

Wounded by the Feminine: A Healing Webinar for Men

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BROTHERS ON A ROAD LESS TRAVELED

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SO I HAVE WOUNDS WITH WOMEN. HOW DO I HEAL?



1. Uncover and bring awareness to the strategies you've taken on to defend, protect, stay small, or dominate in response to women and the feminine.
2. Bring these strategies 'out of the dark' – sharing them and letting them be witnessed by women. These strategies developed *in response* to women – so letting them be seen, and be met with love, helps them untwist and relax their control over you.
3. Contact and express the pain that's been held back all this time – *that you cannot show women* – which is an untapped source of power and the key to your freedom.
4. Claim the unexplored qualities of the masculine that already live within you from this place of freedom. Put your stake in the ground for how you'll live and show up with women.



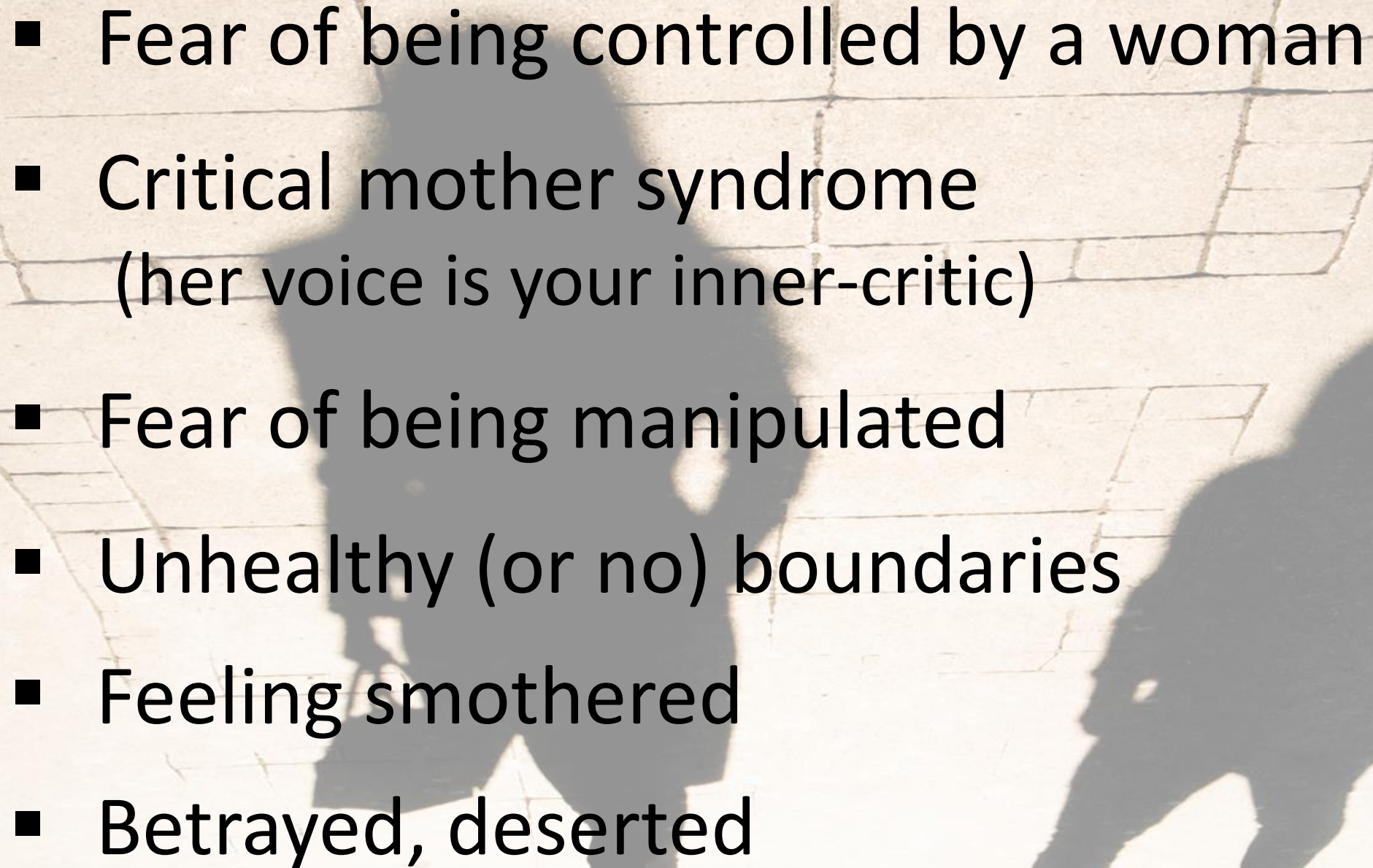
Who do you **become** in the presence of women?

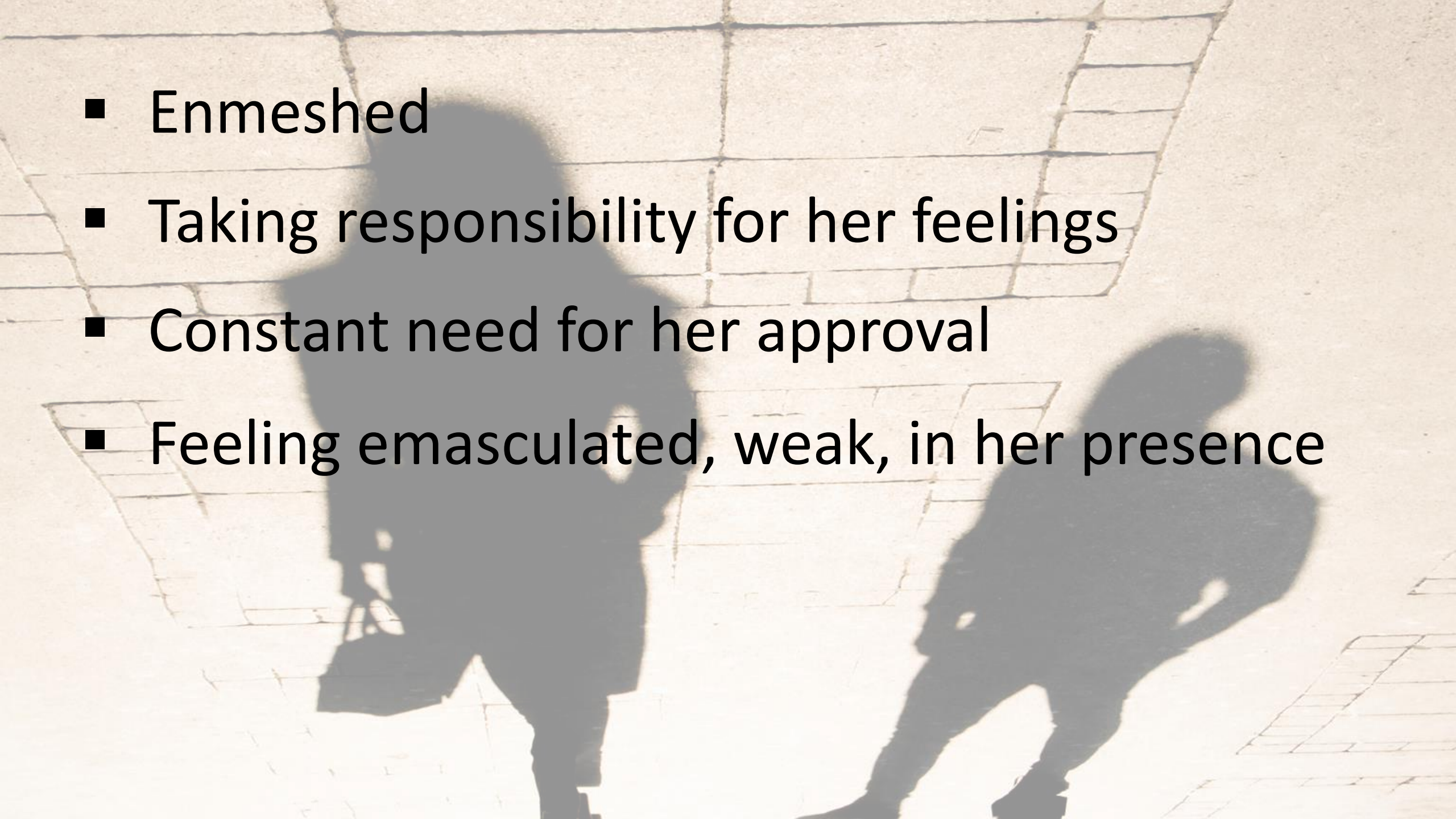
The image shows a high-angle view of a paved surface with rectangular tiles. Two dark silhouettes of people are cast on the ground. The silhouette on the left is larger and appears to be a person standing. The silhouette on the right is smaller and appears to be a person walking or leaning forward. The word "Transference" is written in a large, bold, black sans-serif font across the center of the image, overlapping both silhouettes.

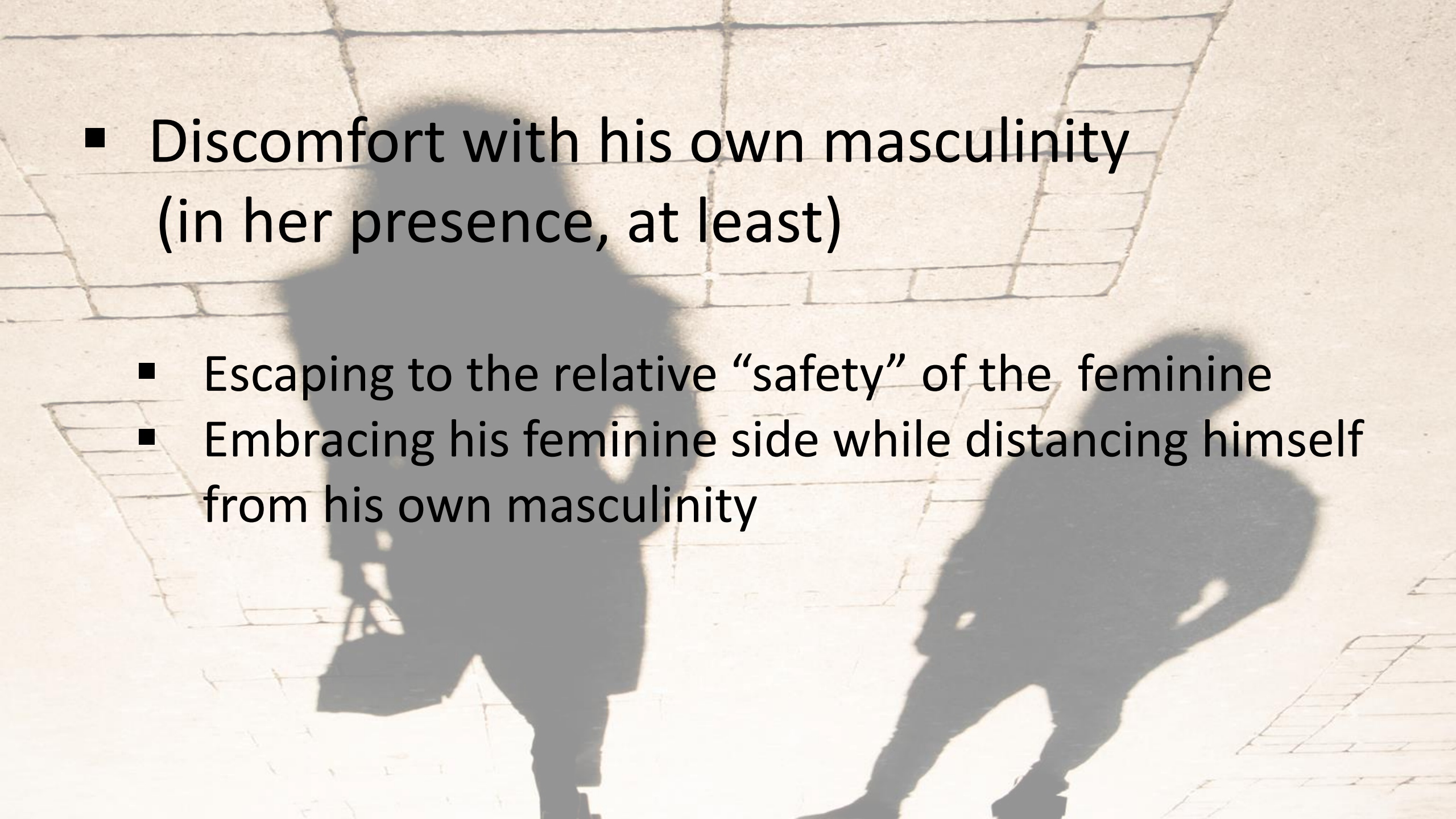
Transference

The background of the image shows the silhouettes of two people walking on a paved surface, likely a sidewalk or street. The person on the left is carrying a bag, and the person on the right is walking slightly behind. The ground is composed of large, light-colored rectangular paving stones. The overall scene is captured in a high-contrast, low-angle perspective, emphasizing the shapes and shadows of the figures.

Common issues with women and feminine energy
that men in the Brothers Road community
frequently experience include...

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- The background of the slide features a light-colored tiled floor with a grid pattern. Two dark, elongated shadows are cast across the tiles, suggesting the presence of people standing or walking. The shadows are positioned on either side of the central text, creating a sense of depth and atmosphere.
- Fear of being controlled by a woman
 - Critical mother syndrome
(her voice is your inner-critic)
 - Fear of being manipulated
 - Unhealthy (or no) boundaries
 - Feeling smothered
 - Betrayed, deserted

- 
- The background of the slide is a photograph of a light-colored tiled floor. Two dark silhouettes of people are cast onto the floor. One silhouette is on the left, and another is on the right, both appearing to be in motion or standing close together. The text is overlaid on the left side of the image.
- Enmeshed
 - Taking responsibility for her feelings
 - Constant need for her approval
 - Feeling emasculated, weak, in her presence

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- Discomfort with his own masculinity (in her presence, at least)
 - Escaping to the relative “safety” of the feminine
 - Embracing his feminine side while distancing himself from his own masculinity

The background of the slide is a photograph of a paved surface, likely a sidewalk or plaza, with shadows of people walking cast across it. The shadows are dark and elongated, suggesting a low sun position. The paving stones are light-colored and arranged in a grid pattern.

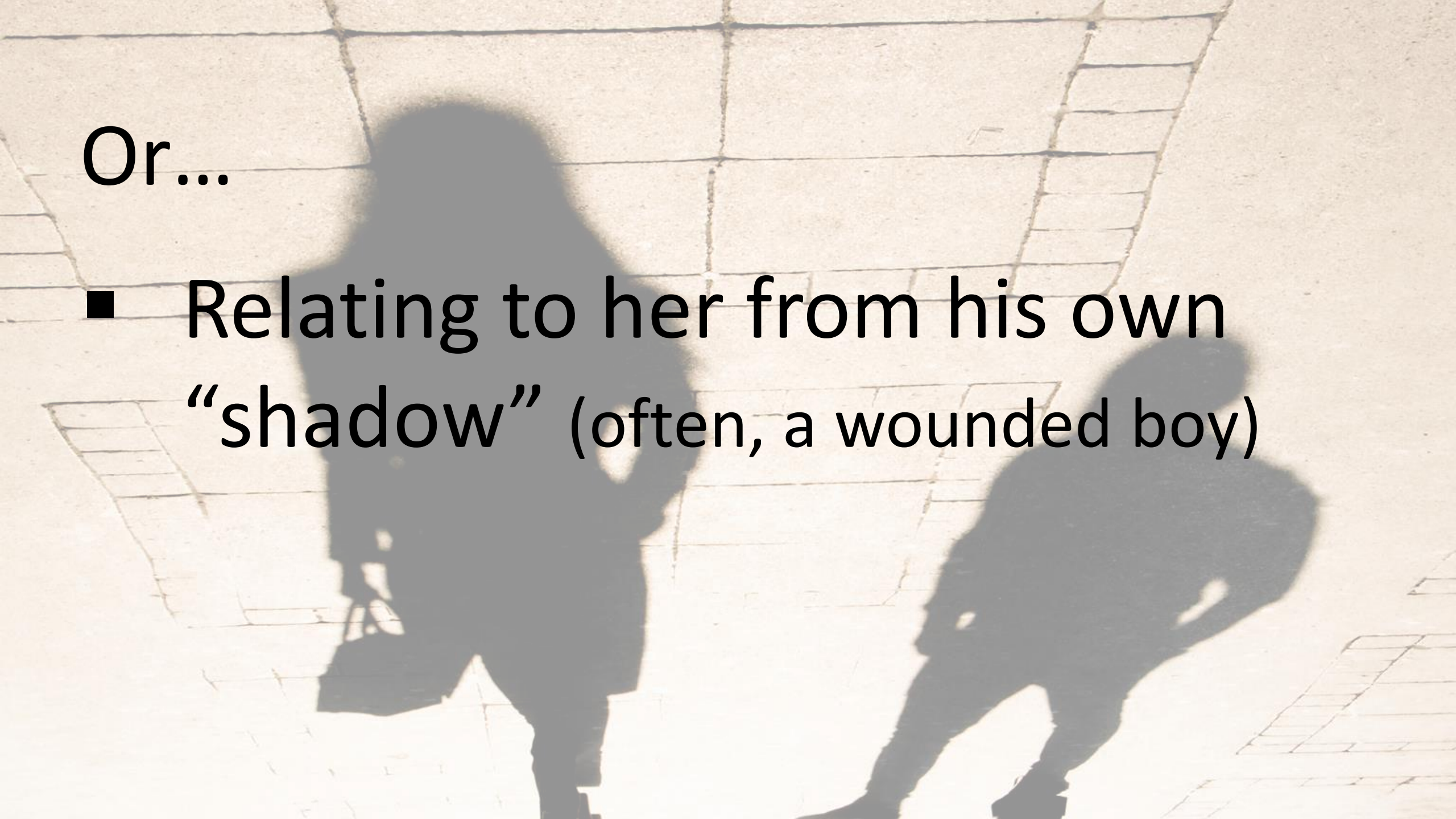
Or at the other extreme...

- Feeling “allergic” to (afraid of or disgusted by) femininity itself
 - Rejecting all things feminine
 - Hating any perceived femininity within himself
 - Avoiding interaction with women as much as possible



Or to summarize...

- Seeing only her “shadow”



Or...

- Relating to her from his own “shadow” (often, a wounded boy)

Shadow



- Every person has been wounded.
- Whatever is unhealed will be projected outside ourselves. Unhealed wounds become our defenses.
- Because everyone has been wounded, everyone has a “shadow”—secret, unconscious, hidden parts that are “acting out.”

What is the Shadow Feminine?

- Often murky, covert, subtle, manipulative, passive-aggressive.
- Men's shadows tend to be more overt, obvious, aggressive.
- Her intention is to keep herself safe by making men small.



Examples of the Shadow Feminine

- Bossy, controlling, belittling

“I’m always right, you’re always wrong.”

Home and family are her domain, and the man doesn’t have much say.

Typically stems from fear of the masculine or having been hurt by men in the past.

If she can keep men “small,” they are less threatening.



Examples of the Shadow Feminine

- She makes him an extension of herself

“You’re mine.” She sees everything he says or does as a reflection of herself.

Especially seen in dysfunctional mother-son relationships.
Son never has a chance to individuate.

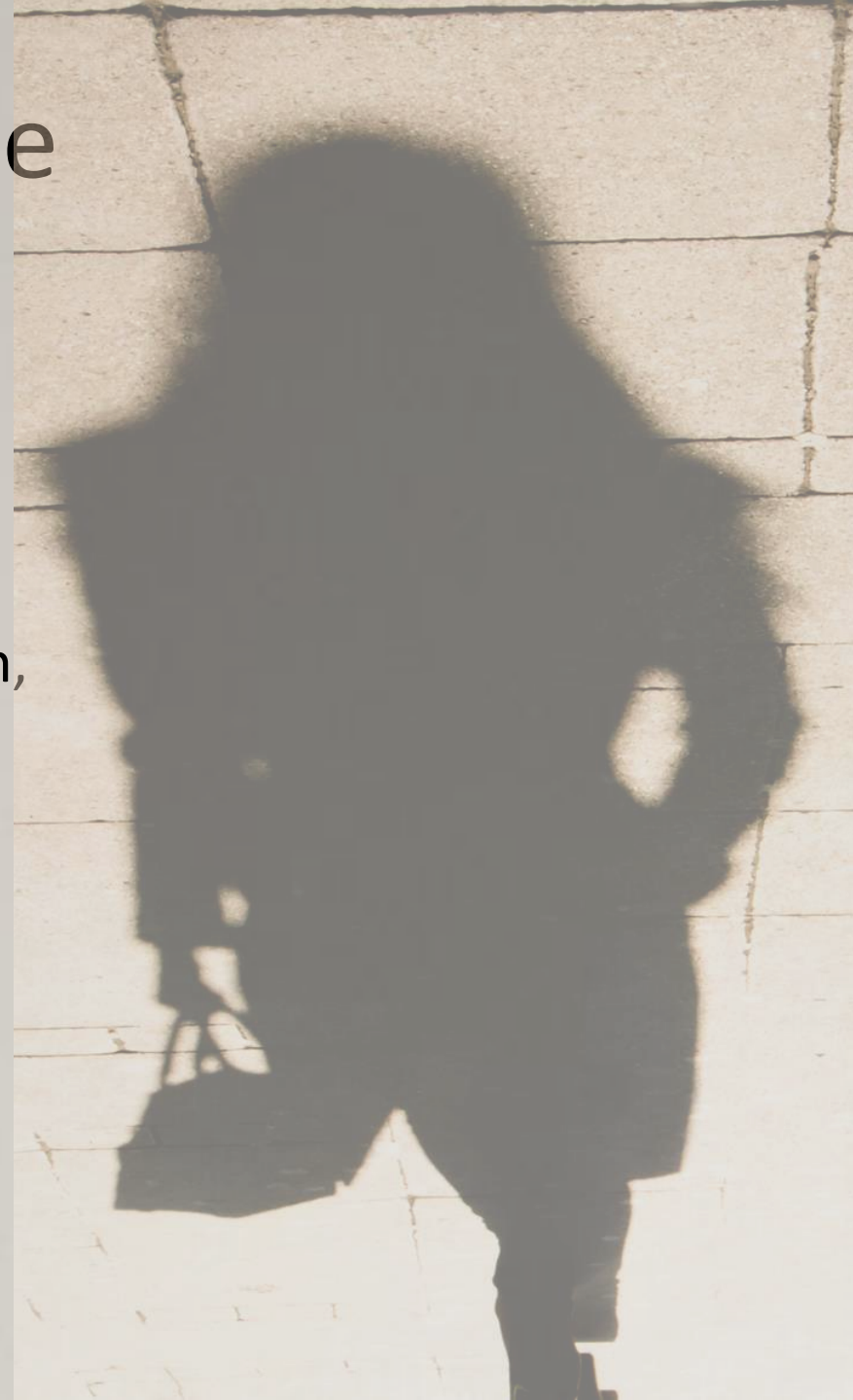
He feels enmeshed, disempowered.



Examples of the Shadow Feminine

- The rules don't apply to her.

She expects others to do as she says (keep the house clean, don't lie, don't be messy), but she is exempt.



Examples of the Shadow Feminine

- She can't hear his pain. It has to be all about her and her pain

When he expresses hurt or pain, she turns it around and makes it about her pain. His pain doesn't get heard.



Examples of the Shadow Feminine

- He can never do enough.

Ingratitude, lack of appreciation.

*“You should do more,” “You don’t love me enough,”
“You should be more romantic,” “You should help
more,” “You should be more masculine but also more
feminine.”*

She has a bottomless pit of needs and expectations that
can never be filled.



Examples of the Shadow Feminine

- She expects him to just know her needs and step up without having to ask him — then blames him when he doesn't



Examples of the Shadow Feminine

- She punishes a man for being a man.

Stems from past hurts personally, as well as globally, where women in society have a history of being victimized by men.

She makes him feel bad about his masculinity.

She makes sure her sons feel bad about masculinity so they don't grow up to be bad men.



Examples of the Shadow Feminine

- She thinks it's the man's job to make her happy.

"If I'm unhappy, it's your fault."

The healthy masculine wants to be a hero to a woman. The unhealthy masculine wants to be a pleaser. She plays on his "pleaser" to get what she wants.



Inner-healing work engages three parts of ourselves



Wounded Self

Carries our pain.
Feels deeply.



Survivor Self

Protects us from feeling these wounds. Develops coping mechanisms and survival strategies. Carries our “stories” or judgments, which often are a barrier to moving on.



Healthy Self

Experiences “presence.” Feels love, compassion. Empowered. Creates healthy, loving relationships.

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The women in your life also have ...



A Wounded Self



A Survivor Self



A Healthy Self

Most interpersonal conflict is between



Survivor Self

and



Survivor Self

When one partner feels wounded, his or her Survivor Self steps in for protection — which in turn likely brings out the other partner's Survivor Self.

At least one partner has to step into the Healthy Self in order to resolve conflict in a healthy way



Healthy Self



Survivor Self

One partner's Healthy Self helps the other partner's Survivor Self feel safe to re-engage in a healthy way.

At least one partner has to step into the Healthy Self in order to resolve conflict in a healthy way



Survivor Self



Healthy Self

One partner's Healthy Self helps the other partner's Survivor Self feel safe to re-engage in a healthy way.

Within all of us, healing happens when the Healthy Self—not the Survivor Self — consciously steps in to nurture and reassure the Wounded Self.

Only then can the Survivor Self step back and allow authentic healing to happen.



**What if you could feel
empowered in the presence
of women?**

What if you could let go of your
defenses because you are finally
rooted in your true strength as a
man?



First, become aware

Notice the strategies you've taken on to respond to women and the feminine —

defending, protecting, staying small, running from, rejecting, or dominating.



Become aware

Notice your transferences.

How might you be being unfair to women in your present by responding to them as if they were other women who hurt you in your past?



Then, become willing

Become willing to move outside your comfort zone.

Become willing to release your attachment to old beliefs and old ways of being.



Become willing

Become willing to identify, feel, process, and release your wounds around women and the feminine.



Allow yourself to be seen

Bring your defenses “out of the dark” — sharing them and letting them be witnessed by women.

These defenses developed *in response* to women — so letting them be seen, and be met with love, helps them untwist and relax their control over you.



Allow yourself to be seen

Find safe spaces to connect with and express the pain that you've held back all this time

This is an untapped source of power and the key to your freedom.




Experience being in
the presence of the
Golden Feminine



Practice experiencing your Golden Masculine state in the presence of safe women first.





From your Golden Masculine state,
practice setting firm, healthy boundaries.

A man with a beard, wearing a white shirt, is sitting on a light-colored sofa and gesturing with his hands as if speaking. A woman with curly blonde hair, wearing a light pink blouse and grey trousers, is sitting opposite him, looking thoughtful with her hand to her chin. The background is a bright, modern interior with white shelves and a plant.

From your Golden Masculine state,
practice speaking up.

Let your voice be heard.

With practice and experience, you can learn to hold Golden Masculine energy even in the presence of a woman's:

- Anger
- Disappointment
- Blame
- Shadow



To explore further...

Men's Immersion Weekend

Led by Women

Get Unstuck in Your Relationship with the Feminine

REGISTER NOW

<https://corexperience.com/mens-immersion-weekend/>

find your freedom

<https://corexperience.com/>

Britta and colleagues can be reached through
<https://corexperience.com/contact-us/>

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