

## Masculinity Unleashed Mission Two: Exploring Our Beliefs and Stories

### Introduction:

In order to foster self-awareness and personal growth, it's important to examine our beliefs and the stories we hold in various areas of our lives. This mission is designed to help you explore and reflect upon your beliefs and narratives in different domains, as well as consider the influence of global beliefs on our lives.

### Part 1: Exploring Unhelpful Beliefs

Take each of the following areas and reflect on your beliefs, assumptions, and narratives associated with them that aren't useful.

**Looks:** What are your beliefs about your physical appearance and attractiveness that aren't serving you?

**Height:** What are your beliefs about your height that aren't useful?

**Age:** What beliefs do you hold about your age and its implications for success, attractiveness, vitality, or societal expectations e.g "I'm 26 and I should know what I want to do with my life and be set up financially."

**Money:** What are your unhelpful beliefs about money and its connection to your masculinity, self-worth, or happiness?

**Status:** What beliefs do you hold about social status and its importance in your life that aren't useful?

**Race:** What are your beliefs about your race that aren't helpful?

**Career:** What beliefs do you hold about your capabilities in the area of career that is limiting you?

**Body Size:** What unhealthy beliefs do you hold about your body size and its connection to attractiveness or worth as a man?

**Dick Size:** What are your beliefs about your dick size that aren't useful and creates insecurity and shame?

## **Part 2: Exploring Global Beliefs**

Reflect on the concept of global beliefs, which are broader societal narratives or expectations that can influence our thinking and behavior. Global beliefs are related to oneself, others, and the world. Don't think about the following, allow the first thought to be the answer once you read the start of the sentence. The first thought will normally be from the subconscious.

Life is

Men are

Women are

Sex is

Masturbation is

Emotions are

My body is

Relationships are

Marriage is

I am

Money is

Selling is

Receiving money is

My bank account is