

The Man Rules®

Man Rules

- ▶ Don't Cry
- ▶ Don't lose Control
- ▶ Don't ask for help
- ▶ Don't show emotion
- ▶ Don't be weak
- ▶ Don't back down
- ▶ Don't be vulnerable
- ▶ Be a protector
- ▶ Integrity
- ▶ Courage
- ▶ Responsibility
- ▶ Be a provider
- ▶ DON'T BE A GIRL!
- ▶ DON'T BE GAY!!

Have as much SEX as possible
whenever possible with as many HOTT
and DIFFERENT women as possible
with as BIG of a DICK as possible



THE WOMAN RULES™

Woman Rules

- ▶ BE thin – ALWAYS
- ▶ BE beautiful – ALWAYS
- ▶ BE a nurturer
- ▶ BE a mother
- ▶ BE in relationship with a man – ALWAYS
- ▶ BE weak
- ▶ BE emotional
- ▶ BE passive
- ▶ BE quiet
- ▶ BE nice
- ▶ BE domestic
- ▶ BE selfless/care for everyone other than yourself

Be a **LADY** in the streets and
a **FREAK** in the sheets!

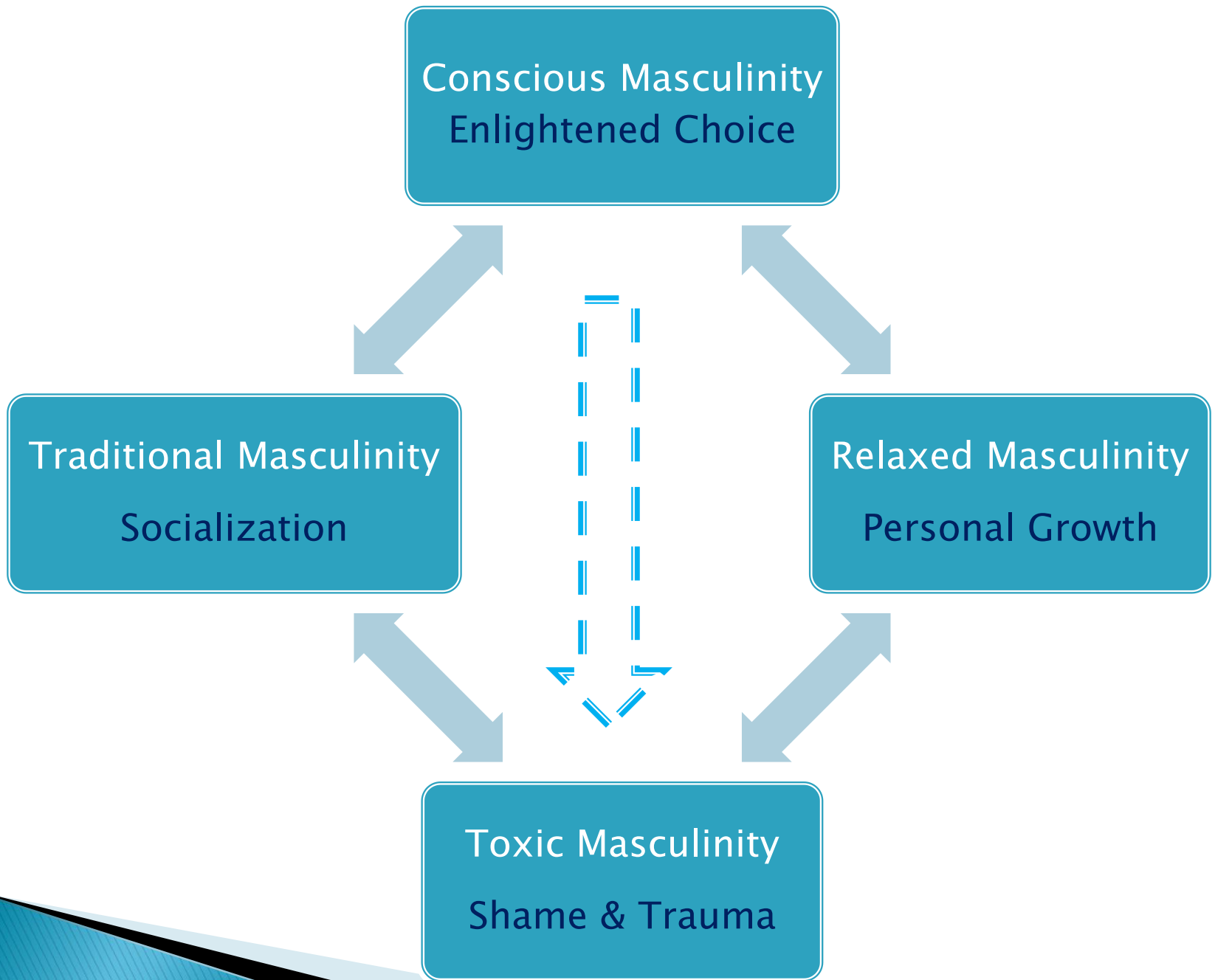
*WHAT DOES IT MEAN
TO BE A MAN IN
RECOVERY?*

Man Rules™

- ▶ Don't Cry
- ▶ Don't ask for help
- ▶ Don't show emotion
- ▶ Don't be vulnerable
- ▶ Be a sexual superman
- ▶ Don't show weakness
- ▶ Always be in Control
- ▶ Integrity
- ▶ Responsibility

Therapy/Recovery

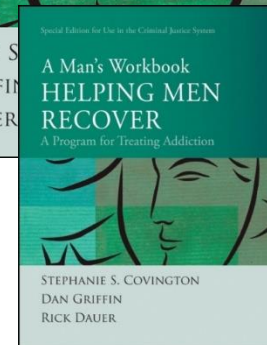
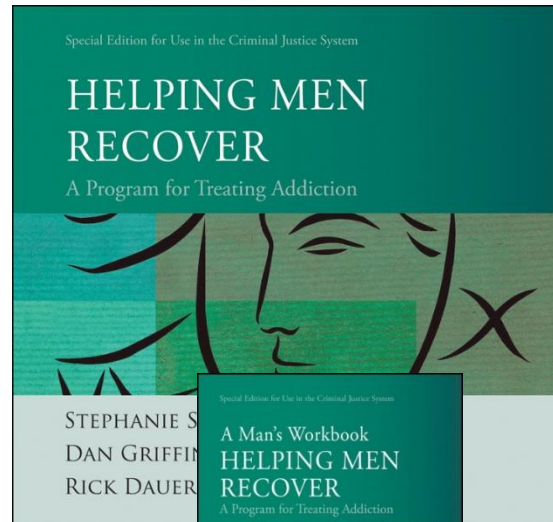
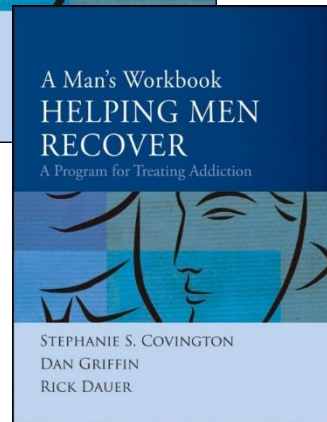
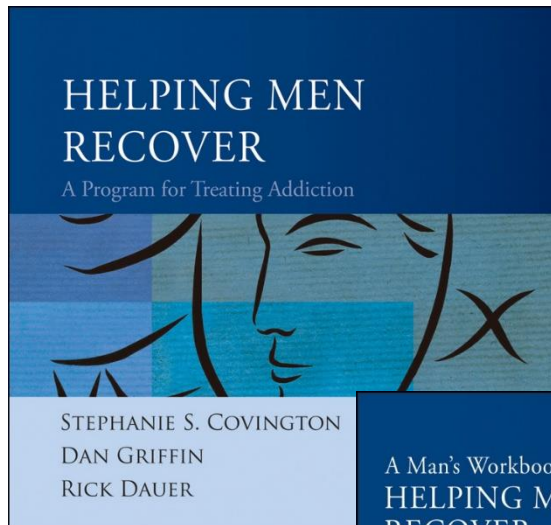
- ▶ Cry/Grieve
- ▶ Ask for help
- ▶ Express emotion
- ▶ Be vulnerable
- ▶ Learn intimacy
- ▶ Admit powerlessness
- ▶ Let go of control
- ▶ Integrity
- ▶ Responsibility



**“It is *not* about doing
it *perfectly***

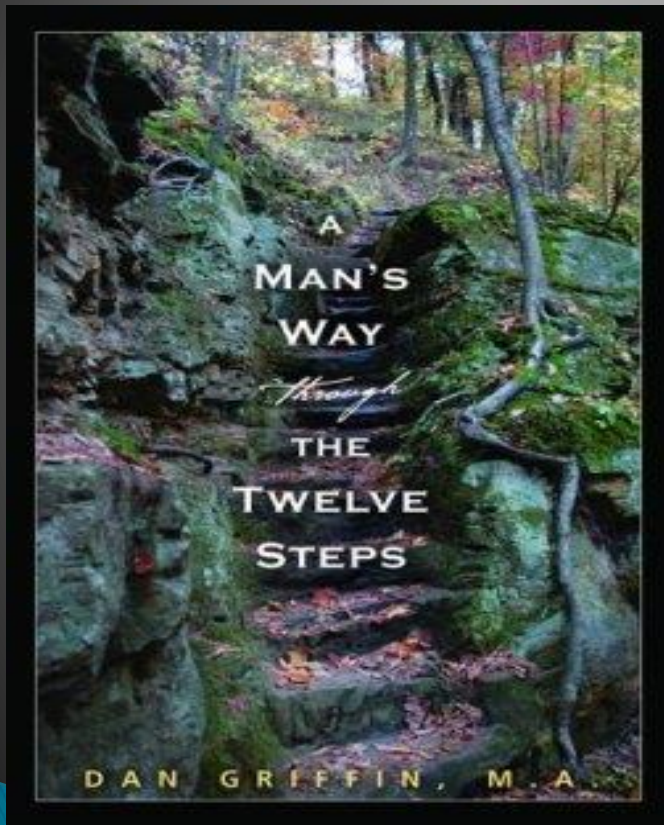
**It *is* about doing it
consciously.”**

Helping Men Recover

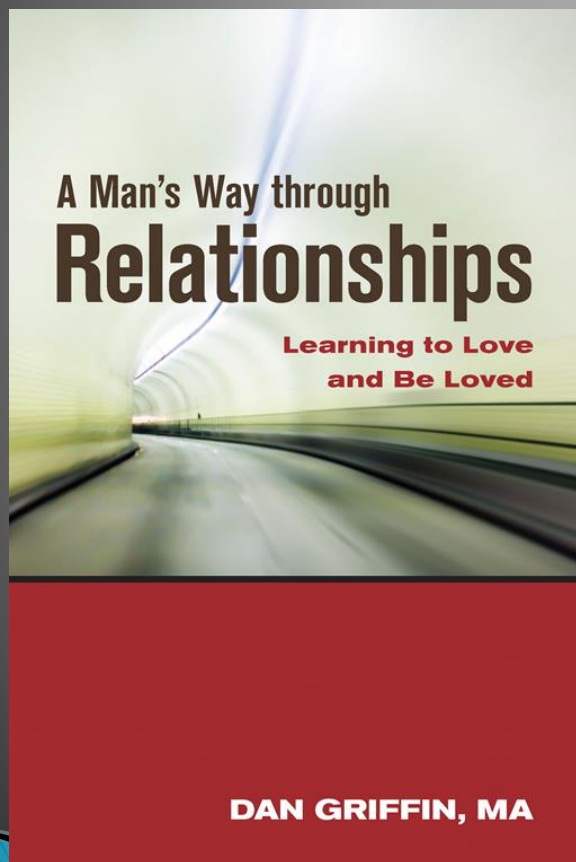


A Man's Way through the Twelve Steps

- ▶ Replicated masters research
- ▶ Similar structure to Dr. Covington's "*A Woman's Way Through the Twelve Steps*"
- ▶ Interviewed over 25 men
 - Ages 25 to 59
 - Periods of sobriety from 1 to 42 yrs
- ▶ First gender-responsive and trauma-informed book for men in recovery focused on men's unique issues and needs
- ▶ Core Issues
 - Emotional Awareness, Relationships, Grief, Anger, Violence, Abuse, and Trauma

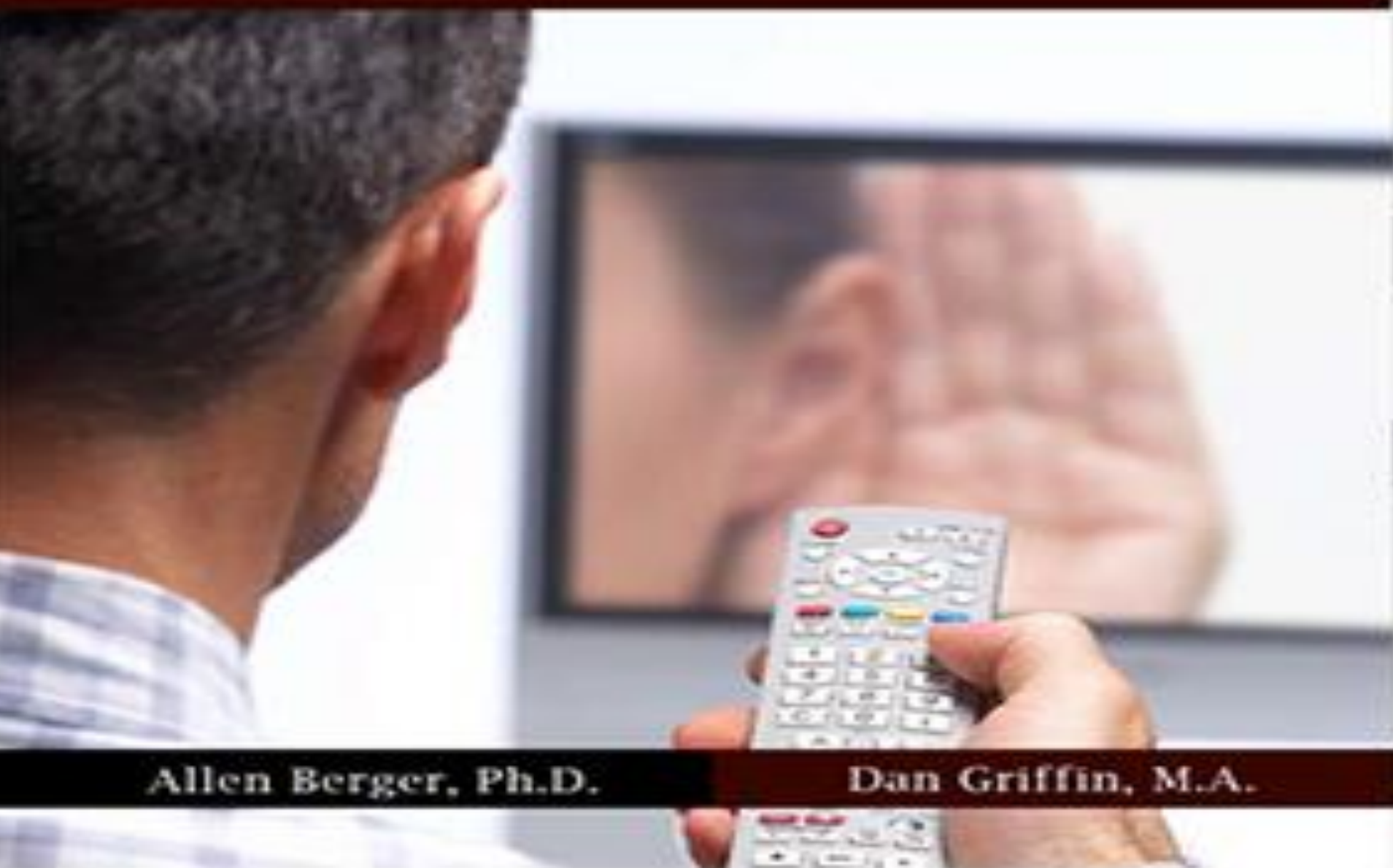


A Man's Way through Relationships: Learning to Love and Be Loved (2014)



- ▶ Follow up to *A Man's Way through the Twelve Steps*
- ▶ Interviewed over 30 men
 - Ages 31 to 67
 - All with 10 or more years of recovery
- ▶ First gender-responsive and trauma-informed book for men in recovery focused on men's relationships

WHAT WOULD MEN TELL YOU IF THEY
WEREN'T TOO BUSY WATCHING TV



Allen Berger, Ph.D.

Dan Griffin, M.A.

A TREATMENT IMPROVEMENT PROTOCOL

Addressing the Specific Behavioral Health Needs of Men

TIP 56



**This resource
is available
FREE
[www.samhsa.
gov](http://www.samhsa.gov)**



*We cannot just change what men think,
we have to change what we think about men.*

Yo! I'm working on my
issues. Stay in touch.

I promise all your dreams will
come true if you do

Text

THEMANRULES

to **22828** to get started.





Don't Let The Rules Rule You.

THE MAN RULES PODCAST

April 2017

www.themanrules.com

GRE Services

- ▶ One and Two-Day Workshops
 - Men and Trauma
 - Working Effectively with Men/Male-Identified
 - A Man's Way through Relationships
 - The Missing Peace: Men, Women, and Trauma
 - What Do We *Really* Think About Fathers
 - Effectively Engaging Fathers
- ▶ Three Day *Helping Men Recover Curriculum* training
- ▶ Keynote Presentations
- ▶ Men's and Couples Retreats
 - Professionals Workshop – at The Meadows Rio Retreat – www.TheMeadows.com
- ▶ Comprehensive program assessment, enhancement, and consultation

Griffin Recovery Enterprises

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