WHERE I'M STANDING

A working definition, not a measurement.

Read from the ground up. Write your own words beside each layer. Keep what helps you become more honest, more alive and more responsible. Bring your disagreement with you.

CALLING *What makes being a man worth it for you, when nobody is watching?*	One thing I'll do because it matters, not to prove anything.
CAPACITY *"When my capacity shrinks, my job isn't to fake it."*	This week I can hold: the whole house · part of it · me, and that's it
CONTAINMENT *"If it shows up within me, it's my responsibility."*	What am I carrying that I'm pretending I can carry? Who needs to know?
REALITY *"It is a worse breach of masculinity to lose reality than it is to lose containment."*	What's actually true this week that I've been acting like isn't?

"Reality is the foundation. Containment is the responsibility. Capacity is the reach. Calling gives that reach a direction."

THE WEEKLY CHECK-IN

Run it every Sunday night.

Five lines, five minutes. Date each column. Use it again next week.

	WEEK OF ____	WEEK OF ____	WEEK OF ____	WEEK OF ____
What's true				
What I'm carrying, and who knows				
This week I can hold				
What I'm doing because it matters				
Who's letting me in				

Held, Watch, Practice, Hold yourself: someone you can tell you're struggling · a man you can ask what he felt and did · trying it badly, in front of someone · taking feedback seriously without letting it decide your worth.