

Relating In The Social Matrix



HOW TO MAN

Masculinity Mastery Series

“Let go of who you think you’re supposed to be; embrace who you are.”

“You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.”

–Brene Brown

Social Confidence & Charisma

- Worthiness
- Presence
- Tests & Compassion
- Freedom / Self Expression

Social Status

- Self organizing in every unique environment
- Self-Consciousness: Feeling the need to prove yourself
- Posturing
- Presence
- Feel into the fear, acknowledge it, return to Presence

Mary Karr on her student writing memoirs:

“I often find students in early pages showing themselves exactly opposite of who they really are...”

“What do people usually like and dislike about you? You should reflect both aspects in your pages.”

Social Flywheel

- Momentum built over a night, week, lifetime
- Incremental and tolerable social risk
- Lean in
- “Hi” = Jumping into the cold water
- Don’t try to be anything or anyone ≠ posturing
- Focus on listening and presence before contributing

“Social Energy”

- Feel the other person's level of presence
- Feel the other person's level of social investment and match it
- Feel for sexual tension / awkwardness
- Play with dialing up/down sexual tension/awkwardness
- Enjoyment = Mastery

The Spiritual Root

- Getting-eachother-ness
- The Universal Human Experience
- Universal Human Compassion
- Unified Consciousness

“What’s the greater risk? Letting go of what people think – or letting go of how I feel, what I believe, and who I am?”

–Brene Brown