

Toxic Masculinity Test

Name: John Davidson

Age: 61

Date: Feb 12 2024

This Toxic Masculinity Test is designed to explore attitudes and behaviors associated with toxic masculinity. It aims to help mental health professionals identify potential areas of concern and facilitate discussions on healthy masculinity.

- 1. Review the statements and respond to each statement based on how frequently they experience or agree with it.*
- 2. Use the scale provided for each question, where 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always.*
- 3. Discuss the responses to understand the context and feelings associated with each statement.*

Question	1	2	3	4	5
I feel pressured to hide my emotions to appear strong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I believe showing vulnerability is a sign of weakness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I think men should always be the breadwinner in a family.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel the need to control or dominate in relationships and situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get uncomfortable when men display traditionally feminine traits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I believe men should not do household chores or childcare tasks.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid discussing my problems to not burden others or appear weak.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I feel compelled to solve problems on my own without seeking help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I believe aggression is a natural male trait.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel my value is based on my success, power, or control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Total Score:	39				

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

Despite my beliefs and reluctance to share feelings, acknowledging the need for change is a step forward. I recognize some stereotypes I hold may not align with today's societal understanding. While I assist with household chores, I struggle with the idea of openly discussing issues, fearing it may diminish my strength in the eyes of others.

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

John shows a strong adherence to traditional gender roles and a significant discomfort with vulnerability, which may be impacting his interpersonal relationships and emotional well-being. It's recommended to explore these beliefs further in therapy, focusing on the benefits of emotional expression and challenging outdated stereotypes. Encouraging small steps towards sharing thoughts and feelings in a safe space could be beneficial. Additionally, reinforcing the positive aspects of his contributions at home and expanding on these experiences might help in gradually changing his perceptions of masculinity.