

THE SPACE

TAKE THE CHAIR

30 questions men usually do not get asked — or do not answer.

DROP THE MASK. • PULL UP A CHAIR.

Use this alone, with a trusted friend, or in a group. Pick a number. Answer without performing. You do not need a perfect answer — just an honest one.

1. What are you carrying that nobody knows about?

{{Q1_RESPONSE}}

2. What conversation are you avoiding right now?

{{Q2_RESPONSE}}

3. Where in your life are you pretending everything is fine?

{{Q3_RESPONSE}}

4. What did your father teach you that you want to keep?

{{Q4_RESPONSE}}

5. What did your father teach you that you want to do differently?

{{Q5_RESPONSE}}

6. What promise to yourself have you stopped keeping?

{{Q6_RESPONSE}}

7. Who gets the worst version of you when you are stressed?

{{Q7_RESPONSE}}

8. What do you need to apologize for?

{{Q8_RESPONSE}}

9. What are you spending money on that does not match your priorities?

{{Q9_RESPONSE}}

10. When do you feel most respected?

{{Q10_RESPONSE}}

11. When do you feel least understood?

{{Q11_RESPONSE}}

12. What part of being a man feels heavier than you expected?

{{Q12_RESPONSE}}

13. What are you afraid people would think if they knew the full truth?

{{Q13_RESPONSE}}

14. Where do you need more discipline instead of more motivation?

{{Q14_RESPONSE}}

15. What relationship needs your attention before it gets worse?

{{Q15_RESPONSE}}

16. When was the last time you asked another man for help?

{{Q16_RESPONSE}}

17. What are you doing now that your future self will have to pay for?

{{Q17_RESPONSE}}

18. What are you doing now that your future self will thank you for?

{{Q18_RESPONSE}}

19. What does being a good father mean to you?

{{Q19_RESPONSE}}

20. What does being a good partner mean to you?

{{Q20_RESPONSE}}

21. What does success cost you right now?

{{Q21_RESPONSE}}

22. What are you chasing because you actually want it — and what are you chasing to prove something?

{{Q22_RESPONSE}}

23. Where have you confused being quiet with being strong?

{{Q23_RESPONSE}}

24. What is one boundary you need to set?

{{Q24_RESPONSE}}

25. What is one boundary you need to respect?

{{Q25_RESPONSE}}

26. Who do you need to call instead of text?

{{Q26_RESPONSE}}

27. What is one habit that is quietly weakening your life?

{{Q27_RESPONSE}}

28. What is one thing you need to finish?

{{Q28_RESPONSE}}

29. If nothing changes in the next year, what will you regret?

{{Q29_RESPONSE}}

30. What would becoming a better man look like in your actual daily life?

{{Q30_RESPONSE}}