

ARE *men* REALLY THAT DIFFERENT TO *women*?



WORDS **TONI REILLY**

Since I began working with people in a therapeutic capacity more than ten years ago, a reasonable portion of my clients have been men.

I used to believe that men were extremely different to women. I recall the book “Men are from Mars, Women are from Venus”, though I never read, I assumed from what I heard that men and women are depicted as two very opposing versions of the sexes. Along with my own observations of male figures in all areas of my life, from family, personal relationships, school, work and social interaction, I was quite certain they were different.

Of course they are in some ways, their human role and innate physical desires and drive, are different and generally speaking they are moulded to behave in a masculine manner, to keep inline doctrines of what it means to be a man.

What I discovered was, emotionally they are pretty much the same as women. It seems that the paradigms of being a man are maintained on a surface level as far as what they are prepared to reveal to other men and women about their feelings. When men open up and express themselves, they are as soft-hearted and vulnerable as women. I have not witnessed any separation on a deep emotional level.

Depending on their innate traits and personality along with how they were raised, men may struggle to develop friendships and support systems where they feel safe enough to reveal their deep, soft side.

Women seem to have the art of communicating their deep feelings mastered more, where they talk to at least someone about their feelings. Friendships are often objective, even if they are not, women are more likely to

reach out when in emotional need, like a trusted friend whom we can talk to and get our woes off our chest.

So practitioners, partners, sons, daughters and friends, ask the men around you how they feel. What are their hopes and dreams? Ask them if they are stressed or what it is like being them. The more we talk, the more liberated we become as pent-up emotions such as bitterness, obligation, guilt, sadness are released and dissipate, rather than erupting when it becomes impossible to keep them hidden.

TONI REILLY developed *SoulLife™* Psychology visionary intuitive techniques and philosophies for well-being practitioners and personal development to enhance innate sixth sense and overcome physical, emotional and mental obstacles at the core.

Email: toni@tonireilly.com.au
tonireilly.com.au