tell yourself the same thing you always do:

"I'm fine. I can handle this. This is just how it is."

Those words have kept you functional. They have also kept you stuck.

After 30 years and thousands of high-performing men, I can tell you with certainty: the seven statements ahead are not strength. They are traps. And every day you stay in them is a day you are running your career, your marriage, and your fatherhood from anxiety instead of power.

Let's name them. Then let's end them.



LIE 1

"I Don't Have Time for This."

The Truth: You Don't Have Time to Keep Paying the Cost.

Marcus ran three companies. He was in his car by 6am and rarely home before 8pm. He told me in our first session that he didn't have time for this. I asked him one question. How long have you been waking up at 3am? He paused. "About four years." I did the math out loud. Four years of broken sleep, forty-five minutes a night minimum, lying there running every worst-case scenario his brain could manufacture.

That's over a thousand hours. He had already spent more than a thousand hours inside his anxiety. He just hadn't spent a single one solving it. He looked at me and said nothing for about ten seconds. Then he said, "Book me for Tuesdays."

Lesson: *You are not too busy to do this work. You are too busy not to.*



LIE 2

"I've Tried Therapy. It Didn't Work."

The Truth: You Tried the Wrong Tool.

Rick was a contractor. Built things with his hands his whole life. Came in skeptical, arms crossed, told me upfront he'd done therapy twice and both times felt like paying someone to watch him feel bad. We didn't do that. We mapped his nervous system. We gave him a protocol for the moment his chest started closing. We built him tools the way he built houses: one solid piece at a time, nothing decorative, everything load-bearing.

Eight weeks in, Rick taught his foreman the same breathing reset he'd learned in session because the foreman was falling apart before site meetings.

A year later Rick called me. His daughter had asked him to walk her down the aisle and in his speech he talked openly, in front of two hundred people, about learning to be a man who could feel things. He said the room went quiet in a way that felt like church. The contractor who came in with his arms crossed became the man his family had been waiting for. That's not therapy that worked. That's the right tool finally in the right hands.

Lesson: *You didn't fail at getting better. You just haven't had the right blueprint yet.*



LIE 3

"I Can Handle This on My Own."

The Truth: Handling It Alone Is Why You're Still in It.

Gary came in wearing a t-shirt that said "I'm Fine." I am not making that up. I pointed at it. He looked down at it. He looked back up at me. He said, "My wife bought it." I said, "Of course she did." He laughed. It was the first real laugh he'd had in about six months and we both knew it.

Gary was the guy everyone leaned on. The fixer. The rock. The man who handled things. He had been handling his anxiety alone for so long he had genuinely forgotten it was optional. He thought that's just what strong men did. Carry it. Quietly. Forever.

By session four he told me something that stopped me cold. He said, "I've been so busy being strong for everyone else that I never once asked myself what I actually needed." I wrote that down. I still use it. Gary left our work together lighter than I'd ever seen a man walk out of my office. He donated the t-shirt. Bought himself a new one. It was plain blue. Nothing on it. That was the point.

Lesson: *Handling it alone isn't strength. It's just a habit nobody ever gave you permission to break.*



LIE 4

"I Can't Afford It."

The Truth: You Can't Afford What Anxiety Is Already Costing You.

I teach yoga. I know, I know. A psychologist who teaches yoga sounds like the setup to a joke, and I've heard them all. But here is what thirty years of clinical work and a yoga mat have taught me together: the body keeps score, and it also keeps secrets. Men walk into my office carrying tension they have been lugging around for so long they think it's part of their personality. Tight shoulders. Locked jaw. Shallow breath.

They call it stress. I call it a nervous system that has never been given permission to exhale. One afternoon I had a client, James, a CFO, who told me in our first session he couldn't afford to work with me.

Third session, I walked him through a four-minute breathwork reset, the same one I use in yoga, simple, unglamorous, ruthlessly effective. He opened his eyes afterward and sat very still. Then he said, "I haven't felt that quiet in fifteen years." Fifteen years. He'd spent fifteen years affording everything except that four minutes. He started the following Monday. He told me six months later it was the best investment he'd ever made. He was the kind of man who measured everything.

Lesson: *You are not the expense. You are the asset. And assets require maintenance.*



LIE 5

"It's Not That Bad Yet."

The Truth: It's Already Costing You More Than You Know.

Tom didn't come to me because things got bad. Tom came to me because on a Tuesday morning his wife slid a piece of paper across the kitchen table and walked out of the room. It was a list. Seventeen moments over four years where she had reached for him and gotten a wall. Seventeen times she had tried to tell him something was wrong.

He had no idea. That's the part that wrecked him. Not that she was angry. That she had been keeping score for four years and he hadn't noticed the game was being played. Tom was not a bad man. Tom was an absent one. Present in the house, gone everywhere that mattered. He did the work. His marriage survived. But he said something in our last session I've never forgotten. "The hardest part wasn't fixing it. It was accepting that it was already broken while I was standing there telling myself it was fine." Tom got lucky. The paper slid across the table before she walked out the door instead of after.

Lesson: "Not that bad yet" is something men say right up until it's catastrophic. The bill always comes. You just don't get to choose when.



LIE 6

"My Wife Suggested This, So I'm Skeptical."

The Truth: She Saw What You Couldn't.

Steve came in and told me his wife basically made him come. He sat down like a man waiting for a jury verdict. He said doing this felt like admitting defeat. I asked him what his life looked like right now. He described it in three sentences. Work was consuming him. Home felt like a place he visited. And his teenage son had stopped trying to talk to him about six months ago and he didn't know exactly when it happened or why. We worked together for eight months.

Eight months later Steve coached his son's baseball team. Not because anyone asked him to. Because one Saturday morning his son mentioned tryouts and Steve said, without thinking, without managing himself, without calculating the cost to his schedule: "I'll be there." And then he showed up. Every practice. Every game. His son hit a double in the third game of the season and looked into the stands the way kids look when they need to know someone saw it. Steve was already standing. Already yelling. Already there.

After the game his son said four words to him that Steve repeated to me word for word in our last session. He said: "Dad, you came back." That's the win. That's what's on the other side of the lie. Not a trophy. Not a title. Four words from a kid who stopped believing and then started again.

Lesson: *Your wife didn't send you here to fix you. She sent you here because she still believes in the man you are capable of being. Don't let pride cost you what matters most.*



LIE 7

"I Have to Take Care of Everyone Else First."

The Truth: A Well That's Never Refilled Runs Dry.

Dave ran a landscaping company with fourteen guys on payroll and four kids under twelve at home. He came in exhausted in a way sleep never touched. I asked him what he did just for himself. He looked at me like I'd asked the question in a language he didn't speak. He said, "I take care of my crew first. I take care of my wife first. I take care of my kids first. I go last. That's not a rule, that's just being a man." I asked him how long that had been true. He said, "Forever." We started small. Ten minutes of coffee before the crew arrived, sitting down instead of standing at the truck. Phone face down at dinner, one night a week. He fought me on every inch of it. Told me it felt selfish. Told me his father would have called it soft.

Four months in, his oldest daughter asked to ride along to a job site on a Saturday, just the two of them. He said yes without checking the schedule first. In the truck she looked over at him and said, "Dad, you're not stressed today." He told me later that was the first time in eleven years one of his kids had commented on how he seemed instead of what he'd done for them.

Lesson: *Taking care of everyone else first isn't sacrifice. It's a system with no maintenance plan, and systems without maintenance eventually fail the people counting on them most.*



You Already Know Something Has to Change.

That's why you read this.

The brain that wakes you up at 3am is not your enemy. It's a nervous system that never got the tools it needed. That's fixable. I've seen it happen in men who were further gone than you are right now, men who were certain they were past the point of change.

They were wrong. And if any of these seven lies felt familiar, so are you.

The men I work with don't just cope better. They become men their families can feel.

Men their teams trust without question. Men who finally, after years of white-knuckling it alone, feel like themselves.

That's not a promise. It's a track record. 30 years. Thousands of men. Proven tools. A clear path.



Thank You!

I hope you found this checklist helpful for building your self-confident life.

Next....

If you want more fast, practical tools like these, ones built for men in high-pressure healthcare roles, [click here](#) to join us in our next **Unshakable Men's Program**, to establish calm, connections, align with what you really want.

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