

2-11-23 toxic masculinity

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All right, all right. Welcome back. Thanks so much for joining us. As always, we appreciate your time, we know you have many options. I today have a guest again, my brother Jason decided, hey, let's get back together and do that. Again. That was kind of interesting. And so here we are, we're gonna roll into something that I'm uh, let's be real, I don't know that either one of us are totally prepared for. And so you're gonna get to hear us process this content lifetime. So, it, it may sound different, it may work out fantastic. I'm gonna be honest, I'm going to just disclaimer here real quick. I may say something really dumb in this one. Because when I'm less prepared, I'm more likely to say something dumb. That being said, you know, that's part of the process. That's how we learn and grow. So we're just gonna go ahead and get rolling. The topic that we discussed, you're bringing up today? Well, we actually threw out a bunch of things today, but the one we settled on, we're going to address toss. Look at them. I'm already fumbling my words, there you go. Toxic masculinity. All right. And that's, that's a topic that's really tough to discuss today. Because all of this changing gender norms, stuff that's going on. And, you know, the reality that a lot of men can do a lot of things, and a lot of women could do a lot of things. And, you know, we're just rolling into this category. With so many options, and so many avenues we could go down, and we're just gonna see where it goes, we do have a start spot that is about the only thing that we decided on was let's have a start spot. And with that, we're going to roll into a definition. I believe we are going to use the the site that's 100% reliable. That was sarcasm, for those of you who don't know, sarcasm right off the bat, but we are going to roll into a Wikipedia definition of toxic masculinity. See, I got it right that time, folks. All right, my, my brother actually has that definition in front of him. So he's gonna roll with that, and then we're off.

Right? It's a set of certain male behaviors associated with harm to society and men themselves. Traditional stereotypes of men, as socially dominant, along with related traits, such as misogyny, and homophobia can be considered toxic, due in part to their promotion of violence, including sexual assault, and domestic violence.

Oh my gosh.

I'm actually right now jotting down some notes those you are watching on rumble or YouTube. You see him he looks straight down because I honestly he read part of it to me, but I did not hear the end of that the first time. So this is really my first time hearing. So male dominant, I heard like it's male dominance. That word is in there. Is that correct?

Socially dominant,

socially. Oh, my gosh. Okay.

So we are talking, we're talking toxic masculinity. We're not talking about masculinity. We're talking about the toxic version of it. And so socially dominant, I guess that fits what I'm trying to I'm wrestling with the misogyny, homophobia and violence. Like those were three things that were brought up at the latter part of that just the first time that I've heard it. Can you read that part again, for me, because I'm trying to break that doubt in my brain.

Traditional stereotypes of men as socially dominant, along with related traits, such as misogyny and homophobia can be considered toxic due in part to their promotion of violence, including sexual assault and domestic violence.

Okay, so toxic means it's promoting violence.

Yeah, sounds like so

it's this is weird, because if you just go through that, and you just re restate it, but instead of using the words, you say related traits such as hatred or contempt for women, hatred towards homosexual behavior, or violence, which include physical assault, and assault of family members.

So I just restated it,

using other words instead of the words that were used in there.

Which I guess, you know, I mean, okay. Fine, I agree. That's all that's toxic. Right? I mean, you,

maybe, okay, so let me let me throw this idea at you. All right.

What about emotional dysregulation,

people emotionally dysregulated routinely, men, women, little kids, adults, like people dysregulated, emotionally. And emotional dysregulation often comes with a pattern of a blind sprinting, you know, you got, you can't see where you're going, but you're going 100% in a direction. And you run into things, you make a mess, it's, it's not good. In that we often say so I often do this with with clients sitting in my office, when they're sitting on the couch, and they're venting. Somewhere between, I don't know, 25 and 75% of what they say. They don't mean. Now, I'm not saying that it's right, that they're being mean, or disrespectful in their venting. But if we know they're venting, or emotionally dysregulated, if we know that's happening, then we, we have to take their words with a grain of salt, because

they, they, they can't

control that overflow, as well as they normally would be able to. And so they can express hatred, or, you know, even things that people would Claire would classify in the category of misogyny, homophobia, or things that would perpetuate violence. If they saying things something like, seriously, I could kill them. But they don't mean it. You know, they don't mean it there. You know, you know that underneath that emotional dysregulation is not that level of hatred, but it comes out

really ugly. Does that make sense? Yes.

I'm just trying to, I'm trying to I'll try to process that. Because the, because that's, that's a different plane of consciousness. Because you're, you're, you're thinking about thinking about it, in a sense, where you're trying to put yourself in a position to where you're, you're letting your emotions overflow. And so you go to a phantom place where you feel safe. And you can say something like that. Even if it's not real, right? Am I Am I stating that correctly? Like,

I mean, it sounds sounds good to me. I mean, what you're talking about is the waking dream state. It's the idea of, we have to have a safe place to process we often do that in our dream, right? Where we're unbound by gravity and oxygen and all the other normal things of life. And we can just process but when we're awake. Well, we can't process that way until we put ourselves in a place. For instance, I often I talk about the different levels of safety, emotional safety, relational safety, spiritual safety, environmental safety, and stuff like that physical safety, we go to a place where we are safe. And then we process it. We get it out in the open. And it's messy, and it's gross. And it's ugly.

Well, yeah, that's what you're talking about. Yeah. So.

So are we so are you saying then that that can be interpreted as toxic masculinity, even though it might not be?

Absolutely, especially now, like when I when I translate that into 2023, which is what we're in, in 2023, everybody's got a phone, a device that records, things that used to be done in private, often now, are public. And so where we used to be really truly safe We now are not in so we are learning as you know, as a human race that, wow, I'm not saved anywhere, which is horrible. But that's, I mean, obviously, why I have a job. You know, like, I see people and you know, pretty create safe space where there is no recording going on. Like they're, you know, they're, they can say whatever they want to say they can be mad. They can be, you know, whatever. But right now, you go out in the public, you're on the sidewalk, and you say something, and somebody turns around and screams, let's Georgia noticed your horrible, you're terrible human being. And you're like, I was having a conversation with a friend. I was venting, thinking I was safe. But clearly, I was not. And so we get all of these perceptions, that there's a ton of toxic masculinity, when all reality might point to a very different version, it might be men actually learning how to talk about crap. I mean, I'm not saying it that way. But it could be like, that's a different way of looking at the same problem.

Yeah, and part of like, the follow on of the definition here is it discusses that safe space in a way, and it says, boys will be boys. And another way that's not in here that I've heard is where it's, it's locker room talk. Right there. Those are safe spaces, apparently, historically, right? Is that toxic masculinity then? So are the safe spaces, if boys are being boys, or you have locker room talk? Our boys, are they toxically masculine? Or are they learning how to be masculine? That might be interesting.

Yeah, okay, we'll go down that path. The difference between toxic masculinity and masculinity? Like what then is masculinity?

Yeah, okay. That's interesting,

because I've done a bunch of a bunch of stuff on this one in the past, but I want to hear your thoughts like, what is your thoughts?

Yeah. It's,

it's learning how to use

the the,

I guess, the testosterone, which would I guess, the difference between masculinity and femininity might be the different hormones that we that we possess. So true masculinity is learning how to harness the power that testosterone provides to the upper end of the spectrum of being male. That that enables you to provide that, that protective cover that is usually associated with being a male, I think. And so that's what masculinity is. It's that, that that power, speed and strength along that spectrum, and learning how to control that. That would be my definition, it might be weak. I don't know, I'm thinking out loud here. But

I, whatever it is that I don't know why, but on this part, I've spent a lot of time on that, like that. So when you're talking about basically maleness, you know, the idea of being a protector. You know, here's the thing, when you look at the difference between masculine and feminine, they're both protectors. They're just protectors in different ways, typically. And those ways, this is this is where when we talk about gender norms, when we talk about a social attribution of what is within the male spectrum and the female spectrum, we end up in this debate right here, where it's, you know, well, women can protect as good as men, sometimes better, depending on the situation. I mean, in all reality in a social situation, I'm going to take a my wife's her interpretation of the social social situation, I'm going to take that very seriously because she has a different way of picking up information than I do. And oftentimes, it's better. It's going to create a better safety for me, for my family, for the people that I don't know and don't even know that I should care about. Like she's going to pick up stuff that I don't pick up and in that way she's more protective in in certain situations. missions. But what you then went on to attribute was power, speed strength? Well, some people would argue, because there's the overlap between the male and the female spectrums. Well, some women are stronger than men. That's a fact. That's true. So should they be relegated to some other version of, you know, the, the protection scale? No. But generally speaking, these these norms, these social norms fall on a spectrum. And, you know, the vast majority of men, this is reality, this is not from my vantage point, this is reality. You know, the vast majority of men are going to out strength in the vast majority of women. I think that's a biological real statement. Now, there's confusion being added to it, because of all the, you know, gender transformations, where you've got, you know, previously male swimmer, swimming on female teams, and addressing themselves as female. And it's creating tons and tons of confusion. That being said, the power speed and strength piece, what is the significance of that within the dynamic of masculinity? Not toxic masculinity?

Yeah, okay. So if, if your example of that a social situation where your wife becomes the protector in that scenario, I would say the power, speed and strength comes in, in an environmental situation. So we're talking in a dangerous situation in public, let's say or, or out in the woods, that's where the environmental factors coincide with the masculinity that that the male would bring in order to provide the needed protection. So we're talking about another dangerous man, or dangerous animal, or a dangerous situation, like a storm of some sort, whatever it is, it's environmental. And, and now we can harness our masculinity in that situation, to protect ourselves and our families or whoever is with us.

Yeah, that would not be toxic in that situation. That would be just just plain old protection.

Yeah, it was,

there was a video I saw. I'd like to say the last week or two that was floating around on social media. That was a a a man who literally climbed out of a window. Now, let me let me preface there's a baby hanging from a window. Like, you know, a toddler, like maybe a two year old. And there are several stories off the ground. And, and this man literally climbs out a window up above. And goes like, like monkey style, like hanging, you know, from the building, reaches down, grabs the baby, basically tosses them in the window, more or less, and then climbs back in the building. Like, is that toxic masculinity? Or is that just masculinity?

That's just masculinity. But check this out. Wait. So I saw a video probably a month or two ago have a I want to say it was a rabid possum, or a rabid raccoon that did. Or maybe it's a coyote. I don't remember the animal, whatever it was, it was it was small, but but brutal. I mean, it's a wild animal, right? It grabbed a hold of, of a kid. And the mom was unlocking the door opening the door recognizes that the kid was screaming, and like, literally ran over, like grabbed the animal. And like, in the animal kind of turned on her and they, she she's like yelling, Get inside, get inside. And she's holding the animal like this. And she's like, walking away and like throws it.

Right. Yeah. Like, so. Both.

Both characteristics exist simultaneously. Right? Like, it's so is it? Was she being masculine? Well, I don't know if socially, I mean, not socially, but like, by definition.

Yeah, according to social norms, or Yeah, social norms. There you go. According to social norms. Absolutely. Like people are gonna be like mushy on steroids like me, not just a regular Oh, mom. Yes, she was a mom. That was you know, most likely seeing the urgency and the need saying, huh, uh, nobody else is gonna do this for us. It's gotta be me. Yeah. Yeah, she's went ham on that animal.

Big time. Yeah, it was cool to see it was it was awesome. But okay, so I got a random segue that might push us into a different area. But let's say we go down the road of femininity, right? So you have the social norms of femininity, which would be like a comforting and empathy, you know, in and maybe better listening skills than the masculine traits in a social situations.

How can a man do that? In this environment?

You mean empathy? And

yeah, so let's say you see, okay, so let's say, if, if a, I saw a video, I want to say it was a comedian, talking about how if a baby's crying, and and they're in a store, and they're alone, and the woman walks up to a baby, or a toddler, and and says, Hey, how you doing? You know, we're, where's your parents? You're talking right? How about what if? What if a man were to do that, in that situation? What, what would be the perspective of the masculine versus the feminine? characteristics in that situation? Oh, that's tricky, right?

It's tricky, because the first, okay, because of the same stereotypes that lead us toward toxic masculinity. Yeah, on the other end of the spectrum, there is this, there's often right or wrong, there's often this perception of why is that man talking to that child?

And it's, yeah, and it's the child crying because the man is talking, like, what if somebody comes in after this situation? How?

That's weird, right? Right. You know, you get that? Is he a creeper? It's like, that's the that's, that's the word that I would say people would associate with like, Oh, is he just a creeper? Is he trying to kidnap that kid? Right, like, you know, but, but in all reality, that's an empathetic man. Okay, so from a therapeutic lens, I would say empathy, empathy, I actually keyed in on that word, right when you said it, because that's a that's an important word in the mental health profession. It men should be empathetic. Unfortunately, there there's this history that has happened, where there there have been, and here's the thing, there's, there's creepy man and creepy woman, let's be real. Like, there's, there's good and bad of every, you know, every kind. And so, but for whatever reason, historically, we have created this paradigm that you got to be really, really cautious around men, because historically, men have been more aggressive in their in their nastiness, when they get nasty, their pursuits of malicious behavior, Yes, much better way of saying it. And so, so we're fighting the old paradigm, as men actually exhibit empathy. And I would suggest even that, going back in time, I would say most men, probably were more empathetic than not. It's just really loud and aggressive men have kind of gotten the new cycle. You know, they steal the scene, much like, right now we're seeing men and women. And you know, in transgender, they're stealing the new cycles. And so it looks like it's, you know, all all men, even though it's not all men, it's not even probably half man, it's probably not even three quarters of them. You know, like, there's, you're probably talking about a small percentage, but they're dominating the news cycle. Or they're in dominant positions. Right? Like, they they are late toward the top somehow, which, you know, does lead into that whole conversation, which I don't I don't think we should get into it today. But later on, maybe at some other time is, you know, what do you do about, you know, the male dominant culture? Which I don't know, I mean, I think we've been moving away from that for a long time, but that's a conversation for a different time. So, you know, you got a man who's being empathetic, you know, how do we not attribute them To be in a creeper, because it kind of looks similar. But it's weird because it's like

trying to come up with an example. But if there's toxic masculinity, then the opposite up, whatever that was, the opposite of that would be a more empathetic man, perhaps. But the perception of the more empathetic man is, once again toxic masculinity. So it's like a boomerang, right? You're toxically Yeah, so you're toxically masculine. Because you're, you're exuding your power in a negative way. So you shift to the other end, and you're like, Okay, I'm going to be more empathetic. So I'm going to,

I'm going to listen better, and I'm going to feel more and and try to assist in that way. But then now you're creeper, which then makes you toxically masculine. So now you're back to here again, even though you're exactly the opposite how to? How do we reconcile that? Like, what the heck?

Yeah, that's a tough one. Because that that comes down to other people's perspectives. Like, I don't get to decide if somebody views me as empathetic, loving, caring and kind. They have to decide if I'm loving, caring unkind? Well, you know, it's that same double edge. When we apply that to women, I think comes out with, well, they, you know, they've slept with five people, they're a sloth versus, you know, wait a minute, maybe, maybe that's not it. Because if we look at men on a scale, and say they slept with five people, we're probably not going there a man whore. You know, we're, we're, we just are, we are applying a scale that may or may not be accurate, but it's based on our own bias. So for me, as a therapist, I'm going, how do I get rid of my bias and more accurately assess any situation? Right? Like, you know, it, let's say she slept with, you know, five people? Does that mean she's a sloth? I mean, what is like, it's like, this is a hypothetical, but this is how we empathize. Right? We say, Well, what if three of those died while they were in the relationship? Like, what if she just had a horrible string of like, death come through her life, you know, over the last 15 years? All of a sudden, we're going wait a minute, that that's not somebody who's just given it up to anybody. Right? And you know, the same thing we'd have to do with the man who shows up? And what if that's, what if that's just a man who's been lost before? And somebody came along and rescued them? And they're trying to pay it

back? Right? Yeah.

Yeah, that's weird. I don't know how big to me, I guess it's, well, I mean, that goes into like, judgment territory now, because now we're putting our own. What if empathy is listening, and now we're judging? Are we? Are we still empathetic? No. See, then, then that's a tricky one, too, because that's, that's a social contagion now, because that's us. That's, that's us looking outward, trying to look inward again. Right. So we're looking at how others would perceive us. So we perceive ourselves as someone else who's perceiving us and now we're judging someone else with those same with those same perspectives. And that's, and that's not, that's not empathetic. That's that's just not listening.

No empathy. Empathy would be judging in a situation only by the scale of the other person. In that situation. Uh huh. Not by our own scale, or standards. As an observer. It's, it's literally saying, I wonder what that man's past, present, future hopes and fears are. And that's, that's why empathy is really a lot about curiosity. Because to judge the man who's helping the child, we have to know their past, present, and hopes and fears for tomorrow.

And the situation in its entirety. You have to know all of that at the same you can't know that.

That's right. Empathy. This is I've talked about this on the podcast before empathy is a failing proposition. We will 100% fail at it. What it's designed to do, though, is to take judgment out of the equation and insert a healthy curiosity That's, that's why it's designed because in order to attempt to

see the world as if I'm somebody that I am not, and never will be, I have to set aside all of my preconceived notions, my biases, and will I ever do that perfectly? Nope. No change at all. No, but but empathy gives us credit, we get credit relationally for attempting to see the world, as if we are them. If you come into a situation and somebody is really hurting, and you align with them, and you go, you go into a pity party with them, you're actually taking credit, you're actually harming them. Oh, yeah,

I know exactly what you're talking about. That's a that's where if someone comes to you, and this kills me, I hate this. Someone comes to you and says, you know, like, my, my dog just died, right? hit by car or we had to put him down whatever it is. And within a minute of you telling someone that they're telling you about their animal that died? Yeah, as if you want to hear that. Like, no, it's not about you. I'm I'm currently grieving. You did grieve. And and that's, that's how it messes with my brain so much. I hate it. But I feel that that's sometimes too and I catch myself and I'm like, Oh, just check that up.

When we want to talk about social norms. Do you think do you think it's more men? Who fall for this? Or women who fall for this?

Oh, dude, you put me on spot.

I would say, Dude, okay, I'm gonna. I'm gonna guess I'm gonna say that. Well, I'm gonna caveat this, I'm gonna say that more women, more women probably fall for this only because most men don't aren't really good at listening. So hearing what was just said, and then reverting into that is less likely. That's my that's my deal. That's but I don't, I'm not saying I'm right. I'm just saying that's my thought.

So statistically speaking, and I don't have I don't have the data in front of me. But I do remember, the data is dramatically one sided, and it leans towards women fall for it. And it kind of makes sense, when we put it in perspective, because what we with masculinity and a perception of masculinity, what men tend toward is, dude, that sucks. Okay, now, do you want to play some baseball?

Like, like, yeah, yeah,

it's unfortunate, because it's not a great level of empathy. Like, it's, it's typically not enough to move the person in, you know, to fully to the healthy spot. And yet, it's also not the pity party, it's not the I'm going to join you in the mess and, and share my mess with you now that you're in the mess and make it our mess. And now we're just going to sit here and stew over like, typically, that's not what men do. Right or wrong? I'm not I'm not saying that one is better than the other. But they're there. Matter of fact, I would actually argue both of them suck.

Because I agree. You need a little more and women maybe need a little less. Yep.

So so that they're not putting because in the clinical world, we call it countertransference. Are you familiar with that term? No, man, that's a big word. countertransference is, is a therapist, if I sit in the room with somebody, and they're transferring information to me, that's called transference. Right? There is a certain level of risk as a therapist sitting in a room, you know, having somebody say, Yeah, I've done this bad thing and this bad thing. And, you know, me being like, I don't like you, right? That would be them transferring their stuff onto me and me creating a judgment or something of that nature. But countertransference is me putting my stuff on them. And this typically will happen so many therapists, I do storytelling as a fair, fair amount of intervention, not like I don't know, not every time, a lot of it. I'll become a professor temporarily. You know, I'll teach concepts. Sometimes I am relational. And I'm just listening and just taking it in and asking questions, and then sometimes I will share some personal anecdotal information as a way of helping them see He the multitude of possibilities, but from a view that's not their own, because it's easier to take in and learn that way. And so in that process, though, I can transfer my crud onto them. And if I do that, then I am risking in the ethics, we've got, you know, autonomy, non maleficence, beneficence justice, fidelity of veracity, well, the second one is non maleficence, which means to do no harm. Well, if I'm transferring my stuff onto them, if I'm giving them additional

baggage,

I'm actually harming them. So I have to be super careful that if and when I go into empathizing in a way where it's sharing, that I am not putting my stuff on them, but creating a caveat for them, like a pathway for them to decide for themselves and do their healing.

Like, creating, like a little mini world, that they can view the situation through, that's not there so devoid of almost like, devoid of feeling but not devoid of reason. You're trying to. You're trying to get them to see that without they're not through their lens of emotion, in a sense.

Yes, sort of, kind of, okay, so the only what you said I really, really liked, except the one part were devoid of emotion, because emotion is part of the experience. And we don't want to totally, so I often will say head, heart soul, we got to account for all three, you know, the biological, psychological, sociological, cultural, spiritual, biological, is like the brain. The psychological, sociological, cultural is like the heart, and, and environmental, and then the spiritual at the end. And so I typically would say that, and then when we recreate the world, we don't want to devoid it of emotion, we don't want to take all the emotion out of it, because then it makes it seem like the emotion is the bad thing. But emotions aren't good or bad. They are information, which is real, yeah, we want emotion. But we want to be able to accurately assess the emotion with the balance of the brain.

So instead of like 90% emotion, 10% reason you're trying to get it down to like 60/40 or 40/60, whatever it is that it's still there. But it's not the it's not the overwhelming

component of it. Absolutely. Got it.

So it's Yeah, process when you when you go down that empathy pathway. Because the heart the honestly, the one thing, the hardest part of it is not passing judgment. It's the single most difficult part of it, because so for instance, you know, a person sits down and pity parties with somebody. What they're doing is passing a judgement. They don't know they're doing that they think they're empathizing. But what they're actually doing is passing a judgement, their judgement is this. Oh, I've been in the same spot as you.

That's a judgment.

I know exactly how you feel. I know exactly how you feel. I see that. Okay. So that's, so that's where, like, the toxic masculinity component of, of, you know, like, hey, you know, my buddy, just, you know, punched me in the face. And, and I'm telling you, and then, and I'm like, well, that sucks, man. I don't, but whatever, then

is.

So there's, there's a balance there, because there's very little empathy. There's no pity party. And it's just like, get over it and move on. So there's a that's a good thing in a sense, but then there's, there's still a reason why they're telling you, in a sense, because even though physically like as a as a man, like, yeah, okay, fine punch in the face. It's not a big deal, whatever, you know, get over it. But there's more to it than just a punch in the face like, does that does that sever the relationship in any kind of way? And for most of us, we get over it. You know, we've been in fights when we were little. And by by recess, we're playing again, right? Like his voice. But there's still a need there. Right? I mean, like, even if it's just a little more than that.

Yeah, both of them. Actually. Both of those versions, encourage weakness in the individual in front of us. The individual who, who comes in and says, Oh, I've been there, I know exactly how you feel. It's telling In the person, that you can't do this on your own, like, it's impossible. You You need somebody like me to come in and rescue you from your feelings, your thoughts, and all of that stuff here. Let me sit in this with you. And I get like, Okay, so there's, there's a nuance there because there's a certain amount of dependency in relationships. But when we sit and we tell somebody, you can't do this on your own, that that weakens them. The other version is, more or less, it comes across as Why are you telling me this? Suck it up, put some dirt on it, and let's go,

like, I don't care, or

whatever was the I don't care? Because we've all been there. It's almost that same judge.

It's the same judgment. Yeah, it's just in a different mode. Yeah.

Whereas in all reality is like, yeah, you got thoughts, you got feelings. And depending on the scenario that we're in, you may need to rub some dirt on it, we'll come back to it. But that's what we should say, we should say, hey, look, we got this game to go get to, like, you know, suck it up, I'll hang out with you afterwards. And we'll process this. But for right now, like, Let's push forward, right? That is a totally different, much less judgmental, it's more of a, hey, we're going to consider the environment we're in, which is we got to push forward. But let's come back to this. It's tabling the topic and saying, You are important. This is important. I know you got you know, things going on here. And I don't know what all of them are. And I'm willing to give you my time, my love my care. But we got to push forward, which is how we take toxic and just turn it into masculine. You know, cuz, yeah, saying environmentally, we've got to push forward. But I know there's more here is saying, I'm going to withhold my judgment. We're going to get to the other side of this situation. And then we're going to come back and process. It's totally,

it's your classic military story, right? I mean, friends dying here, friends dying here, objectives here, and if that objective isn't reached, all of us are going to die. And you got to just put that aside, beat that objective, and then process and that's, that's kinda, but here's the thing. So segue back to the toxic masculinity, then. All of it, the, the violence, or the what do you call it? The social dominance is towards the feminine, that's specifically what toxic masculinity is referring to. So it's the misogyny hatred towards women, homophobia, the hatred towards, say, a feminine male, right, and then sexual assault, right. And then domestic violence. It's, it's an attack toxic masculinity, specifically attack of the feminine,

except even within our social norms, that still doesn't fit. Because we know, we know now, you know, over the last, you know, 30 years, we've learned a ton of stuff about homosexuality. And homosexuality is the whole spectrum. Okay, but it's not feminine. It's not a feminine male. No, no, you're rescuing male.

Correct. But it's, but it's the it's the, the socialized idea of it that is being attacked. And so, so. So it's still a roundabout way of attacking the feminine in a way

to be it could be argued that Yeah, I mean, I can see that argument. I just, I think it falls apart in reality.

Right. But if that's the only one, then that's one of four. Right? That's so so that's what I'm saying. It's still, it's still it's I think it's still attacking the feminine. I think that's what they're getting at with this

definition. I don't know. I mean, this is Wikipedia. There might be a better definition somewhere in your bow.

I really hope so. I mean, this made for a better conversation, because, you know, it's taking the cultural stuff, not the it not necessarily reality. Right. It's it's create it did a good job of telling us the cultural view of it. And okay, but wait, is toxic

masculinity, anything other than cultural then? Because maybe there isn't. Maybe like literally, that's part of the problem.

Now, because when you add the word toxic in there, you're talking about what we have decided, is toxic. For instance. There was there was something about one of the it was Montana representative somebody in the in in a federal position, Senate. They're in the house. I don't know where they but they were they posted a picture of them hunting. They were they were there on the ground with their with their I don't even know what it was. But they had gone hunting. And so there was a picture of them with their wife and their kill. And you know, it got it got, it actually got them banned from Twitter or something temporarily because it was considered violence. But toxic, like

untangles violence,

apparently that's toxic. So when we talk about the word toxic, we automatically have to fall in the realm of what the what, what, what are considered cultural norms. However, that even opens up a caveat that we definitely don't have time for. Because cultural norms are often dictated by what we see the most, here the most, not necessarily what we experience the most, for instance, go down the path of the media, what the media puts out, they put out all of this stuff happens. And the thing is, what they're doing is cherry picking sometimes for their story, and I get why they do it. But they cherry pick all over the country. For these 10 examples. It might be, you know, 10 of 20. But they make it look like it's all over the place. Right? Or, you know, you know, the the the racism, like that's toxic racism right now. I mean, we're just seeing these, but how prevalent is the racism? I mean, I know it exists, I'm not naive. But does it exist to the level at which we are exposed to it? And that's, that's a totally different topic. But yeah, it's an interesting one, one that maybe one day we'll go down the path of. So just out of curiosity, of the things we talked about today, what are the what are the highlights for you? What is that? Did you have any of those moments where you were like,

Huh, that's interesting.

Yeah, I mean, the discussion around empathy, I think is kind of important. And the different scales of empathy, the the indifferent version, and the, the excessive version being essentially the same. And that, and that can affect the individuals in the same exact way, even though one over does it. And the

other one, just like, Yeah, whatever, and then moves on. That's, that's kind of interesting, because I never really thought about that in that way before. Like, empathy to me was always the excessive way. And indifference was just indifference. But they're both the same. That's cool. To me.

That's super interesting. My my big takeaway, you said something about environmental, when it comes to masculinity. And the more I'm processing that I I'm not sure where I land yet, but the more that I'm processing it, you know, the environmental impact of masculine male, a, you know, as I'm thinking about it, I'm thinking about, like, how soft loving and gentle some men have been in my world until the need environmental need rose. And so now I gotta, I gotta figure out what that means. Because I think that that might be an actual key element to true masculinity, as opposed to toxic masculinity. I think the environmental part, I gotta tease that out some. Yeah, I'm not sure what to do with it exactly at the moment, but that was interesting. For sure. Yeah, pretty cool. Yeah, definitely. All right, well, we're gonna go ahead and we're gonna wrap up here so that we can get on with our day and I appreciate you joining us. You know, had healthy perspectives. We're just trying to help and you know, now you're, you're being part of that which selfishly, I love because I get to hang out with you for a little bit. And then hopefully, it's beneficial to everybody else as well.

Thanks for joining us. Have a great day.

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