

# FINDING BRAVE

with Kathy Caprino

## Transcript

### Finding Brave Episode #4

#### Gender, Power and Relationships: The Crushing Effects of Patriarchy

#### With Terry Real

Kathy Caprino: Hello everybody. This is Kathy Caprino and welcome to Finding Brave. I hope you've been having a beautiful, brave week and I am so excited and thrilled and honored to share with you our guest today, Terry Real. I have so much to talk about and listen to and learn from Terry, but I wanted to share with you how I know of his work, briefly. My dear friend Yamel Iglesias who's a couple's therapist has been talking about Terry for years and has mentioned to me that she's taken some of his certifications and they were life changing in her words. I finally sat up and listened and said, "Oh, tell me more." And she gifted me, Terry, your books. All of them. What a friend.

And I am reading right now *How Can I Get Through To You*, which I was just sharing with Terry that I can't get through a page without either welling up, crying a little, or needing to re-read the page. It is such groundbreaking material and content and insights that I feel everyone on the planet should know and the vast majority of us don't. That's why I'm so thrilled to have you here, Terry. Thank you for taking the time to join us.

Terry Real: It's a pleasure. Pleasure to be here.

Kathy Caprino: Thank you. So let me share with you all Terry's amazing bio, because it shows the magnitude of the work he's doing in the world. Terry Real is a bestselling author and nationally renowned couples and family therapist. He's been a lecturer for over 20 years and is a member of the senior faculty of the Family Institute of Cambridge and director of the Gender Relations program at Meadows Institute in Arizona. Terry's work shares a rigorous, yet common sense approach and speaks to both men and women powerfully. His ideas on men's issues and on couple's therapy have been celebrated in venues from Good Morning America, The Today Show, 20/20, Oprah, and The New York Times. A proponent of full throttle marriage, which I can't wait to hear more about, Terry. Terry's been called the most innovative voice in thinking about and treating men and their relationships in the world today.

Wow. So there we go. Alright Terry, let's dig in. So, the question that's going to be hard to answer, probably, in 30 minutes is tell us about what it is to learn to be a man today. What is that? Help us understand.

Terry Real: It's confusing. I can sum that up in one word. It's confusing.

Kathy Caprino: Confusing? Oh gosh.

Terry Real: Sure, it's confusing, because the old rules are eroding beneath our feet. The new rules haven't been really established. Men are getting mixed messages about what the ideal is anymore. If you blow it, you can fall from grace with a resounding thud, as so many men, tragic figures, are doing to the left and to the right of us as we speak. Being a traditional man was a mess.

Kathy Caprino: Was a mess?

Terry Real: Well, I'm sure we'll get in ... Yeah. Being a traditional man was very costly in terms of the man's own psychology in relationships and happiness. Now, into the mix comes a challenge to traditional masculinity without a very clear vision of what the next step. I have a vision for what the next step is, but the culture of our [inaudible 00:04:45] pretty washed in confusion. I think most men are big hearted, well meaning, and bewildered, just bewildered. We don't know what people want of us and very specifically we don't know what the women in our lives are wanting from us.

There's an old Sumerian poem about a guy wandering through the deserts and he's complaining to the gods saying, "I would give you what you want. Could you just let me know what it is?" I think man is wandering around the Sumerian desert calling out to the gods saying, "I'll give you what you want, just let me know what being a good man means anymore."

Kathy Caprino: I wanna share ... I'm a feminist. We've talked. You're a feminist.

Terry Real: Yes I am.

Kathy Caprino: Before my listeners' heads explode with what you just said — and I'll tell you how many women would hear that, which is oh, poor men. We've been living for years with "what the hell do people want from us?" and in fact it's, I think, what women are going through is exactly what you're saying. It's confusing. What the society wants of women, we don't want to be anymore, yet when we try to be what we want to be we're crucified. What I want everyone to understand about you that I've learned in talking to you in your books, if I said to, "What is it to be a woman today?" Let's have you talk about that for a minute so that folks understand you have a very balanced view of how all genders are being constrained and limited in a way that's breaking us down. Would you agree with that?

Terry Real: Well, we all live under patriarchy. That's an old fashioned word and it was, until the current climate, that if you said feminist people would head for the door. If you said patriarchy people would start to snooze, but now things have gotten so reactionary, culturally, that people are picking up the sword again of feminism. We all live under

patriarchy, which is a rigid dichotomy of gender roles. We all know what the dichotomy is. Traditionally men are supposed to be strong and feel independent and unemotional and logical and confident. Women are supposed to be expressive and nurturant and weak and dependent. One of the things I say about those traditional gender roles is they don't make anybody happy and they don't make for intimacy.

I'm a couple's therapist. I work with men and women all day long in both heterosexual relationships and same-sex relationships and one of the things I say, Kathy, is that in order to lead men and women into happiness and intimacy — intimacy with others and really a good relationship inside your skin as well — that's synonymous with leading men and women out of patriarchy, because the old rules were not built for intimacy and happiness. The old rules were built for stability, for production and consumption. Intimacy, I don't think so. Happiness, buckle up and do your job. But that's what we're about these days and these are good values. Intimacy is a good thing. I stand up for intimacy and being happy is a good thing, but the old rules are not going to get us there. We need to re-configure who we are both as men and as women, and frankly we need a vision. We need some leadership as to what that looks like.

Kathy Caprino: We're not getting that, I don't think, quite yet. You know, I'm going to jump ahead and not be in the course 100 but move to the 300 level. You know, I write about this constantly from a woman's perspective that gender roles, and talking about men as well, gender roles as they are, are not working. But you talk in this book, and again, I cry at the story of your then three year old son who came down in his dress and sword in front of his older brother and friends and they were not mean, but there was a kind of quiet that hit the room, right?

Terry Real: Do want me to tell the story?

Kathy Caprino: Please.

Terry Real: Yeah. So my son was three and the first book ... In this book, *How Can I Get Through To You* and most of my first book on male depression, *I Don't Want To Talk About It*, I talk a lot about what gender socialization does to boys and the consequences for adult men, which are severe. What we do to boys in our culture to this day is in order to quote "turn a boy into a man" the means for that is disconnection. What it means to be turned into a man is disconnection. Your disconnect from your feelings, your disconnect from vulnerability, your disconnect from your heart, your disconnect from other people. Here's it in a nutshell, traditional masculinity is synonymous with in-vulnerability. The more invulnerable you are, the more manly you are. The more vulnerable you are, the more of a sissy you are. This is still very much operative today. You may have a progressive nuclear family, but your kid knows the rules in the playground and that enforcement is still very much at play and very ugly and violent.

I talk about the halving process that both men and women are taught to excise half of their human qualities and hand them over to the other sex. That halving process is intrinsically traumatic and also that halving process is usually enforced through violence, emotional violence, not physical violence.

Here's the story. My three year old son who was one of these kids, magical kids. His feet didn't touch the ground and he had a lot of imaginative play and costumes. He had a bear costume, he had a cowboy costume, he had a Wolverine costume, but his favorite costume was Barbie the good witch. And he had a diaphanous dress and the tiara and a wand and he'd skip around and bless things and you know, change things, transform things. His older brother who was then six was there with a bunch of older kids and Alexander doffed his regalia and dashed downstairs and on the top of the stairs he kind of went, "Ta-da!" And these kids turned to him and said not a word but stared. These are good, crunchy granola liberal kids. There wasn't one mean thing said, but I was in the room and let me tell you, that stare was red hot. My kid, Alexander, turned bright red. I turned bright red and he ran up the stairs. This is actually a true story. Ran up the stairs, got out of his dress, put on jeans, went downstairs with the other boys into my work area in the basement and started making toy guns and swords. He never touched that dress again for the rest of his life.

Look, as a therapist I wish I had a force that was so strong it could take somebody's favorite activity and turn it into an anathema in 60 seconds without a word. Imagine the good I could do in the world if I had something that powerful. The force that turned my sons dress from something he loved to something he hated is called shame. And in that moment, he was shamed. The essence of masculinity is contempt for effeminate. Misogyny and masculinity are flip sides of the same coin. What it means to be a man-

Kathy Caprino: Oh, say that again. Misogyny and masculinity are ... Yikes.

Terry Real: Are flip sides on the same coin because what it means to be a man is to not be a girl. Not be feminine contempt for the feminine is marvel in traditional masculinity. It is part of the patriarchal culture.

Kathy Caprino: I'm so riveted and so upset. There's something about that story that I can't even hear it without crying, and I think it's because I feel for that three year old, and thank God he's a brilliant, beautiful, healthy, whole grown up now, but I think I feel for every person on the planet who has felt a stare that kills a life force. That's what it is. That was his life force for a second and it killed it right there. I think that men and women alike ... I mean, really, who hasn't had a stare like that. But, I don't want to marginalize or diminish what you're saying, but it breaks my heart.

Terry Real: Now the cultural forces are very, very strong. Around that same timeframe, a friend of my wife's, Belinda who's a family therapist and nobody to mess with, called and said that she was concerned. This is absolutely unsolicited, and that she was

concerned about Alexander's wearing a dress. She was concerned about his gender confusion, and my wife, without missing a beat said, "Oh my gosh, I never thought about that. You know, he dresses up as a bear too. Do you think he might get species confusion?"

Kathy Caprino: That shut her right down. Oh God, Terry.

Terry Real: This force is ubiquitous.

Kathy Caprino: So, alright. Let us do this for a minute. I have to share something really open and I'd love your thoughts. My dad who I adored, passed away four years ago, was a man's man. Italian, born 1920, went to World War II with a cross that said, "I'm a Catholic, get a priest." I mean ... I loved him so much, but he was a man's man. Brilliant, and the only thing he ever got a C in was psychology. Everything else, Phi Beta Kappa genius, and what's crazy, Terry, and I know you deal with this every minute of the day, while I rebelled against what I felt was chauvinistic, anti-feminist behavior and thought, I internalized it. So, when I married, my now ex-husband, very evolved person, I feel he had a wonderful mix of the feminine and the masculine. But while I cognitively appreciated it, there were pieces of me that had expectations about what a "man" does. A man doesn't make the woman go mow the lawn. "Make," how about that term. So, you know Terry, we've been talking about this for years, all of us, but how do we actually ... how do parents ... What do we do to stem the tide of the cultural forces that kill us? What do we do?

Terry Real: Well, first of all I really appreciate your story Kathy, and you know, not to get too political but I've been asked and I've done interviews about the flood of women who voted for Donald Trump in presidency, apparently against their own best interest. Patriarchy does not exist only in men. The force of patriarchy is the water that we all swim in and we're the fish and women can be just as patriarchal as men by ends of the same type of values and biases.

Kathy Caprino: Do you have an insight on that? I did a Forbes post in a video on what is feminism and why so many men and women hate it. Holy cow, I had to take it down off of YouTube, otherwise I'd throw up every single day in terms of the hatred. The vitriolic fury and hatred I got from men and from women. I don't get it. I don't understand why women would want patriarchy. Can you explain that?

Terry Real: Well, actually I speak about three rings and I've covered the first two. The first I call the great divide, which is we, human beings both men and women, split ourselves in half. The second is what I call the dance of contempt. That the two halves, masculine and feminine, are not held equally but the masculine half is exulted and the feminine is de-valued. The essential relationship between masculine and feminine is contempt. I know it's ugly, but it gets uglier. The third ring I call the core collusion. The core collusion, it's a little complicated, but the core collusion is whoever inhabits the quote unquote "feminine side of the equation", whether it's a child to a parent, whether it's a hostage to a kidnapper, but whatever inhabits the

feminine side of the equation has a profound instinct to protect whoever is on the masculine side of the equation even while being hurt by that person. Whoever's on the feminine side of the equation has a profound impulse to protect specifically the disowned fragility of whoever's on the masculine side, even while being hurt by that person.

That's true of children who are being traumatized, who are trying to regulate their parents. It's true of races who are trying to manage up to the ruling race or class that is oppressing them. It's true of women to men. I believe this is one of the unspoken, most profound forces in human psychology and human history. The perpetrator is protected. That's why the #MeToo movement is so revolutionary, because it is really going up against this core pillar of patriarchy, which is you dare not speak truth to power.

Kathy Caprino: I needed to ... I'm so glad you brought this up because I'm right there in your book and I had a bit of a reaction and I want to ask you what I'm not understanding. So, you know, I've experienced narcissism in a long period in my life and part of what that did was suppress ... You talk about how come nobody speaks about the dead elephant in the room?

Terry Real: Yeah that's right.

Kathy Caprino: And in one point you make a point of saying this child who's grown now, who was mistreated terribly and abused actually seems like they're protecting that parent and doesn't want to punish that parent. I did wanna ask you this, my experience is part of why we don't want to stand up forcefully is because we're scared out of our minds we're gonna get our asses kicked.

Terry Real: That's absolutely right and-

Kathy Caprino: And it's not just protecting. I'm protecting myself.

Terry Real: It's a two-step process. You're protecting yourself by regulating the person with the power.

Kathy Caprino: Well isn't ... Right. Isn't that because if I come out and say to you, "You are an abusive, sick mother blip." I'm just gonna either get annihilated or it's going to escalate and that pain of that person's going to be projected onto another weaker person. So the only way I can protect the system is to somehow mitigate what that person is doing. Am I making sense? Is that right?

Terry Real: Right. Once you grab the political power and allow yourself to be the position in which you're going to be beaten up, which may be collective action like the #MeToo movement is a collective action, which is supporting the individual whistle blowers who are taking great risk, but they're doing it in-

Kathy Caprino: Collectively so there's power in that.

Terry Real: Yeah. There's power. You know, there's an old Zen story. Zen master meets a student, holds out his staff and says, "If you touch this staff I will beat you with it. If you don't touch this staff, I will beat you with it." What does the student do? Grabs the staff, breaks it in two, and throws it in the woods. You can step out of the frame of patriarchy and seize your own empowerment. It's risky, and-

Kathy Caprino: Tell us how to do that for every man and every woman who doesn't want to live the way they're living. Who doesn't want the relationship they have, but who knows they're part of it. You're a marriage and family therapist trained, right? I mean, we look at the system, we don't look at this guy screwed up. We look at this ... or this woman's. We look at the system that sustains the problem, correct?

Terry Real: Well, yeah.

Kathy Caprino: So what do we do? What do we do Terry? As parents, let's say we're seeing things in our children that we want to nurture and society and their peers and their teachers are smashing them down or we see things in our relationship or at work and we know that they're killing the life force but what do we do?

Terry Real: I talk to parents about creating a relationship cherishing subculture around your family. You get involved with an anti-bullying committee in your kid's school. Train friends around you to not just listen to you bitch about your marriage and say, "Oh, I wouldn't put up with that if I were you." But to listen to you bitch about your marriage and say, "Okay, that's good enough now let's talk about your bargain. You can create more of a relationship aliveness around you. With kids, I talk about being relationally literate in the same way you talk about being culturally literate. I'll tell you another story if I may.

Kathy Caprino: Please.

Terry Real: We were in the Caribbean when they were little and all the kids were getting cornrows in their hair. They're getting beaded hair. My older son, Justin, decided he would do like a couple three of these beads, kind of cool rockstar. Anyway, and my little one, Alexander, not having been squashed by the dress decides he's gonna do his whole head and he's gonna do it in his favorite colors, pink and gold. His entire head is now in a beaded cornrow. It's time for them to go back to school and we sit them both down and we say to them, "Listen, you have a choice. You can go with your cornrows in your hair and you may get grief from some of the other kids, but you'll be able to express yourself. Or or you can choose to conform to what the other kids want from you but you won't be free to use your cornrow. It's not our decision, it's yours. What do you wanna risk? What do you wanna do?"

Kathy Caprino: What did they say?

Terry Real: Well, they both said we'll keep the cornrow and as they're heading to the car to go to school, poor Justin freaks out and says, "I can't do it. I can't do it." We didn't have time to get the cornrow out of his hair. We had to cut it off with scissors, it was really sad. Alexander went and turned out to be the toast of the town due to his cornrows.

Kathy Caprino: Alexander, wow.

Terry Real: These aren't our decisions. These are our kids' decisions. You can betray yourself in some ways and conform and duck under the grief if you don't conform. Or you can not betray yourself and choose to not conform and deal with the punishment that will be leveled at you most likely if you do choose not to conform. These are tough choices but they're the same choices as racial choices and class choices. They're political choices that affect our lives including the little lives of our children.

Kathy Caprino: Gosh. Who wouldn't wanna have you as a parent? So tell me about patriarchy. You said you appreciated my admission that the stuff got in. You know, what I'm saying? Excuse my language. It got in and here I'm pretty aware, but I still had the hatred for the vulnerable. What do we do? What do we do?

Terry Real: Well, I started off by saying men are confused because the same woman that will get mad for a man for being too dominant won't want to have sex with him because he's too much of a wimp. My pal, Esther Perel likes to say about women, "We like between the sheets what we protest in the streets." So it's confusing.

Kathy Caprino: I think that's true. I think that's accurate. I think we're so confused. How do we get un-confused, Terry?

Terry Real: Well, it's not that hard. You ready?

Kathy Caprino: Yeah.

Terry Real: The vision that I work with, my plumb line when I'm working with boys and girls and men and women is wholeness. I wanna undo that halving process. I want girls and women to be strong and sexy and feminine and confident and kick ass and inviting and all of the above. And I want men and boys to be strong and big-hearted and vulnerable and sensitive and confident and aware and heartfelt all at the same time. What we need are whole people. You know, feminism gets this with girls and women. There was a time ... We're both old enough to remember when the feminist revolution broke out, people were ringing their hands about girls and going, "Oh if they get confident en mass they're gonna lose their femininity." But nobody worries that much about that anymore.

The culture has been changed, but we do worry about boys and men. If boys and men get in touch with their quote unquote "feminine side", oh my God, they're gonna lose their spines and other parts of their anatomy and it's gonna be awful.



You know what? We can be whole. Here's my model. There weren't a lot of good things that came out of 9/11 but here's one that did, you saw those early responders, those big, burly firemen and policemen. You saw the tough guy like Rudy Giuliani sit on the stairs and cry like a baby. You saw those men comfort each other and hold each other in each other's arms. At the same time, they were risking their lives in that catastrophe. These were not wimps. I'm a New Yorker, I wanna be there if you call one of these guys a sissy, but let me tell you something; they had big hearts. So, I want strong, big-hearted men. Strong, big-hearted, sensitive, responsible men and we can do it. These are not contradictory traits. You just have to know which is which and at what time.

Can I tell yeah, this'll be my last story-

Kathy Caprino: I love your stories. Let's talk for another hour.

Terry Real: I had the privilege of being in Maasailand and I went to a remote Maasai village with people who knew the community very well, and in deference to my work with men, we assembled the elders for three nights and we had a men's group for three nights.

Kathy Caprino: Wow.

Terry Real: And it went from English to Swahili to Maasai back to Swahili back to English as well. We talked about all kinds of things. We talked about women, we talked about God, we talked about death, we talked about war, but one of the things I asked them is this: I said, "In America, there's a debate about what makes a good Morani, a good warrior, a good man. And there are people who think that what makes a good Morani is strength and fierceness and toughness. There are other people that think what makes for a good Morani is sensitivity and tenderness and love. What do you guys think? Which is it?" And this little guy, I swear must've been four foot three, 100 years old, sets his little finger out and goes ... And it just translated and this is a rough version of what he said but it's true to what he said.

He said, "I have no interest in talking to you about what makes a good Morani. I have only interest in talking to you about what makes a great Morani. So now let me tell you, when the moment calls for fierceness, a good Morani is a killer. When the moment calls for tenderness, a good Morani takes down his sword and shield and is sweet like a baby. A great Morani knows which moment is which."

Kathy Caprino: Holy cow. I don't think we have very many great Moranis.

Terry Real: Well, we have to create them. We have-

Kathy Caprino: What a beautiful story. Alright, let me ask you this. There's so many important questions. This is gonna sound like it's out of nowhere here but I'm so tired of hearing — given what's going on in the world today about sexual harassment — that

I don't even know how to talk to a women now. I heard on the PBS News Hour a man say ... No, it was the show after that. A man say, "I don't know one man who is not scanning his history to say uh-oh. Did I do something?" I think what upsets me so much is are we that confused now that we don't know what sexual harassment really is? That we don't know what abuse of power is? That we don't know inappropriateness is? But I'm sure that you have a better answer than that rageful comment I just made.

Terry Real: It wasn't rageful.

Kathy Caprino: I mean, is it really that confusing?

Terry Real: Well, I talk about full respect living across the board. That you don't ... You scan your words or actions before you speak and you ask yourself, "Does this drop below the line of respect?" And if it drops below the line of respect, don't do it. If it drops below the line of respect, don't put up with it. But you live your life in a respectful, non-violent way. Non-violent between you and others, non-violent between your ears. It's both. Before you speak ... If I were counseling a man, before you speak to a woman, stop and think about what it's gonna feel like to them. I call that remedial empathy. Stop and think about what this is going to feel like and ask yourself is it respectful or is it disrespectful? If you're not clear, ask.

I had a woman colleague. We were arranging to have a drink, dinner and a drink and I said, "I don't have time for dinner." I would've said, "I only have time for a quickie," but I don't wanna be filed for sexual harassment. And she wrote back and she said, "Listen, girls still wanna have fun. Let's not be too uptight about all of this." But I asked.

Kathy Caprino: Brilliant, yeah.

Terry Real: I asked. So, this business is in the eye of the beholder. Look, there is some real confusion and it goes like this: we're looking at power and we're asking ourselves if there is a powerful figure and a substantially less powerful figure, can there even be consensuality under those circumstances and where is the line?

On the one hand ... And I do council nuance and moderation on this issue, because on the one hand, there are potentially ... I may get into trouble saying this, but I just know this in my practice, in my life. There are kind of mentor/mentee relationships that may have a romantic component or some romantic energy that both people feel good about and there may be that same relationship in which one of the two people feel coerced and straitjacketed in order to stand up for themselves. Where is that line?

I don't think, frankly, that it's a black and white issue or that it's that easy to figure out where the line is except to say this: if there is a clear power imbalance between the two where one stands to lose or gain based on the good will of the other, then

you really cannot talk about a consensual relationship. I think that we're waking up to that reality, but I think it's a wake up. I think that it's not a black and white, slam dunk, easy issue.

Kathy Caprino: Gosh, this is brilliant. I love it. I would love to just wrap up with one thing if I could, because I think it's really important Terry. I was talking to ... I have a 20 year old son and a 23 year old daughter and I feel that they're both evolved in some great ways, but I was sharing individually what's going on in the world and my son and I talked about this; I think that one of the key problems between human beings is an inability to be empathic because of the very different realities. So what I'm talking about is my strapping son does not understand what it feels like to walk down a dark alley and be ever mindful that I could be raped.

The kid doesn't have it. So the idea of vulnerability that women hold, and I think probably always will, I mean maybe not, but I don't consider myself a weak human being and I live my life and I lived in the city and do late night things, but yeah. I do think about "I could be raped here." I think that when a man or a woman cannot relate to that...You're hearing about how certain massage chains have been found that the male masseuse is sexually harassing or misconduct while the woman's naked, having a massage. My son was talking about how that would be a very different experience for him if a woman started doing something sexually inappropriate for him than it would for me. You understand what I mean without me having to say it?

Terry Real: I do. You know, two things. One is there's a difference between empathy and compassion. You don't have to share the same experience in order to be compassionate. Empathy means I understand what you're going through, I feel what you feel. Compassion means I have care and love and tenderness toward your experience even though it's not mine. I think people overuse the word empathy and what we really need is compassion, that's one. Two is, you know what? Men get raped. Men get raped by-

Kathy Caprino: Of course, of course. And I don't mean to imply that they don't.

Terry Real: I'm not trying to do that. What I wanna say is your son, your big strapping son is a stranger to feelings of vulnerability because vulnerability, despite your wonderful feminist family, vulnerability has been stamped out of him. That is what it means to be a man in this culture. So, men hold vulnerability in contempt, their own, and anybody else's. So, yeah it's gonna be hard for him to relate to anything that has the V word attached to it. He'll be kind about it, but gosh, it's got nothing to do with me. I'm not vulnerable about anything. It's simply-

Kathy Caprino: Terry, what do we do? Let's leave people with three tips. I mean, this to me is ... I want it to change. I think many of us do, many of us don't want us to continue in this way. Many of us are sick to death of what we hear in the news, of what we see every day about what men and women are going through.

Terry Real: The first thing I wanna say is be brave, have courage, step outside of your comfort zone, do something new. Speak truth to power. The second thing I want ... Or be vulnerable as a man, and beware of that contempt of vulnerability in both sexes. Beware of that code, because we humans connect through our vulnerabilities, not through invulnerability. That's nonsense. I've talked to men about what I call the Icarus myth that you have to leave connection and leave your family in order to go off and fly into the heavens to be worthy of connection. It's ridiculous. The guy who goes off and works 80 hours a week to be worthy of love when all his wife and kids want is for him to come home at any rate. So, be brave and break the mold.

The second is get allies. Don't try and do this by yourself. Make this a collective movement. The third is insist on wholeness. Insist on relationality in your boys, insist on strength in your girls, and insist on wholeness in your relationship with each other. And insist on wholeness inside yourself. You can be a man and cry, you can be a woman and speak up, we don't have to be ... it's the story of the Zen student with the stick. You can step outside the frame. We don't have to be determined by it.

Kathy Caprino: Oh Terry, I'm just speechless. May that vision be what we all can embrace and make happen in our lifetime. That's asking a bit much but we can try. We can try, Terry. Thank you so much for your brilliance and your wholeness and teaching us how to be that. I thank you so much. Where do people learn more about you, Terry? Your website?

Terry Real: Yeah. On my website, just Terry Real. Just google Terry Real. The website is [terryreal.com](http://terryreal.com) and we've got all kinds of cool stuff on there. I have a relationship skill course on there, an online course that you can buy for a couple hundred bucks, it's really great. And a relationship inventory that you can take for free and there's a lot of good stuff there. So go to the website-

Kathy Caprino: And your books are just beautiful. Thank you my friend, I hope you'll come back and we'll continue and keep learning. I'd be so honored.

Terry Real: Well, I think we're just getting started, Kathy.

Kathy Caprino: Fantastic. So fun. Thank you my friend. Thank you so much and have a wonderful week and talk to you soon. Bye everyone, and here's to your wholeness and bravery in loving vulnerability and loving strength all at once. Thanks everyone. Bye.

Thanks so much for joining us today and please don't forget to check out [findingbrave.org](http://findingbrave.org) for more programs, resources, and tips. And tune in next time for your weekly dose of Finding Brave.