

# MEN

## and EMOTIONAL RESPONSIBILITY

- I take responsibility for my emotions and how I express them, aware of my effect on others.
- I am open and honest in my communication.
- I live in congruence – my thoughts, words and actions are aligned.
- I express my feelings clearly and cleanly, so that people simply “get” who I am.
- I am emotionally responsible.



### FOR MYSELF

*I see that not acknowledging and taking responsibility for my emotions in the past has held me back from being the man I truly want to be.*

### FOR MY PARTNER

*I tell my partner how I feel in the moment, cleanly expressing my feelings of love, joy, anger, shame, fear or sadness. I also create space within our home where my partner feels safe to express feelings, and I listen.*



### FOR MY KIDS

*I make time to be truly 'with' my kids, expressing my love for them and honouring the individuals they are. I listen to them and take real interest in their worlds. I express my feelings to them responsibly, and nurture my ability to both give and receive love and affection.*

### FOR MY WORKMATES

*I practise open and honest communication delivered with humility and compassion, in the knowledge that others are not the same as me. I create spaces where workmates feel safe to share what is happening in their lives. I foster empathy in myself and in others.*



### WHERE CAN I FIND THIS?



*25 years in the making, the MANKIND PROJECT has created a unique opportunity for men to set themselves on the path to EMOTIONAL RESPONSIBILITY in one powerful weekend experience – the NEW WARRIOR TRAINING ADVENTURE. It offers a man awareness, insight into past lack of emotional responsibility, and how it affects him and others. It provides a safe environment for him to explore his feelings in new ways. It creates clarity on how emotional awareness shapes experience, and delivers powerful tools for reshaping his world.*

[www.mankindproject.org.au](http://www.mankindproject.org.au)

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**ManKindProject**<sup>®</sup>  
AUSTRALIA



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The ManKind Project is a not-for-profit organisation created by men - for men - and for the benefit of their communities.