

FIDELITY ELEMENTS – SESSION 2

When listing the Rules:

1. Anything and everything goes up – you may ask for clarification or permission to restate
2. The Rules are not universal in how they apply to an individual man or culture but there is a common thread we have seen across cultures
3. If the clients do not identify positives you may need to introduce them
4. If sex does not come up it needs to be a question: “What about how the Rules apply to sex?”
5. Pointing out the “Don’ts” that there is an inherently negative tone to the Rules and that many men live in an identity of who they are *not*
6. The “Don’ts” are also connected to not being a girl or a woman
7. The rules are about safety for most men – that is why they follow them
8. The rules are not good or bad it is how they are interpreted and when they are rigid
9. Our job is not to tell the men what kind of men they are supposed to be: we DON’T know.
10. The Rules have not been about choice – HMR is about supporting the men in making an informed choice about the man they want to be while recognizing the consequences of those choices.
11. Really explore the ambiguity of many of the most common cited principles (e.g. honesty → about what??)
12. Have the audience members be as specific as possible with their answers
13. Point out the tension and contradictory relationship
14. The dichotomy is not about “Man Rules bad” and “principles good” → some of the Man Rules support recovery
15. Emphasize that when we put men in treatment we take away their safety – if we do not recognize this dichotomy we cannot be trauma-informed because their safety has been so significantly compromised
16. We are not asking them to give up or change ANY of the Man Rules – it is only for them to decide when they are ready (again, emphasizing the importance of responsibility and consequences for their choices)
17. Copy of the Man Rules and Principles of Recovery up on the wall – for the whole curriculum
18. Clients entering the group after session 2 are prepped by senior peer or facilitator on Man Rules, fills out workbook, and invited to add to the main list on his first group
19. The Man Rules should be referenced every session to emphasize their core importance

