BAGGAGE CLAIM:
DECIDING WHAT’S WORTH CARRYING

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LEARNING OBJECTIVES

• **Identify examples of the Man Rules and the Woman Rules.**

• **Explore the driving forces behind why we adhere to the Rules.**

• **Identify at least one positive change you can make in your work environment and one change in your home environment based on this information.**
GROUNDING EXERCISE
WHAT
 IS
 BAGGAGE?
MY BAGGAGE
REAL MEN NEVER TAKE SECOND TRIPS
Have as much **SEX** as possible, whenever possible, with as many **HOT** and **DIFFERENT** chicks as possible, with as **BIG of a DICK** as possible.
THE WOMAN RULES™

• **BE THIN** – ALWAYS
• **BE BEAUTIFUL** – ALWAYS
• **BE A NURTURER**
• **BE A MOTHER**
• **BE IN RELATIONSHIP WITH A MAN** – ALWAYS
• **BE EMOTIONAL**

• **BE PASSIVE**
• **BE WEAK**
• **BE QUIET**
• **BE NICE**
• **BE DOMESTIC**
• **BE SELFLESS/CARE FOR EVERYONE OTHER THAN YOURSELF**

Be a **LADY** in the streets and a **FREAK** in the sheets

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THE MAN RULES

• Always be in control
• Don’t cry
• Don’t ask for help
• Don’t show emotions
• Be a sexual superman
• Don’t show weakness
• Integrity
• Responsibility
• Be a provider

HEALTHY RELATIONSHIPS

• Let go of control
• Share feelings
• Ask for help
• Vulnerability
• Intimacy
• Trust
• Compromise
• Honesty
• Communication
TONY’S STORY

FROM CARRYING IT ALL, TO REALIZING IT’S A CHOICE
“It is not about doing it perfectly.
It is about doing it consciously.”
SMALL GROUP DISCUSSIONS

• **Which Rules (Man or Woman) support you in your work environment? In your home environment?**

• **Which Rules (Man or Woman) do not support you at work and at home?**

• **Which Rule that does not support you at work would you be willing to let go? How would you do that?**

• **Which Rule that does not support you at home would you be willing to let go? How would you do that?**
WHO DO YOU WANT TO BE?
We cannot just change what men think, we have to change what we think about men.