

MASTERCLASS 1. Masculine Codes, Wants, Desires, Differences.

Everything is energy, frequency, vibration.

Masculine System

Masculine Drives	Feminine Drives
Autonomy	Relationships
Achievement	Love
Power	Connection
Efficiency	Aesthetics
Self centred on problem solving	Self centred on nurture
Self goal orientation	Communicate feelings
Self sufficiency	Quality relationships

MEN'S PRIMARY NEEDS	WOMEN'S PRIMARY NEEDS
Empowerment	Communication
Acceptance	Understanding
Respect	Respect
Appreciation	Devotion
Approval	Validation
Encouragement	Reassurance
Trust	Caring

High Masculine Codes	Wants / Needs
Present	Presence
Aware	Awareness of self
Strong	Soft receptive
Structured	Flexible
Holds space	Openness
Passionate	Passion / attraction
Truthful	Honesty
Confident	Acceptance
Reliable	Loyalty
Protective	Surrender
Generous	Appreciation
Driven / Decisive	Trust
Purposeful	Encouragement
Heroic	Inspired to rise
Mature	Playful
Forgiving	Forgiving
Gentle	Compassion
Warrior	Connection / Physical touch

To communicate effectively you must consider and meet the cores needs. This is precisely what meets the masculines most primary need which is **empowerment**.

Questions

1. How does your communication support or detract from masculine's needs?
2. On a scale of 1 to 10 how skilled are you at meeting his primary needs through communication?

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3. How is this impacting relationships?

Differences between communication:

Men talk to information v women talk to feelings

Personal example:

Men withdraw in times of with stress v Women lash out

Personal example:

Men need to process to solve v Women want to talk to resolve

Personal example:

Men invalidate v Women emasculate

Personal example:

Men express with direct communication v women express with indirect communication

Personal example:

Men need acceptance v Women need understanding

Personal example:

Love languages - How you feel love v how you show love.

- Acts of service
- Words of affirmation
- Quality time
- Gift giving
- Physical touch
- Space
- Connection

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Questions

1. What is your primary Love Language – if you don't know think about what is that a partner/family member/friend does that makes you feel most loved?
2. On a scale of 1 to 19 (1 lowest, 10 highest) how often do you use another love language (doesn't have to be intimate partner.)
3. How do you feel about using a love language that isn't your own, what are your concerns?

Common Myths/Differences Around Men

- Men say I love you 60 to 70% of the time (saying it up to 6 weeks before their partner.)
- Difference between short term and long-term persuasion.
- The longer in a relationship the more in touch with emotions.
- Men are 3 x happier when regular physical intimacy that isn't sex (e.g. cuddling)
- Men are emotional and romantic.
- Men don't listen.
- Men enjoy romantic movies
- He is his job.
- He hates commitment.
- Looks are everything.
- He doesn't communicate.
- He doesn't take things personally
- He doesn't pay attention to criticism.
- Gendered world or brain differences.
- Process emotions same as women.
- Response to threatening stimuli
- Anger means angry
- Difference in hippocampus/memory skills
- Women have more activity in prefrontal and limbic v men more spread out network
- Testosterone impacts organizational effects
- Men are built to defend