

Masculine Traits List

- **Assertiveness and independence:** Ability to confidently express one's opinions and needs while being self-reliant

Example of toxicity: When assertiveness turns into aggression or dominance, and independence becomes an unwillingness to seek help.

- **Courage and risk-taking:** Willingness to face challenges and engage in activities that involve danger or risk.

Example of toxicity: When risk-taking leads to reckless behavior without considering consequences.

- **Leadership and ambition:** Ability to guide and inspire others with a strong desire to succeed.

Example of toxicity: When leadership becomes authoritarian control and ambition leads to unethical behavior.

- **Resilience and stoicism:** Capacity to recover quickly from difficulties while managing emotions.

Example of toxicity: When resilience turns into denial of emotions and refusal to seek emotional support.

- **Competitiveness and winning:** Desire to achieve and excel, focusing on success and victory.

Example of toxicity: When competitiveness leads to undermining others and obsession with winning at all costs.

- **Protectiveness and heroism:** Instinct to defend others, and acting bravely in the face of danger.

Example of toxicity: When protectiveness becomes controlling behavior and heroism leads to unnecessary risk-taking.

- **Physical strength and toughness:** Valuing physical power and fitness while enduring pain or hardship without complaint.

Example of toxicity: When physical strength is used to intimidate others and toughness leads to ignoring personal health and well-being.

- **Providing for others:** Responsibility to provide for family and loved ones.

Example of toxicity: When providing becomes a source of self-worth and any failure leads to feelings of inadequacy.

- **Power and control:** Seeking and exercising influence and control over one's life and circumstances.

Example of toxicity: When power is used to dominate others and control becomes micromanagement and inflexibility.

- **Honor and integrity:** Upholding principles of integrity and moral strength.

Example of toxicity: When honor leads to an inability to admit mistakes and learn from them.

Reminders

For men: You do not have to conform to toxic masculinity or be an overly masculine butch man to be a man. What truly defines you are your values, integrity, and how you treat others.

For women: It is perfectly normal and acceptable to possess masculine traits. Embrace them as part of who you are, as these traits can contribute to your strength and resilience.

Traits traditionally labeled as feminine, such as empathy, nurturing, and sensitivity, can be possessed by men just as much as women. Both men and women can have positive traits that were once considered traditionally masculine. Celebrate the diversity of your characteristics and understand that they make you unique and valuable.

Masculine Traits Worksheet

Reflect on the list of traditionally masculine traits and consider how they apply to you. Answer the following questions to explore your own characteristics and behaviors.

Which of these traits do you feel you possess?

How do these traits impact your daily life and interactions with others?

Are there any traits on this list that you would like to develop further? If so, which ones and why?

Reflect on a recent situation where you exhibited one of these traits. How did it influence the outcome?

Consider a time when you felt pressured to conform to traditional masculine traits. How did it make you feel, and how did you respond?

Additional notes