
MEN'S WORK

The Masculine Reset

Reclaiming authentic masculinity: neither passive nor aggressive.
Present, protective, purposeful.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

The Domesticated Man

Somewhere along the way, you were told that being a good husband means being passive, agreeable, and small. Keep the peace. Don't rock the boat. Say 'yes dear' and disappear into the garage. That is not partnership. That is surrender.

A domesticated man is fatherlessness in a different form. Your family does not need you quiet. They need you present, engaged, leading, and fully alive.

Passivity is not peace.

Avoiding conflict to keep things calm is not leadership. It is cowardice dressed up as kindness. Your silence is not protecting anyone. It is leaving a vacuum that someone else will fill.

Aggression is not strength.

Yelling, intimidation, control. These are not masculine. They are the behavior of a man who has no other tools. Real strength is measured by restraint, not volume.

Present means engaged.

You are in the room, but are you in the conversation? In the family? In the decision-making? Presence is not physical proximity. It is emotional availability.

Protect without controlling.

Your family needs a protector. Not a warden. Protect them from harm, from toxic people, from financial recklessness. Do not 'protect' them by controlling their every move.

Build something.

Men need purpose. What are you building? A business? A family culture? A legacy? A ministry? A body that works? Aimlessness breeds apathy. Purpose breeds life.

Get around other men.

You were not designed to figure this out alone. Find men who are doing the work. Men who will tell you the truth. Men who are leading their families well. Iron sharpens iron.

EXERCISE: The Honest Assessment

No one else needs to see this. Be ruthless.

Where in my life am I being passive when I should be leading?

Where am I being aggressive when I should be listening?

Am I fully present with my family? What distracts me?

What am I building with my life right now?

Who are the men in my life who hold me accountable?

What would my wife say if I asked her 'Am I the man you need me to be?'

One thing I will change starting today:

For coaching support in this area, contact Dr. Hines Inc. at johnathan@drhinesinc.com or visit drhinesinc.com.
