

Millions of years ago, men were men and women were women and everyone knew where they were. There was a natural balance of energy between the sexes. The male took the superior position, that of hunter and protector, and the women, the submissive role, of nurturer, gatherer and home-maker. She would care for her partner, and without him she was vulnerable and unprotected.

She needed her man to be strong and certain of himself. He felt trusted, adored, and needed.

Of course, things aren't like this any more, and in very recent times, equality has become the name of the game, with men have being encouraged to 'get in touch with their feminine side' and become more like women.

Great in many ways, this equality has rather left many people feeling lost and confused because, although most men are naturally made up of approximately 70% masculine energy and 30% feminine energy, by becoming more 'equal' they've lost touch with who they really are at their core.

The table on the right gives an indication of our various energies. Men are built to operate from blue and green sections of the table, 70% of the time, and when they do, that's when they feel the most comfortable with themselves and who they are.

If you have found yourself trying to accommodate expectations, yours and other people's by predominantly using your attributes from the lower half of the table, you could well find that this confusion of roles has lead to feelings of inadequacy and dissatisfaction, especially in your intimate relationships.

In the worst cases can even lead to psychological impotence. And you know how it is... the more you dwell on it, the worse it gets... without ever knowing why.

When a man loses his sense of certainty, the woman unconsciously steps into the man's role (see chart) causing her man to doubt himself even more.

Don't blame her! An don't blame yourself. Just make up your mind to educate yourself and learn how to get the balance back.

Simply begin to reconnect with your masculine energy, with the help of Sounds Positive's [Sexual Confidence for Men DELUXE](#), a complete programme designed to help you find yourself once more.

When men were men & women were women

Macho

Dominance	10
Fearless	9
Strong	8
Purposeful	7
Owning	6
Focused	5
Powerful	4
Leader	3
Driven	2
Decisive	1

Protective	10
Nurturing	9
Trusting	8
Pleasing	7
Acknowledging	6
Letting go of control	5
Allowing	4
Non-demanding	3
Accommodating	2
Surrendering	1

Passive aggressive

We use the word, *dominance*, advisedly. A dominating man, behaving in a macho way is not what we mean, nor is it ever acceptable. We mean dominance as in total belief in himself... total certainty.

