

"To be open with others, you must first be open with yourself."



Introduction

Talking To My Thoughts (TTMT) is a platform dedicated to supporting men's mental health. Simon, a father of three and a Video Producer, and Craig, a Life Coach and Web Developer. Having met in secondary school, they have remained committed to giving back to their community through various initiatives, including health, wellness, and business investing.

At TTMT, the mission is to inspire men to be open, honest, and vulnerable through powerful conversations and introspective thinking. We recognise the unique struggles that men—especially Black men—face in navigating life's responsibilities, expectations, and pressures. Often, the weight of these challenges can lead to an increased risk of depression, anxiety and tragically, suicide. Factors such as excessive pressure, isolation, a lack of emotional literacy, and the absence of a confidant all contribute to this crisis.

Our ethos is simple:

"To be open with others, you must first be open with yourself."

A Safe Space for Open Conversations

We exist as a safe space where men can engage in meaningful dialogue about topics that deeply impact them. Since launching in 2019, we have committed ourselves to fostering environments—both online and offline—where men feel encouraged to express their thoughts and emotions. Our goal is to ask the right questions, promote self-awareness, and provide perspectives that remind men they are not alone in their journey.

To achieve this, we have outlined three key steps:

Step 1: Creating The Safe Spaces

We facilitate discussions on responsibilities, struggles, burdens, and societal expectations—topics that are often avoided yet profoundly impact our mental well-being.

In the UK, men are disproportionately affected by depression and are more likely to suppress their feelings. This tendency is rooted in societal conditioning that discourages emotional expression from a young age. By challenging these patterns, we hope to normalise openness and emotional vulnerability. We create sessions both online via video calls, whats app groups and podcasts as well as offline in physical meetings to provide the space to start the conversations.

Step 2: Increasing Self-Awareness and Emotional Literacy

A significant contributor to mental health struggles among men is a lack of emotional literacy. When men are not taught how to identify and articulate their emotions, they may experience

increased feelings of isolation, anxiety, and aggression. We believe that by fostering self-awareness, we can empower men to navigate these challenges with greater resilience. We do this through introspective conversations. Asking the right questions and recognising from other perspectives how actions have an effect on people around them.

Step 3: Empowering Men to Face Daily Challenges

Our goal is not to solve problems for men, but to equip them with the tools to confront their struggles head-on. By encouraging open conversations and then challenging them to continue these conversations with their peers we hope to cultivate strength, understanding, and healing.

The Journey So Far

Our journey began with the launch of our podcast, where we invited individuals from our personal circles to share their thoughts and emotions—many of which had been suppressed for years. Through these conversations, we witnessed the power of vulnerability and its transformative impact on mental well-being.

By picking up this book, you are taking an essential step in bringing these conversations beyond the podcast and into your everyday life. We encourage you to use this book as a conversation starter with your peers, in your communities, and within your personal spaces.

Together, we can raise awareness, recognize our shared experiences, and embrace the power of openness.

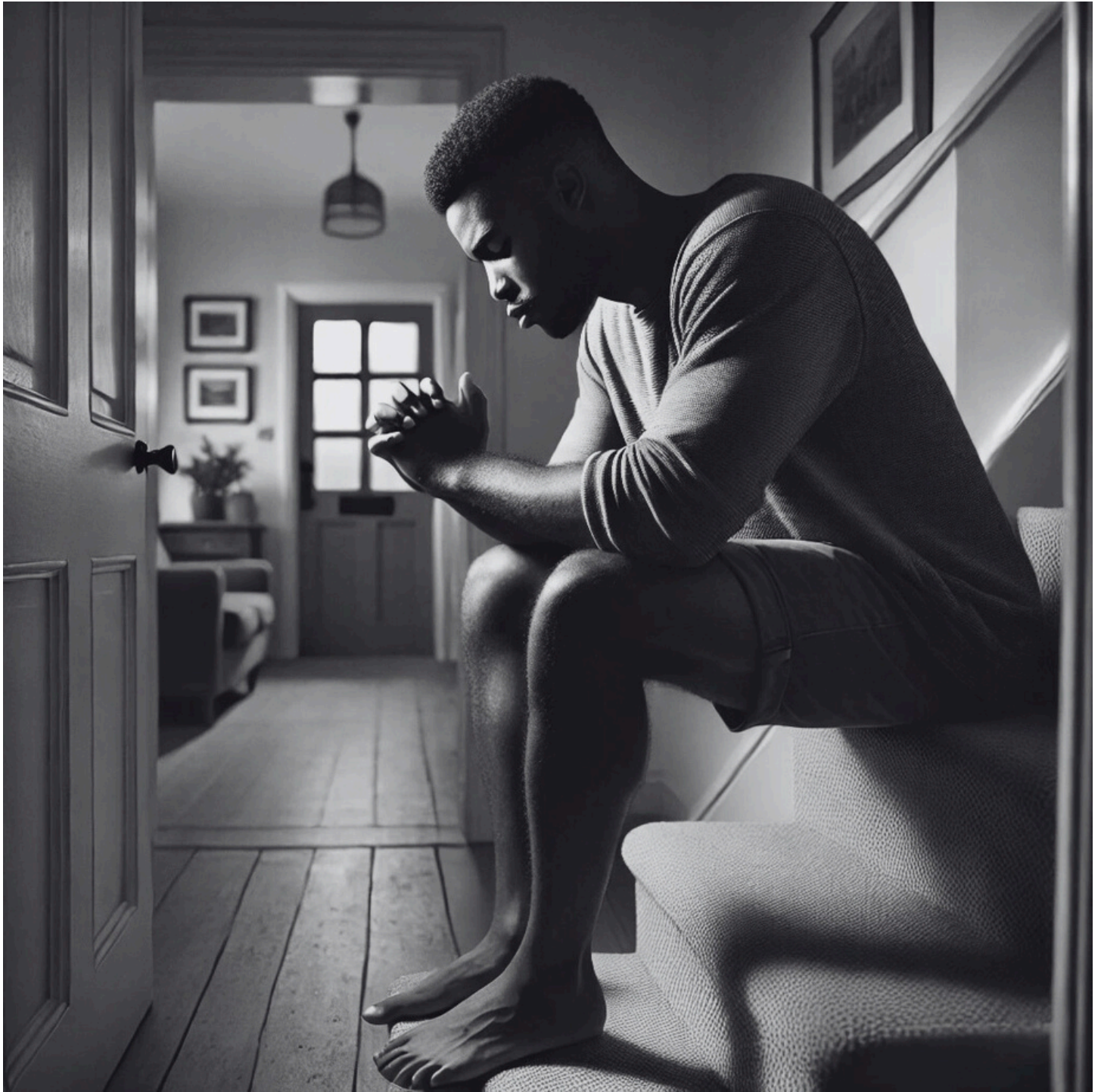
How to use this eBook?

Each chapter is derived from real conversations we've had on our podcast and is structured for you to take the key learnings away and apply to your life, we encourage you to listen to the podcast episode alongside each chapter of the book to get the full context of the conversation:

- **Topic** – The subject matter we chose to discuss, along with a breakdown of what it means to us.
- **Questions** – A series of ten key questions we explored in our discussion. How do you identify with these questions? Can you answer them for yourself?
- **Challenges** – Quotes taken directly from us or our guests, highlighting the sticking points we encountered during the conversation.
- **Takeaways** – How do we tackle these challenges? The Takeaways are insights gained from the conversation that you can apply in your own life.
- **Introspective Questions** – How do you resonate with the subject matter? How can you open an internal dialogue? Use these questions as prompts for self-reflection or to spark discussions with friends and family.
- **Thoughts** – A summary of the discussion in our opinion and key points to reflect on moving forward.

Lets get started!

When Do I Truly Become a Man?



A thought-provoking exploration of manhood and the journey of self-discovery.

What defines manhood? Is it age, responsibility, or an unspoken rite of passage? For many men, the transition into adulthood comes without clear guidance—just expectations and pressures. We ask: When do you stop being a boy and truly become a man, and who gets to decide that moment?”

Questions

1. How would you define manhood or what it means to be a man? Is there a specific set of traits or responsibilities you associate with it?
2. Have you ever felt pressure to conform to societal expectations of what a man "should" be? How did you navigate that?
3. What role does personal identity and self-representation play in your understanding of manhood?
4. In what ways has your cultural or racial background influenced your perspective on masculinity and being a man?
5. How have your life experiences, both positive and negative, shaped your journey to manhood?
6. Do you feel a sense of responsibility in how you present yourself as a man, especially within your community? Why or why not?
7. What are some of the challenges you've faced in finding a balance between external expectations and being true to yourself as a man?
8. How do you define personal growth and development in the context of manhood? What milestones or markers are important to you?
9. In what ways has the perception of others impacted your own self-perception as a man? How have you navigated that?
10. What advice would you give to young men who are navigating the transition into manhood and trying to define it for themselves?

Challenges

"No one ever really sits down and says, 'This is what you need to do to be a man.' There's this grey area between being a boy and stepping into manhood, where the expectation is there, but the equipment isn't, and you feel like you're playing catch-up."

"Society puts pressure on you to conform to their definition of being a man—strong, responsible, a provider—but what if you can't meet those standards all the time? Does that mean you're no longer a man?"

"There's a constant external pressure to represent not just yourself but an identity—whether it's being a man, a Black man, or something else. That weight can feel overwhelming and leaves you questioning if you're doing enough."

Takeaways

"Being a man is not about fulfilling society's checklist—it's about declaring that you are enough as you are and embracing your unique journey. Once you define who you want to be, you've already succeeded."

"The only person who can define what it means to be a man for you is yourself. Don't let society's labels confine you. True manhood is about authenticity and doing what aligns with your values."

"Manhood isn't a destination—it's a journey. The key is to learn, grow, and represent yourself authentically in every moment, knowing that your unique experiences make you who you are."

Introspective Questions

1. The most important aspect of defining manhood for me is ____.
2. One societal expectation of men that I've struggled with is ____.
3. The way my cultural or racial background has influenced my understanding of masculinity is ____.
4. When it comes to representing myself as a man, the biggest challenge I face is ____.
5. If I could redefine manhood for myself and others, I would say it means...

Thoughts

Becoming a man isn't about fitting into a rigid mold; it's about defining your own version of adulthood. Whether it's responsibility, emotional growth, or learning to lead with authenticity, manhood is a journey—not a destination. The real question is: Are you ready to embrace the man you're becoming?

What Am I Really Afraid Of?



Unpacking fears that hold men back and finding the courage to move forward.

Is fear holding you back from your full potential? For many men, fears—of failure, vulnerability, or even love—remain unspoken. But what happens when you confront the fears hiding in plain sight? Can facing the unknown unlock the life you're truly meant to live?

Questions

1. What are your deepest fears, and how do they impact your daily life?
2. Do you find that your fears are often rooted in the past or concerns about the future?
3. How do you try to overcome the feeling of lack of control when it comes to your deepest fears?
4. Do you have a fear of not fulfilling your potential, and if so, how do you motivate yourself to keep pushing forward?
5. How has the loss of a loved one, or the fear of losing a loved one, affected your outlook on life?
6. In what ways do you try to be more present and appreciative of the people and moments in your life?
7. Have you ever experienced a fear of being irrelevant or not making a lasting impact, and how do you address those feelings?
8. How do you balance the desire for unconditional love and the fear of getting hurt in relationships?
9. In what ways have you been able to reframe your fears as tools for positive action and growth?
10. What advice would you give to other men who are struggling to confront and manage their deepest fears?

Challenges

"My deepest fear is not fulfilling my potential. I feel like God has blessed me with so much, and the thought of wasting those blessings, of not doing what I'm here to do, really scares me."

"Losing my parents is my deepest fear. They're my heart, my soul, my safe haven, and I don't know who I'd be without them. It's a hard one to swallow, but it's a fear that's always there."

"My deepest fear isn't about losing others, but about being irrelevant. I fear living my whole life, passing away, and feeling like I didn't matter—that I made no impact and was just forgotten."

Takeaways

"Fear can be a reminder to live fully. Instead of dwelling on what you might not accomplish, focus on the blessings you have today and make every moment count. Push forward with gratitude."

"The best way to handle the fear of losing loved ones is to turn that energy into presence. Be with them fully, love deeply, and create memories that will last beyond time."

"Even small actions can have a ripple effect. You don't have to change the world to be relevant—by being present and kind to the people around you, you're already making an impact."

Introspective Questions

1. The deepest fear that I struggle with is ____.
2. I find that my fears are often rooted in _.
3. One way I try to overcome the feeling of lack of control when it comes to my fears is ____.
4. If I had a fear of not fulfilling my potential, I would motivate myself by ____.
5. If I could face my biggest fear without hesitation, I would...

Thoughts

Fear often holds us back from the life we deserve, but confronting it can lead to breakthroughs we never imagined. By understanding where fear comes from, we can choose courage over comfort. What would happen if you stopped running from your fears and started running toward them?

Am I a Good Enough Father?



Honest reflections on fatherhood, self-doubt, and striving to be better for your children.

Fatherhood is more than a title—it's a test of love, patience, and identity. But what happens when self-doubt creeps in? From financial fears to emotional struggles, many fathers wonder: 'Am I enough for my family?' Does anyone really feel ready to step into the shoes of a father?

Questions

1. What are your biggest fears or concerns about becoming a father?
2. How has your upbringing and family dynamic influenced your approach to fatherhood?
3. In what ways would you try to be an active and present father in your child's life?
4. How do you balance the responsibilities of work and providing for your family with being there emotionally and physically?
5. What advice would you give to other men who are hesitant about taking on the role of fatherhood?
6. How have you navigated conflicts when it comes to parenting?
7. In what ways have you seen the lack of father figures impact the lives of young people in your community?
8. What steps have you taken to ensure you are modelling positive masculinity and values for those who look up to you?
9. How do you make sure you are taking time for self-care and your own personal growth while also being a dedicated father?
10. What is the most rewarding aspect of fatherhood that you've experienced so far?

Challenges

"The biggest challenge I see is that so many kids grow up searching for a father figure in the wrong places because their dads aren't present. It creates vulnerabilities that lead to bad decisions and unhealthy influences."

"The fear of failing my family, of not being able to provide for them or give them the life they deserve, weighs heavily on me. It's a constant pressure to ensure that everything goes right."

"For me, the fear isn't just about finances—it's wondering if I'm enough as a father or partner. Am I capable of stepping up and giving everything my family needs?"

Takeaways

"Being a father is about more than just providing financially; it's about being present. The time you spend with your children can shape their lives and prevent them from looking for guidance in the wrong places." - Simon

"Fatherhood is a journey of love, responsibility, and growth. Even with fear and uncertainty, stepping up and doing your best is what truly defines you as a father."

"It's natural to have fears about fatherhood, but those fears can fuel your commitment. Use them as motivation to love deeply, be present, and give your family the very best of yourself."

Introspective Questions

1. The biggest fear I have/had about becoming a father is ____.
2. The way my own upbringing has influenced how I approach fatherhood is ____.
3. The kind of father I hope to be is...
4. If I could say one thing to my future (or current) child about life, it would be...
5. If I could heal one wound from my own childhood before becoming (or continuing as) a father, it would be...

Thoughts

Fatherhood is not about perfection—it's about presence, effort, and love. Every father questions if they are 'good enough,' but the simple act of showing up proves they are already on the right path. The challenge is to let go of the doubt and embrace the journey. So, what does being a 'good enough' father mean to you?

The Black Man's Role in the Modern Home



Redefining presence, purpose, and leadership in the family.

Provider, protector, leader—are these the only roles society allows Black men in the home? From inherited generational expectations to redefining what fatherhood and partnership look like, Black men are carving out new spaces in their families. The question is: Can tradition and modernity coexist, or is it time to rewrite the script?

Questions

1. How has your upbringing taught you about a black man's role in the home?
2. What does it mean to you to be the "head" or "leader" of a household?
3. How do you think you balance providing for your family with being emotionally present?
4. In what ways have you had to adjust your expectations of fatherhood compared to your own father's role?
5. How do you navigate generational differences and clashing personalities within your home?
6. What are the unique challenges you face as a black man in fulfilling societal expectations of masculinity?
7. How important is it for you to be a positive role model and educator for younger black men?
8. In what ways have you had to find your own path and independence within your family dynamic?
9. How do you express love and emotion to your partner, children or family?
10. What do you believe is a man's greatest responsibility within his home and family?

Challenges

"As a black man, you're often taught to control your household through fear rather than love. That's how it's been passed down, and it creates a gap where emotions like love and vulnerability are not shared openly."

"Growing up with strong male role models can also create pressure. I feel like I have to be an 'upgrade' of my dad and make sure my kids never feel like I didn't do enough, but that weight can feel overwhelming at times."

"Being a black man in a home comes with unspoken expectations to provide, protect, and lead, but what happens when you can't? Society doesn't give you a manual or a contingency plan for failure, and that pressure can be crushing."

Takeaways

"The foundation of a black man's role in the home is to be present and supportive. It's about pulling your weight and ensuring everyone feels secure and valued, no matter what role you play."

"True strength in the home isn't about dominance or control; it's about educating, nurturing, and protecting with love. We can break cycles by leading with our hearts rather than fear."

"Purpose as a black man should come from within. It's not about living up to cultural or generational expectations but about defining what you can do as your authentic self and showing up in a way that feels true to you."

Introspective Questions

1. The role I feel most pressure to fulfill as a black man in my home is ____
2. One way I could be more emotionally expressive with my family is ____
3. If I'm struggling to provide for my family, the first thing I would do is ____
4. The biggest difference between my father's approach and my own as a parent is ____
5. To feel more confident in my position within the family, I could start by ____

Thoughts

Redefining a Black man's role in the home is not about erasing traditions but building new ones. By embracing vulnerability, presence, and partnership, Black men can transform family dynamics for future generations. What will it take to break old cycles and empower men to lead with love and intention?

Men During Pregnancy: What Nobody Tells Us



Insights on navigating pregnancy as a partner, supporter, and future father.

Pregnancy is often painted as a journey for mothers, but what about men? Are fathers sidelined in the process, left to figure out their role as mere 'support'? From feeling alienated at appointments to balancing immense expectations, we ask: How involved should men be during pregnancy, and is the system set up to include them?

Questions

1. How have you felt included or excluded from the pregnancy process as a man?
2. What are some ways you think healthcare providers could better support and involve fathers during pregnancy and childbirth?
3. Have you ever felt pressure or guilt about balancing work and family responsibilities during your partner's pregnancy? How did you manage that?
4. Did you have any doubts or concerns about being a good father before your child was born? How did you overcome those?
5. In what ways have you felt emotionally impacted or vulnerable during your partner's pregnancy and childbirth?
6. How did you navigate the emotional and physical changes your partner went through during pregnancy?
7. In what ways did the pressure of impending fatherhood affect your mental and emotional well-being?
8. Have you encountered any cultural or societal expectations that made it difficult for you to be the kind of father you wanted to be?
9. In what ways has becoming a father changed your perspective on building a legacy or leaving a positive impact on the world?
10. What are your thoughts on the importance of fathers building a legacy, whether through family or other means?

Challenges

"I think that the society, from the hospital system to just culture, is designed in a way that men are not involved in pregnancy or childbirth. There's no real hands-on advice or handbooks that's really put in your face... it makes it very easy for a man to not be involved in that process, because it's quite alienating."

"You become that one-man support system. You become the coach, the psychiatrist, the bouncer... there's such a big responsibility as a father during the pregnancy and labor process that you've always got to keep in mind."

"I was actually asked to leave the room during one of our meetings with a midwife. That was a new experience for me—uncomfortable and isolating—because we were supposed to be there as a team, and it wasn't explained why."

Takeaways

"Partnership is key during pregnancy. When you approach it as a team, it strengthens the bond and creates a journey you both share. Even if society doesn't always make space for men, you can create your own by being hands-on and present."

"Fatherhood during pregnancy is a beautiful challenge. While the mental load is significant, it's also an opportunity to grow and build a deeper connection with your family. Every step you take is part of creating an unbreakable legacy."

"There's power in stepping up. By taking responsibility and embracing your role as a father, you're not just supporting your partner—you're building memories, purpose, and a future that you can take pride in every day."

Introspective Questions

1. I could have felt more seen and involved during my partner's pregnancy by ____
2. To give myself more time and space to process the emotional journey of fatherhood, I could have ____
3. Acknowledging the pressure and guilt I may feel in balancing work and family responsibilities, I could ____
4. To build a lasting legacy, whether through family or other means, I could ____
5. Recognizing the vulnerability and emotional impact men experience during pregnancy and childbirth, I could ____

Thoughts

Men's roles during pregnancy go far beyond being spectators. While society often sidelines them, the reality is that fathers who engage deeply during this time contribute not just to their partners' well-being, but to their own growth as future parents. The question remains: Will men continue to stand on the sidelines, or step forward and claim their space in the journey?

Men, Relationships, and the Love Languages We Speak



Building deeper connections by understanding your needs and your partner's.

Is love enough, or do we need to speak the 'right language' to feel seen? Many relationships break down not because the love is gone, but because it's being expressed in the wrong way. Do you know your partner's love language? And more importantly, are you ready to learn theirs?

Questions

1. How do you navigate the transition to dating officially or to married life and starting your own family? What are some of the key considerations?
2. What are your thoughts on the tradition of women proposing to men during Leap Year?
3. Would you consider yourself more “traditional” when it comes to gender roles in a relationship?
4. What is your primary love language, and how do you ensure your partner's needs are met, even if they differ from your own? (*Tip: you can google “Love Languages” if you are unsure of what the 5 are*)
5. Do you believe in the concept of a "soulmate," or do you think there can be multiple compatible partners for each person?
6. How do you handle disagreements or conflicts that arise in your relationship, especially when it comes to have different expectations to your partner?
7. In what ways have you had to adapt or change as your relationship has evolved over time? How important is flexibility in a long-term partnership?
8. Do you think society and your environment should shape your roles in a relationship?
9. How do you balance your own personal growth and goals with the needs and desires of your partner in a relationship?
10. What advice would you give to other men who struggle with letting go of fear and fully embracing love in their relationships?

Challenges

"There's a lot of external judgment and expectations about relationships—whether it's social media, family, or even just society. It creates pressure to fit into predefined roles, which can lead to tension when you don't match those expectations."

"One of the biggest challenges in relationships is letting go of fear—fear of being vulnerable, of losing your independence, or of giving someone else the power to affect your peace and happiness."

"One thing I struggle with is the expectation we place on others. When someone doesn't meet those expectations, it feels like they're failing, but the truth is, it's often us projecting what we think they should be rather than accepting who they are."

Takeaways

"Communicating openly and honestly is the foundation of any relationship. When you let go of external judgments and focus on building a connection based on your unique bond, the relationship thrives."

"Understanding your partner's love language is a game-changer. When you learn to express love in the way your partner needs, you create deeper intimacy and a stronger partnership."

"Lead with love, not fear. When you let go of your ego and open yourself to the possibility of growth, relationships become an incredible opportunity for personal and shared fulfillment."

Introspective Questions

1. I think it's important to communicate openly in relationships because ____
2. I don't think I have to meet societies expectations of me because ____
3. Understanding your partner's love language can help strengthen your connection by ____
4. I'm at my best for my partner when I ____
5. Letting go of fear and embracing love can lead to more fulfilling relationships by ____

Thoughts

Love is a language that requires learning and practice. By understanding how we give and receive love, we create deeper connections with our partners. The question isn't just: 'Do you love your partner?' but 'Are you showing it in a way they understand? But most importantly, do we understand ourselves enough to know what we want and need from others?

Why Is It So Hard to Talk?



The importance of vulnerability and how communication can transform lives.

Talking is easy—so why is it so hard to open up? For many men, vulnerability feels like exposure to harm, not strength. But what if true courage lies in being open about your story, emotions, and fears? Can talking transform not just your relationships, but your life?

Questions

1. What are your thoughts on the societal expectations placed on men to be "strong" and not show vulnerability?
2. Have you ever felt pressure to "man up" or hide your emotions? How did that make you feel?
3. Can you share an experience where you were able to be open and vulnerable with another man? What was that like for you?
4. Who are the people in your life that you feel comfortable being your authentic self around? What makes them a safe space for you?
5. In what ways has your upbringing or background influenced your comfort level with expressing emotions and seeking support?
6. How do you think we can create more spaces and communities for men to have open, honest conversations?
7. What are some of the barriers or fears that prevent men from opening up about their struggles and mental health?
8. Can you recall a time when being vulnerable or sharing your story had a positive impact on your life or relationships?
9. In what ways has your perception of masculinity and what it means to "be a man" evolved over time?
10. What advice would you give to other men who are hesitant to be more open and expressive about their thoughts and feelings?

Challenges

"When men hear the word vulnerability, it's often associated with being exposed or harmed. It's a tough concept to process because society conditions us to equate vulnerability with weakness."

"Talking openly can feel risky, like you're exposing yourself to judgment or misunderstanding. It's hard to find spaces where you feel safe enough to express your true feelings."

"One of the biggest challenges is owning your story and emotions without fear of how others might perceive you. It's about balancing the desire to connect with the fear of being hurt."

Takeaways

"There is power in vulnerability. When you embrace it, you take control of your story, your emotions, and your actions. It allows you to connect deeply with others and grow personally."

"Talking openly isn't just about sharing your thoughts—it's about creating opportunities for connection and understanding. Vulnerability, when done with courage, fosters trust and builds stronger relationships."

"True growth comes from being honest with yourself and others. The more you lean into vulnerability, the more you create authentic and meaningful connections."

Introspective Questions

1. The last time I felt comfortable expressing my emotions was when ____
2. One way I could be more vulnerable with the people in my life is by ____
3. If I'm struggling with my mental health, the first person I would reach out to is ____
4. The biggest barrier preventing me from opening up about my emotions is ____
5. My biggest fear about opening up with people is ____

Thoughts

Talking is the bridge that connects us to ourselves and others. By sharing openly and embracing vulnerability, we find clarity, trust, and healing. So, are you ready to have the conversations that truly matter and unlock a stronger, more authentic version of yourself?

Can I Outgrow My Parents?



Breaking generational cycles and finding your identity beyond their expectations.

Can you outgrow the people who raised you? As children, we inherit values, beliefs, and behaviours from our parents, but what happens when those no longer align with who we want to become? Is it disloyal to choose a different path, or is growth the greatest act of honouring their sacrifices?

Questions

1. How has your upbringing shaped your sense of masculinity and how you approach relationships and responsibilities?
2. What are some of the positive and negative aspects of the discipline or parenting style you experienced growing up?
3. Can you share a specific experience or turning point where you realised your parents' way of doing things may not be the only or best way?
4. In what ways have you had to adapt or outgrow certain aspects of your upbringing?
5. How has your family / community influenced your sense of identity as you became as you transitioned into adulthood?
6. How have the relationships and dynamics within your family (parents, siblings, extended family) influenced the way you approach building your own family and relationships as an adult?
7. Can you describe a time when you had to confront or work through trauma or harmful behaviours that were passed down from your upbringing?
8. In what ways has becoming a parent yourself made you re-evaluate or gain new perspective on the way you were raised, and how has that impacted your own parenting approach?
9. How important do you believe it is for men to heal from past traumas or unhealthy patterns before becoming parents?
10. What are some of the life lessons that you've chosen to carry forward from your upbringing?

Challenges

"Growing up, I felt a lot of injustice in the way I was disciplined. There was no explanation, no understanding—just being told I was naughty and then punished. It left me with resentment and unresolved emotions that carried into adulthood."

"When my dad passed away, I had to step into his shoes at 16. It was overwhelming trying to navigate life, take on responsibilities, and apply lessons he taught me without his guidance. I felt like I was thrown into adulthood too soon."

"It's challenging to reconcile wanting to honor your parents' values while realizing some of their methods don't work for you. Breaking away from their ways without feeling like you're disrespecting them is a tough emotional battle."

Takeaways

"Parenting is about building understanding, not fear. By explaining our expectations and listening to our children, we can create a relationship based on mutual respect and trust, avoiding the cycle of unresolved emotions."

"Life's challenges can shape you in positive ways. Even when thrown into difficult situations, you have the power to adapt, grow, and honour the legacy of those who guided you."

"Outgrowing your parents' ways isn't about rejecting them—it's about evolving. Take the best parts of what they taught you and add your own wisdom to create a foundation for the next generation."

Introspective Questions

1. When I create my own family I will ____
2. One aspect of my upbringing that I'm still working to overcome is ____
3. The family dynamic that has had the biggest influence on how I approach my own relationships is ____
4. In order to break harmful patterns passed down from my upbringing, the first step I need to take is ____
5. When I think about the way my parents disciplined me, the lesson I want to apply with my own children is ____

Thoughts

Outgrowing your parents doesn't mean leaving them behind—it means honouring their sacrifices by forging your own path. Growth requires courage, reflection, and the willingness to challenge what you've always known. How can we outgrow generational patterns while staying rooted in gratitude?

How Do Men Process Grief?



A guide to navigating loss, healing, and emotional resilience.

Grief doesn't discriminate, but does society expect men to grieve differently? Men are often told to 'stay strong' and suppress their emotions. But what happens when bottled-up grief turns into silence, isolation, or anger? Is there strength in vulnerability, or are men simply too afraid to let the tears fall?

Questions

1. How would you describe grief?
2. In what ways have you been taught to manage grief as a man?
3. Have you ever felt pressure to hide your emotions when grieving? If so, why?
4. What has been your experience with expressing grief, such as crying, in front of others?
5. How have you found healthy ways to cope with loss and process your emotions?
6. What positive memories or moments have helped you through difficult times of grief?
7. How have you been able to honor the legacy of a loved one who has passed away?
8. Who have you turned to for support during times of grief, and how has that helped you?
9. What advice would you give to other men struggling to navigate the grieving process?
10. Have you experienced a loss that transformed you as a person from there onwards?

Challenges

"When I lost my dad, I was 16. It felt like a massive hole in my heart, and since then, I've struggled to cry or express emotions the same way. I don't know if it's bottling things up or just becoming desensitized, but grief has changed the way I deal with emotions."

"Society and upbringing teach men to hide emotions, to stay strong and not cry, even in moments of intense grief. It creates an inner conflict because you feel you should let it out but have been conditioned to hold it in."

"When it comes to grief, there's a constant pressure—internal and external—on how we are supposed to process it as men. The fear of being judged or seen as weak makes it harder to navigate those emotions openly."

Takeaways

"Turning grief into a motivation to make the people you've lost proud can be incredibly powerful. Focus on honoring their memory by living your best life and cherishing the lessons they left behind."

"There's no one-size-fits-all way to grieve. It's okay to find what works for you, whether that's talking about it, sharing memories, or finding healthy outlets like exercise or creative pursuits."

"Processing grief doesn't mean staying in sadness forever. Over time, you can shift to celebrating the life of the person you lost, finding joy in their memory, and sharing their legacy with others."

Introspective Questions

1. My favourite memory of somebody I've lost is ____
2. The last time I truly allowed myself to cry was when ____
3. If I'm being honest with myself, I still struggle to express my emotions because ____
4. One way I could be more open about my grief with my loved ones is ____
5. To honour the legacy of someone I've lost, I could ____

Thoughts

Grief is not a sign of weakness—it's a reflection of love. Men who embrace their emotions instead of suppressing them discover that vulnerability is not a burden but a gateway to healing. The question now: How can men break free from societal pressures and allow themselves to truly grieve?

Balancing Love and Money: Can We Have It All?



Managing finances and relationships without compromising your happiness or future.

Is love enough to manage finances in a relationship, or do unspoken financial habits lead to silent battles? From childhood scars around money to conflicting financial priorities, managing money as a couple can reveal truths about love, power, and trust. Can couples build financial harmony, or will money always be a wedge in modern relationships?

Questions

1. How has your money situation affected you during dating?
2. How have your past experiences shaped your current approach to money in relationships?
3. How do you balance individual financial goals with relationship responsibilities?
4. What are the key factors you consider when deciding if someone is financially compatible for you?
5. Have you had open conversations about money with your partner, and what has been the impact?
6. In what ways have you empowered your partner financially, and why is that important to you?
7. How do you navigate financial disagreements in your relationship?
8. How do you feel about your partner paying for things in the relationship?
9. Would you be happy with your partner being the bread winner?
10. What is the most important lesson you've learned about managing money in a relationship?

Challenges

"When you start making money, you're now living your childhood in your twenties. You're buying things for yourself that you couldn't before, and it's that whole missing out thing that gets you. I made a lot of money, but I spent a lot of money because I couldn't get over the scars of what I went through."

"I find that when people go out regularly or excessively, it's often a form of escapism. They might not like where they are in life right now, so instead of focusing on shared goals, they're spending as a way to cope."

"When you're in a world where finances represent your beliefs and goals, and you're working hard to build a future, it's tough when your partner doesn't share the same mindset or ambitions. It makes you question how you can move forward together."

Takeaways

"Your worth is not tied to material possessions or money. You add value to what you own, not the other way around. Focus on building self-worth and recognizing your inherent value, regardless of financial status."

"In any relationship, clear communication about financial goals and challenges is essential. By working together and aligning your ambitions, you can create a shared vision for the future while respecting individual differences."

"The right partnership is built on shared understanding and balance. It's about finding someone who not only complements your strengths but also works with you to navigate challenges and build a life together with mutual respect and care."

Introspective Questions

1. The biggest financial scar from my past that I'm still working to overcome is ____
2. If I'm being honest, the area of my relationship where I struggle the most with money is ____
3. One financial goal I have for my partner and I to work towards together is ____
4. When it comes to managing money, the trait I need most from my partner is ____
5. The next step I need to take to have a more open and honest conversation about finances is ____

Thoughts

Money can make or break relationships, but it doesn't have to. When couples learn to communicate openly about finances and align their priorities, money becomes a tool for building trust and shared goals rather than a source of conflict. Is it time to reframe the conversation about love and money to create lasting partnerships?

Conclusion

We hope this is only the beginning of your journey, but we are grateful that you have taken the first step in acknowledging and supporting such a meaningful mission—empowering yourself and others to be more open and vulnerable. By engaging with these conversations, you are actively contributing to a shift in how men perceive and address their mental health.

The road to self-awareness and emotional well-being is ongoing, but every effort you make to understand yourself and communicate openly is a step in the right direction. We encourage you to keep asking questions, keep sharing your experiences, and keep fostering connections that allow for honesty and growth.

Thank you for giving your time and energy to read this book. We hope it serves as a valuable tool in your journey, inspiring you to embrace vulnerability and create safe spaces for meaningful conversations. Remember, you are not alone—your thoughts, experiences, and emotions are valid, and there is strength in sharing them.

Where to go from here?

Do you think there should be more conversations like this?

How to extend this conversation in other spaces?

- Get together with your brothers
- Games night
- Group video call
- Create accountability meetings
- Just after a football game
- During some food

Do you have any suggestions for us?

Feel free to contact us at info@talkingtomythoughts.com



Want to connect or need help?

The next step is yours, go ahead and take it!

Connect to us

- info@talkingtomythoughts.com
- Website: <https://www.talkingtomythoughts.com/>
- Instagram: @talkingtomythoughts
- Youtube: Talking To My Thoughts
- Facebook: @talkingtomythoughts
- Twitter: @ttmtpodcast

If you are suffering from depression, anxiety, having suicidal thoughts or just need to talk

- **Campaign Against Living Miserably (CALM)** - [0800 58 58 58](tel:0800585858) / thecalmzone.net
- **Anxiety UK** - [03444 775 774](tel:03444775774) / anxietyuk.org.uk
- **Depression UK** - depressionuk.org
- **Samaritans** - [116 123](tel:116123) / samaritans.org
- **Sane** - sane.org.uk
- **The National Association for People Abused in Childhood (NAPAC)** - [0808 801 033](tel:0808801033) / napac.org.uk



"To be open with others, you must first be open with yourself..."

