

# How To Evolve Beyond Man Box Culture

Healing man box culture—requires shifting both individual mindsets and societal expectations. Here's how we can work toward change:

## 1. Redefine Masculinity

- Challenge the idea that strength means dominance or emotional suppression.
- Promote emotional intelligence as a key masculine trait.
- Encourage men to embrace vulnerability, empathy, and self-reflection.

## 2. Model Healthy Male Relationships

- Show men forming deep, supportive friendships without the need for competition or toughness.
- Normalize men expressing love and appreciation for each other.
- Encourage fatherhood, mentorship, and nurturing roles as strengths, not weaknesses.

## 3. Educate Early & Consistently

- Teach boys that emotions are natural and that expressing them doesn't make them weak.
- Introduce diverse role models who embody masculinity in non-traditional ways.
- Address constrictive masculinity in schools, workplaces, and sports.

Love Isn't Enough

Joree Rose, MA, LMFT & Dr. John Schinnerer

# How To Evolve Beyond Man Box Culture

## **4. Hold Cultural Influencers Accountable**

- Call out harmful rhetoric from figures like Andrew Tate while offering alternative, healthier male role models.
- Support content creators, authors, and leaders who challenge destructive gender norms.
- Demand accountability from media platforms that promote constrictive masculinity.

## **5. Create Safe Spaces for Men to Grow**

- Support men's groups focused on mental health, emotional expression, and positive masculinity.
- Provide mentorship programs where older men model emotional intelligence and vulnerability.
- Encourage therapy as a tool for personal growth, not just crisis management.

## **6. Shift Relationship Expectations**

- Teach men that emotional availability, respect, and partnership are strengths in relationships.
- Move away from gender roles that pressure men to be sole providers or emotionally distant.
- Celebrate men who show up as equal partners and caregivers.

Love Isn't Enough

Joree Rose, MA, LMFT & Dr. John Schinnerer

# How To Evolve Beyond Man Box Culture

## **7. Encourage Societal & Workplace Changes**

- Advocate for paternity leave and family-friendly work policies.
- Address workplace cultures that reward aggression and dominance over collaboration and empathy.
- Challenge industries that glorify hypermasculinity, from sports to business to entertainment.

Advancing beyond man box culture is about expanding masculinity rather than rejecting it. When men are free to be their full selves—emotional, kind, resilient, and strong—everyone benefits.

If you are wanting to support from Joree and John in shifting the culture for the young men in your life, don't hesitate to contact us at [info@loveisntenough.net](mailto:info@loveisntenough.net).

Love Isn't Enough

Joree Rose, MA, LMFT & Dr. John Schinnerer