

# Applying the *About Men* Film to Your Life

## Self-Reflection Questions

### 1. CHECK-IN WITH YOURSELF

The film starts with the men checking in with themselves about how they are thinking and feeling in the moment. If you checked in with yourself in this moment and reflected over the past several hours, what emotions / thoughts would you track? How have these thoughts/emotions impacted you?

### 2. NOTICE YOUR REACTION TO VULNERABILITY

The men in the film share vulnerable personal struggles around their self worth, relationships, family, and death. What reaction do you have to the level of vulnerability shared in the film? Does it make you uncomfortable? Does it inspire you? Do you see vulnerability as more of a strength or weakness? What do you not want others to know about you? How do you feel about others fully seeing you? How could your life be more full of connection if you shared vulnerably?

### 3. HOW IS YOUR SUPPORT SYSTEM IN YOUR LIFE?

What individuals provide the strongest support in your life? What do they do that is most supportive? Do they both challenge you and support you?

MEN: Does your strongest support come mostly from women or also from other men? What level of support do you have from other men and what additional support do you wish for?

WOMEN: Does your strongest support come mostly from women or also from men? What level of support do you have from men and what additional kind of support do you wish for?

#### **4. WHAT IS YOUR QUESTION TO PONDER?**

The following questions were spoken in the film. Pick one that resonates with you and answer it for yourself and/or share your reflections with a colleague.

- What does it mean to be a man?
- How do you relate to men?
- Where in your life are you stuck?
- How big can your presence be?
- What is your deepest calling?
- What is your life all about?
- What would it take for you to radiate?
- What is your intent?
- What is the vision you want to create in your life?
- What feelings do you never show?
- What hope and/or fear do you have about revealing yourself?
- How can you find the courage to show up even more?
- How worried are you about what other people think of you?
- What belief system in yourself do you want to change?
- What percentage of the time does your relationship work and what percentage of the time do you focus on this?
- Do you want peace in your life? In what area?
- Do you ever talk about stuff you don't know anything about?
- For what do you most want to be seen?
- What's your fantasy?
- Do you want to find out more about yourself?

#### **5. WHAT ROLE DOES LOVE PLAY IN YOUR LIFE?**

In the final lines of the movie Chris says *"It all goes back to love. Every man's deepest calling is love."* What is your reaction to this statement? Do you agree? How important is love in your philosophy of life? How important is love in your actual daily practice?