



Men Uplifting Men

Discussion Guide



When leading a discussion using these prompts, aim to create a space that feels safe, welcoming, and free of judgment. Begin by establishing group norms around confidentiality and respectful listening, emphasizing that all experiences and reflections are valid. Encourage participants to share from personal experience rather than generalities, using “I” statements to keep the conversation grounded. For each question, allow a moment of silence for reflection before inviting responses, and be ready to gently prompt quieter voices while managing more talkative ones with care. Remember, it’s not about reaching consensus but about fostering deeper understanding and connection. If the conversation slows or becomes surface-level, ask thoughtful follow-ups like, “Can you say more about that?” or “How did that make you feel at the time?” Conclude the discussion with an invitation for participants to reflect on what they’re taking away, and, if appropriate, a closing prayer, a moment of gratitude, or shared silence.

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- In what ways have societal expectations of masculinity shaped your friendships?
 - Have you noticed changes in the number or depth of your friendships over time? What do you think contributed to those changes?
 - Have you ever hesitated to be emotionally vulnerable with a friend? What held you back, and how did it impact the friendship?
 - How has technology, such as texting or social media, influenced the way you maintain friendships? Has it helped or hindered your connections?
 - Can you think of a time when a workplace, social group, or community helped you build strong friendships? What made those connections meaningful?
 - What specific actions can you take to deepen your current friendships or reconnect with old friends?



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