

How do *you* feel about expressing emotion? Answer the questions below.

Do you think boys are raised to think differently about their emotions than girls are? If so, how?

---

---

Should a man control his emotions at all times? Why or why not?

---

---

How do *you* feel when you are with a close male friend who is very upset emotionally and shares openly?

---

---

Under what circumstances do you think it is all right for a man to cry?

---

---

Who was the first person to say to you something like, "Now, now, be a man and don't cry"?

---

---

What are acceptable ways to show anger or rage? What are some unacceptable responses to anger or rage?

---

---

Do you think that bottling up emotions can cause physical illness?

---

---

How do you think a father should express his love for his son?

---

---

Do you think society has placed more restrictions upon you as a male regarding expressing emotions than upon females? If so, in what ways?

---

---

Does expressing emotions openly make you any less a man?

---

---