






Beer, Butts, Babes & Boys


Moving from the Boy Code to Uncommon Manhood

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Lessons in Manhood



- ★ Our lessons come from many different places. Most importantly, we've all learned them – men and women alike. And the messages are the same.
 1. Who taught you about “being a man?”
 2. What were the lessons you learned from that person?



Lessons From Boomer

Real Men:


- ★ Drink hard, fight hard & live hard.
- ★ Work REAL jobs.
- ★ Have no fear (except of snakes).
- ★ Cuss a blue streak.
- ★ Don't wear shorts.

Lessons From Boomer


Real Men:

- ★ Prefer only women BUT like them mostly in the bedroom and kitchen.
- ★ Smoke “Camels”.
- ★ Don't drink Lite Beer.
- ★ Inflict pain, but never feel it.
- ★ Follow “isms” that make you feel superior. (Sexism, classism, nationalism, chauvinism, racism, etc.)




Lessons In Manhood

1. All of us have learned the lessons in manhood – both males and females.
2. Our lessons come from many different places but many of the messages are similar.
3. The similarities are not random – they are based on a common code.
4. This “Boy Code” is best described by William Pollock in his 1999 book, “Real Boys: Rescuing Our Sons from the Myths of Boyhood” (Random House)



Boomer's Way is The Boy Code

- ★ The STURDY OAK – Men never show weakness – they are stoic, stable & independent
- ★ GIVE 'EM HELL – Be a “wild child”. The idea that males are predisposed to be high energy, even violent, super humans.
- ★ The BIG WHEEL – Work for status, dominance and power, and avoid *feelings of shame at all cost*
- ★ NO SISSY STUFF – Shut out feelings.



The Promise of the Boy Code

- ★ Power
- ★ Wealth
- ★ Success
- ★ Sex
- ★ All Access Pass in the World of Men



Boomer's Way: Does It Work?

Herb Goldberg:

"...traditional male conditioning, and the unconscious defenses that underlie it, have heavily externalized men. Thus their personal and relationship capacities have been severely damaged."



Why? The Peril of The Boy Code

- ★ The STURDY OAK – Boys and men appear to be confident, sturdy & independent when they *really* feel afraid, shaky, & needy for love & support.
- ★ GIVE 'EM HELL – May encourage boys to dare one another to take greater and greater risks.
- ★ The BIG WHEEL – Boys and men may push beyond reasonable limits for academic, physical or career success in an effort to repress feelings of failure or unhappiness.
- ★ NO SISSY STUFF – Since feelings are seen as "feminine" boys/men who display them risk ridicule until they learn how to rein them in.



Shame Avoidance is Critical

- ★ We believe The Boy Code shields us from feeling shame.
- ★ The Power of Shame
 - ★ "Shame" is what we feel when we compare ourselves against other men and judge ourselves to be lacking
 - ★ The degree of shame we feel is relative to the distance we perceive exists between us and the Traditional Man. (The more we believe we are "less than" the more shame we feel.)
 - ★ William Pollock: Men will do anything to save face (avoid feeling shame).



What does that shame look like?

[Commercial 1](#)

[Commercial 2](#)



Beyond The Boy Code

- ★ If The Boy Code is the general rule for boys and men...
- ★ And if The Boy Code holds more peril than promise...
- ★ Then is there a viable alternative?

Of course!



The Authentic Man Model Balances The Boy Code & Feared Opposite

	The Sturdy Oak		
<i>Passive</i>	<i>Strong</i>	<i>Overbearing</i>	
<i>Fearful</i>	<i>Entrepreneurial</i>	<i>Careless</i>	
<i>Aimless</i>	<i>Focused</i>	<i>Obsessive</i>	
<i>Uncontrolled</i>	<i>Passionate</i>	<i>Dissociated</i>	



What is an Authentic Man?

Three Views to a Whole:

- ★ **The Wounded Healer** – the fully human man who helps others without denying or covering his own wounds and needs.
- ★ **The Raging Pacifist** – the man who intensely rejects violence as the solution in any interaction.
- ★ **The Uncommon Man** - The man who lives the Disciplined Life of the Lover.



The Wounded Healer

CORE HUMANITY

The Wounded Healer describes the essential nature of the Authentic Man – he is fully human. He helps others but without ignoring, denying, or covering up his needs. His needs are often the same as others and which require the same antidotes of love, compassion, and tenderness.



The Raging Pacifist

CORE BEHAVIOR

The Raging Pacifist describes the essential behavior of the Authentic Man. He is a Raging Pacifist in that he intensely rejects violence as the solution in any interaction.

The path of the Raging Pacifist is not honored by "The Boy Code" because it requires a man to exchange his traditional power for the power of non-violence.



Famous Raging Pacifists

- ★ Jesus of Nazareth – "And when he was living as a man, he humbled himself and was fully obedient to God, even when that caused his death – death on a cross." (Philippians 2:8)
- ★ Mohandas Ghandi – "There are many causes I am prepared to die for but no causes I am prepared to kill for."
- ★ Rev. Dr. Martin Luther King, Junior – Six Principles Non-Violence



Six Principles of Nonviolence

1. Nonviolence is not passive, but requires courage;
2. Nonviolence seeks reconciliation, not defeat of an adversary;
3. Nonviolent action is directed at eliminating evil, not destroying an evil-doer;



Six Principles of Nonviolence

4. A willingness to accept suffering for the cause, if necessary, but never to inflict it;
5. A rejection of hatred, animosity or violence of the spirit, as well as refusal to commit physical violence;
6. Faith that justice will prevail.

From "Stride Toward Freedom", by Dr. Martin Luther King, Jr.



The Uncommon Man

CORE PERSONA

The Uncommon Man describes the essential expression of a man's persona.

It isn't tied to stereotypes of a "real boy's" behavior but, rather, the qualities of character that are not always common among men.



Characteristics of The Uncommon Man

- ★ Patient
- ★ Big-hearted (kind)
- ★ Gracious
- ★ Unpretentious
- ★ Well-mannered
- ★ Selfless
- ★ Good Tempered
- ★ Respectful
- ★ Honest
- ★ Trustworthy



Shaping Authentic Men

- ★ The process of reframing manhood for our children is something that fathers and parents are perfectly situated to do.
- ★ The shaping of Authentic Men happens in homes before neighborhoods; neighborhoods before cities; cities before counties; counties before states; and states before a nation.
- ★ Fathers and parents can shape Authentic Men by including these nine guiding principles in their interaction with boys and men.



Shaping Authentic Men

- ★ Nine Guiding Principles
 - ★ Acceptance – are we willing to *make a place* in our thinking that boys and men will feel the "push and pull" of The Boy Code?
 - ★ Awareness – a need to *understand the process* of The Boy Code
 - ★ Reality – a need to *know* The Boy Code's *real results*
 - ★ Permission – to act *outside* of the *stereotypes*
 - ★ Safety – *emotional* safety: to not feel shame
 - ★ Mentoring – by *authentic* men living outside The Boy Code
 - ★ Forgiveness – *unforgiveness* is a form a shame
 - ★ Accountability – *making amends* when amends are due
 - ★ Legacy – *passing on* the Authentic Man model to the next generation



Mentoring Boys as Authentic Men

- ★ Realize and respect the power of "The Boy Code".
- ★ Deal with the myths. Teach facts...just the facts.
- ★ Prefer mentors who understand and respect but are liberated from "The Boy Code".
- ★ When the mentors need to be women, accept the challenges women mentoring boys face. (e.g., Communication vs. Validation)
- ★ Men, use self-disclosure to identify with the boys you are mentoring.
- ★ Ease the way by helping them laugh!
- ★ Provide "emotional" safety (free of shame)



Creating a Legacy

- ★ How do we pass on the Authentic Man model to our children?

Consistently,
intentionally
live it out loud!



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