

Unmasking Masculinity: 7 Questions to Reconnect With Your Authentic Self

These questions are meant to help you gently challenge the performance of masculinity — especially where it may not longer serve you. You don't have to answer all of them at once. Return to them when you're ready, and see what comes up.

1. What parts of me have I hidden in order to feel safe, accepted, or desired?
2. When I feel most like myself, what am I doing, feeling, or expressing?
3. What messages did I receive about masculinity growing up — and do they still hold true for me now?
4. What does masculinity feel like in my body? Is it tight? Flexible? Heavy? Protective?
5. In what spaces or relationships do I feel free to be soft, emotional, playful, or unsure?
6. What happens when I let my guard down — and what might become possible if I do?
7. How might I reconnect with the parts of me I've learned to hide?

For more resources or to talk with someone about what came up for you, scan the code below to request a free consultation.

