

Session #5

The Healthy Masculine: How To Win in Relationship

This Week's Practice:

1. Practice taking on the roles of leader and follower with your partner. See what happens when one of you leads and the other surrenders, and play with who takes which roles when!

Try simply stating something with clarity and energetic confidence. Like in our video, "I want you!"

This Week's Homework Assignment:

1. Deliberately decide on one of you to take the role of "leader" and the other to take "follower" for a clearly defined period of time this week, preferably during an activity like a walk, cooking dinner, sex, etc.

One easy way to practice taking the roles of leader and follower is take a "trust walk" where one partner leads on a walk around the park, downtown, etc.