The Divine Masculine

What to notice. What to ask. What to say.

> He is not the villain in her story. He is the other half of the dance. When she disappears into everyone else's needs, something in him learns that he is needed most when she cannot manage. Seeing that is not an accusation. It is the beginning of both of you coming back.

WHAT TO NOTICE

- He fixes before he feels. She starts crying and he is already three solutions in.
- He takes over. Decides, handles, rescues, then quietly resents that nobody noticed.
- He never asks for help, then keeps a private score of not receiving any.
- He disappears into work, screens, the garage or silence when it gets real.
- He hears her frustration as a problem to solve instead of information about her.
- He confuses protecting her with deciding for her. Needed with loved.

WHAT TO ASK HIM

- What did you carry this week that was not yours to carry?
- What are you not saying, and what does another week of not saying it cost?
- When she is upset, are you listening or repairing?
- Where do you get your worth if she does not need you to be strong?
- Whose disappointment are you most afraid of?

WHAT TO SAY

- I am not asking you to fix it. I am telling you what is true for me.
- You do not have to earn your place by carrying all of it.
- Do you want ears, hands, or a plan?
- What would you have to feel if you stopped managing this for her?
- You are allowed to need something. Start with one thing.

Offer a redirect only with permission, and only if you are willing to be named in return. Name the pattern, never the person.

The Divine Feminine

What to notice. What to ask. What to say.

> She is not a martyr because she is weak. She is a martyr because it worked. Being needed was the safest currency she was ever handed, and she got excellent at it. The cost is that nobody, including her, has met the woman underneath the service.

WHAT TO NOTICE

- She says yes before she checks with herself, then resents the yes.
- She keeps a ledger of everything she does and never says the total out loud.
- She hints instead of asking, then calls it being let down.
- She manages everyone else's feelings, often his, to keep the room calm.
- She calls her self erasure selfless, then feels invisible for minding it.
- She cannot receive. Rest, help and gifts all arrive with a debt attached.

WHAT TO ASK HER

- What did you do this week that nobody asked you to do?
- What were you hoping they would notice without being told?
- If you said the true thing out loud, what are you afraid would happen?
- Whose discomfort are you managing right now, and is it yours to manage?
- What would you do if you already believed you were worth keeping?

WHAT TO SAY

- You do not have to earn your place here.
- What do you actually want? Not what is easiest for everyone else.
- That sounds like a yes that wanted to be a no.
- Let me carry that one. And then let me actually carry it.
- You were hoping we would notice, and we did not. Say it to me straight next time.

Offer a redirect only with permission, and only if you are willing to be named in return. Name the pattern, never the person.