



# THE MEASURE OF A MAN

For most of us, being a man is a lonely experience. We're competitive to a fault; we watch for an opening, a slip, an opportunity to grab something for ourselves; we tend to regard other men suspiciously—we remain predatory even though we crave love, intimacy, and comradery. Why?

Women, to whom we tend to look to for love, comfort and intimacy, often wonder why we men are so self-absorbed, why we seem to enjoy violence, why we're not emotionally available. They wonder how to connect with us— and why it's so hard for us to connect with them.

Could it be our **Perceptions and beliefs?** (Acquiring and mentally interpreting information from the senses.) We see, touch, smell, and hear a person, animal, or object, which causes us to feel something (fear, love, aversion, heat, cold, etc.) and react to it. In an instant, we've downloaded into memory information we will rely on to make future decisions—danger or reward, a mom who “loves me after all,” or a classmate who'd betray us if the price is right. Such perceptions—such memory—lead to behavior, beliefs, and attitudes about relationships, people, ourselves and life in general.

For example, if I pitched a losing game at age nine and Dad still loved me, I perceived that losing a game wasn't so bad, and I believed I was still worthy of love. If I lost the game, and Dad got really angry and wouldn't talk to me, I might've perceived losing a fourth-grade softball game might cost me my father's love. This perception would easily color my future as I acted out my belief that I had to WIN in order to deserve and have love.

And, if I was a teenage boy who rushed to hug his dad coming home from a long business trip only to have his dad push him away with “You're too old to be doing that.” In a stunning realization I might've seen that I was now too sexual or too mature to hug any male out of fear of implied sexuality.

The beliefs we form from early perceptions aren't necessarily true or even logical. They're formed to try to make sense of the mystery of what's happening to us and around us. In the happy-to-see-Dad example above, I'll feel less awful if I conclude that I'm too grown-up to be showing feelings than if I conclude that Dad wasn't glad to see me. My belief becomes fact—“how things are”—in my mind, and unknowingly, I've sentenced myself to a future where it's not okay to be an openhearted, feeling person.

**Where Do We Go From Here?** Wonderful things are happening to men. The time has come for “heart,” for feelings. When speaking of “heart,” we're not referring to our



physical heart but to the love experienced in our chest. This is the “spiritual heart” often referred to as the “seat of the soul.”

In our society it’s become increasingly safe to “connect” with others. Men often are able to open their hearts, loving beyond traditional loved ones, extending loving kindness and consideration into business activities and the world. Many men—no longer out of touch with their feelings—are most assuredly, expanding their love, caring, and kindness far beyond their ancient warrior nature.

We long to trust and be intimate with someone, to fill an emptiness we first felt in boyhood. Most men look to women for that heart connection. Drawing close for sex, we initially aspire to build a “feel good,” safe relationship. But if we men haven’t learned at least fundamental relationship skills, women remain mysterious to us. We end up feeling hurt, disappointed, and misunderstood, and slink back to our corner, while our women, feeling unnurtured and confused, return to theirs, each partner swearing that the other “doesn’t have a clue.” Yet if we men are willing to learn the necessary inner changes, we become more confident and less threatened, opening our hearts so our expanding love reveals itself automatically. Life and love get better and better.

The measure of a man is on the inside!



In **BUILD A BETTER SPOUSE TRAP: A Street-Smart Dating Strategy for Men Who Have Lost a Love**, Ted reveals how to develop a deliberate, purposeful plan for finding that special new partner and best friend a proven strategy that can help people who've lost a love handle the hurt and restore joy to their life. Packed with tips and information on dating, the book contains advice equating a \$10,000 investment in professional therapy or counseling. Though this book is written specifically for single men looking for a new life partner, its incredible insight will also interest men looking to marry for the first time; single women looking for insight into men; and married people (male and female) looking to improve the dynamics of their relationship.

