

Timestamp	Reporting for Group Number	What myth are you working on?	What does this myth look like?	What are the benefits of this myth?	How do you bust it?
12/15/2020 16:09:18	10	Women	dddd	ccc	aaa
12/16/2020 13:36:44	3	Men	They withdraw from communication, use hyper-masculine actions, traumatization effects.	It helps men mask true feelings in a society where you are to be a man and deal with issues. Make it easier for them not to deal with a lot of drama.	Call them out on their actions by asking certain questions pertaining to their statements. EX: What part did you play in that event, why did you choose to stay and not walk away. Own the part they play in pertaining to the communication break down.
12/16/2020 13:38:41	14	Women	It is easy to dismiss women's behavior and concerns. If a women expresses an opinion with emotion, it's not seen as legitmate. A lot of men talk about women as being, "In their feelings." It discounts what women are expressing and feeling as less valid. It also gives the appearance that men don't have feelings and makes it sound like abusive behavior is unemotional.	Being seen as emotional can elicit empathy from others. The benefit to a person being abusive is that he doesn't have to take anything seriously. He can make it look like the primary issue is her being dramatic.	Talking about anger as a secondary emotion to get people to recognize their own emotions. MI use of reflections can get the person perpetrating abuse to acknowledge the legitimacy of the woman's. The feelings are there for men too. They just might not be skilled at expressing them.
12/16/2020 13:38:45	24	Men	This myth emulates men's developmental environment.		Showing example.
12/16/2020 13:38:48	11	Women	She's crazy, she's too emotional, lots of diagnosing of their partners as bi-polar, she can't control herself so I had to help her - that's a burden I have to carry because I'm a nice guy (and everybody knows it)	Puts him in charge, moves him from the center of blame to her, I'm normal and she has problems. Shifts the control back to himself because she has lost credibility (with police, courts, medical, even social workers and child protection)	Obviously education
12/16/2020 13:39:12	15	Women	Behaviors are prescribed emotions and this is gendered. When men who choose to abuse there are preconceived ideas of what emotions look like, and it is a tactic of abuse to exploit those emotions. He looks for her emotions (which he interprets as resistance), anticipates it, and tries to overcome it.	The myth supports his gaslighting - he can use the myth as a tactic of abuse. It supports the myth that he was provoked.	

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12/16/2020 13:39:19	13	Women	<p>"women are crazy" "women are bipolar" "women can't make decisions on their periods" "can't make informed decisions" "hormones in women's bodies don't allow them to make decisions" "when women are pregnant they're irrational"</p> <p>men will in the outside world (outside of BIP) make comments that belittle/degrade women and commit actions that belittle women- pat them on the head and tell them to calm down and he will say "calm down, it's going to be okay".... Women will be told they are too excitable and they need to calm down.</p> <p>Women would be medicated and ads would target women to be medicated for hysteria, mood disorders</p>	Men keep status quo and men keep and don't have to change	Education, getting better jobs, putting women in places of power
12/16/2020 13:39:26	20	Women	Men = logical Women = *too* emotional	To dismiss or minimize women's opinions	Asking men: Are you emotional? What emotions do you use most? Show the "A Call to Men" video by Tony Porter and talk about the "man box", Jackson Katz' work, Paul Kivel, Oliver Williams

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12/16/2020 13:39:26	7	Abuse	Men -I lost control, I snapped, she made me do it, she pushed my buttons Women-He didn't mean it, he was under stress, this is just how he is. Family/Children-Dad was drunk, he didn't mean it. Dad gets angry, and is scary. That's just Bill. Yeah he's out of control but he's my brother and I have to stick with him and defend him. Community-Boys will be boys. Why doesn't she just leave/why does she stay? Society-It wasn't that big of a deal. What did she do? It takes two to have a fight.	Men have an excuse, don't have to be accountable. Women keeps her family together Family-normalizes the aggression, socially teaches male aggression	You don't lose control, you choose control.
12/16/2020 13:39:32	30	Men	Real men don't cry, don't be too sensitive, emotions equal weakness	Men don't have to do emotional heavy lifting publicly	Education,
12/16/2020 13:40:15	28	Men	Having to be the strong one "Man up!" "don't be a girl". Being taught this is something males are supposed to believe	This is a learning opportunity for them. They can work on challenging their beliefs about masculinity	"Has that worked for you in the past?" "Why do you believe this? Who taught you this is masculine?"
12/16/2020 13:40:18	1	Abuse	men: "I blacked out and couldn't stop myself" women: "he makes me feel crazy and I turn into the person I don't even know" I was so jealous, I don't even know who I was at that moment" children: "He/she has ADD and can't help themselves" which results in internalizing this message and becoming the abuser because they are not taught how to take responsibility	No accountability or becoming their agent for change	Teach responsibility

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12/16/2020 13:40:24	16	Women	Women are too emotional	No benefits - shuts down emotions and ability to express them	Realize that men and women all have the same emotions, they just aren't expressed at the same frequency and level
12/16/2020 13:42:08	25	Men	men do not communicate, are put down if they are emotional, women think men do not listen or want to talk, systems like sports do push for males to not be emotional	we did not get this far... allows for some people to not have to talk	we didn't get this far.
12/16/2020 14:34:49	12	Women	<p>"women are too emotional"</p> <p>emotions are weak, make you vulnerable, less capable, can't be a leader, can't make rational, logical decisions</p> <p>women - do some women raise their sons to know that emotions can be a strength</p> <p>men - use it as a put-down; you can't think logically or rationally, they are blind to their own that</p> <p>families - little girls are allowed to cry but little boys are not allowed to cry</p> <p>institutions - crossover with society at large - men want power and money, women want to change the world society at large -</p>	<p>women: use it to avoid taking leadership role that they really don't; keeps you from taking responsibility from making decisions, can use it as a survival technique to avoid a confrontation with the abuser</p> <p>men - get to perceive themselves as "right", has ultimate control, does require alot of responsibility which they can either shrug off, or do the "humble brag", they get to have what they want bc they get the control, deserves all of the</p> <p>family - one d-maker, "less conflict", streamlines the d-making process e.g., Dad decides this, Mom decides this other thing. sometimes he envies the Mom's emotional connection with children, children know they can ignore Mom</p>	<p>using a study that surveyed why men and women get into politics, Men for power and money; women wanted to</p> <p>cite examples to counter statements that women are too emotional</p> <p>a. New Zealand's Prime Minister has led the country - limited to no Covid-19</p> <p>b. Iceland, also run by a woman, might also be Covid-19 control -</p> <p>c. Female VP Elect</p> <p>d. new GM for baseball team is a woman</p> <p>e. college female football kicker -</p> <p>help men in groups recognize their emotions (anger</p> <p>e.g. - bar fights - who starts wars?</p> <p>family - parenting - let children cry, break the cycle</p> <p>Many thanks!</p>

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12/16/2020 14:38:17	8	Abuse	"When I'm angry, I can't control it"	Men- If it's not my fault- I don't have to feel guilt Society- It's an individual issue, we don't have to look at our collective responsibility Keeps a power dynamic- men can't control themselves- so others need to be afraid of them	Ask- Do you ALWAYS lose control, in every situation? OR just some? Why is that? Help Men tap into their values- motivation to change. Ask them "Is this true for your child? What do you want for them? If you believe they can change- why can't you change?" Ask the OTHER men in the group- "Has anyone had this belief and has it changed? How/why is that?"
12/16/2020 14:38:44	27	Men	Lack of accountability that men can't express emotions outside of anger. Lack of vulnerability	It's a good excuse, give's a pass for "bad behavior", being about to identify with behavior that something else is going on.	Showing emotional expression, expanding emotional awareness,
12/16/2020 14:39:41	24	Men	This myth emulates the emotional development of the male in learned behaviors and gender roles. It comes out in the beliefs of men in group through reinforcements that they should be tough and in control of their emotions.	The therapist/institution: nothing good: Benefits misconceptions about unhealthy communication in a relation. What the client may see: Making a decision without the influence of emotion. Women may see that it benefits perpetuating men's disfunction and manipulation.	"Think of feelings like a cloud, they just are. They will come and go but you can get through them". Delay emotional responses. Boys should be taught it is ok to cry and admit you have a feeling. Realization that it is ok to be vulnerable. Challenging gender norms. Not needing to fix and to use empathy and compassion.
12/16/2020 14:43:39				Men - can disregard women's thoughts and feelings, and they don't have to feel bad, he feels he has to solve the problem, justification for taking leadership position, Community/institutions - let's everybody off the hook, it keeps women discrediting/subjugated, women can't be president or vice president	Exercises to get men to open up about their own emotions: Are you emotional? What emotions do you express the most? The "Man Box" by Tony Porter, practice Gentle Start-Up v. Harsh Start-Ups where they identify emotions, DBT techniques, discussing the brain wise mind v. emotional mind

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12/16/2020 14:46:33	15	Women	Behaviors are prescribed emotions and this is gendered. When men who choose to abuse there are preconceived ideas of what emotions look like, and it is a tactic of abuse to exploit those emotions. He looks for her emotions (which he interprets as resistance), anticipates it, and tries to overcome it.	The myth supports his gaslighting - he can use the myth as a tactic of abuse. It supports his use of control, because she is positioned as needing to be controlled. It supports his tactic of abuse of using the children as he is able to gain credibility with children over her, by exploiting her emotions and undermining her parenting. It supports the myth that he was provoked, and because it's socially acceptable, then judges accept it, systems accept it. As a result, men are less invited to take responsibility for their abuse. There's also benefits to him in parenting disputes, because he can turn her emotions into a pathology (ie., "she's unfit", "she's depressed and neglectful") and he can appear as rational and the stable parent to systems.	Community: Women entering into more positions of power, and seen in the community and have positive social responses - to change the investment of keeping men in charge. Organisations not replicate this myth and pathologize her. We also discussed scripture and the impact of the narrative that Eve was easily corruptible/manipulated With her: Survivor work could make visible her agency and strengths, and 'rational' decisions to keep herself and her children safe. What she's done for the family in the face of insurmountable odds and the abuse she's experienced. With him: With the men, it's important to bring 'his emotions' into the room. Challenge his perspective of her emotions, and discuss the contexts around an environment which she's safe and one which she's not. Facilitators have to be aware of how they model emotions in the room - debunk this myth.
12/16/2020 14:46:34	14				Educate about anger as a secondary emotion and give men the space to identify primary emotions MI use of reflections; Challenge it in groups which leads to "Aha moments"; make group a safe space for people to change their paradigm; Culture: Use of media to myth bust-Does some of this happen in church-based initiatives; fatherhood initiatives; corporate efforts to represent women in leadership
12/16/2020 14:46:37	6	Abuse	Men blame the partner for their loss of control. If it wasn't for "x" then "y" wouldn't happen.	Free from accountability, because it's not my fault. Partners can still feel their abuser loves them, they just lose control. They wouldn't do it if they didn't love me.	Challenge them on who is responsible for their behavior. At what point do you hold yourself responsible? Who's in control of your emotions? Ask about a time when they did maintain control, what the environment looked like and how did they respond? This illustrates that they can emotionally regulate when they choose to.

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12/16/2020 14:46:38	18	Women	<p>From men: "She's irrational"; "She was acting crazy"--often takes the form of blame when heard from men or an excuse for the way that she was behaving; justification for why he acted the way that he did--"I had to calm her down".</p> <p>From women: "Maybe I was too emotional" -- she blames herself for him being abusive. The "over responsibility"--because I was feeling "_____", he did "_____".</p> <p>Families/Institutions: Court order--"she needs to work on emotional-regulation in counseling". The general roles of the mother and the father: the father is more distant, mother is more nurturing.</p> <p>Society at large: Films, movies, The Bachelor (!!!), social media, "angry black woman". Beliefs that women are too emotional expressed in Romantic comedies--the "crazy" ex-girlfriend. The broken hearted women laying on the couch surrounded by tissues.</p>	<p>To men: Easier to minimize, justify, and blame his actions: "She's crazy, I have to do what I need to do." Gas-lighting. Able to gain credibility with children--"look at mom".</p> <p>To women: She can justify her behavior--"My emotions got the best of me"... "He pushed my buttons"--any time you can blame the emotions, it displaces the shame.</p> <p>To families/institutions: Maintains the status quo. Dad is the "logical one". Can streamline the process of families and institutions. Makes things more simple.</p> <p>Society at large: Good entertainment - the "crazy" ex-girlfriend. Dismissing/minimizing societal problems like racism, poverty, women's rights--no changes need to be made, women are just "over-reacting".</p>	<p>For men: Talk about male-socialization and female socialization; asking the "why". Teaching them that communication is essential to knowing your partner and having a healthy relationship. Also, teaching about "anger myths", and banking those into the "gender myths"-- You're not going to get to know your partner unless there is communication--it's the best way to know what's going on--they need to have an investment in their relationship. Asking them "Has anyone else changed this belief--how so?".</p> <p>For women: Education on emotions and why they work the way they do; Educating about "people as people"--this is how emotions work. Education on communication and boundaries. Figuring out the source of our messages/values: we can change and decide to change our values as adults.</p> <p>For families/institutions: Institutions and families are made up with beliefs and norms; we work with people every day that have these beliefs that aren't accurate. Different policies that can be in place to change these symptoms.</p> <p>For society at large: Some of it could be helped with better representation in social media or television instead of perpetuating myths.</p>

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12/16/2020 14:46:38	13	Women	men neutralizing women, men handling women, people calling women crazy, women's hormones being talked about as emotionally charged	men maintain control, if a woman believes that she's just emotional women don't have to grow and they can hold onto learned helplessness, women can be afraid to grow and change, politicians can write off women, it keeps women out of positions of power because they're too emotional, men can get paid more because they make more rational/less emotional decisions, no one will believe women because they're too emotional, society as a whole doesn't have to cover costs for pregnancy and childcare, men get to have positions of power (CEO's, presidents, judges), companies don't have to account for diversity and accommodating different needs- systemic change won't need to be thought out and accounted for, women don't get credit for the work they do because if they're too emotional it means they can't create excellent work, men get more money and more power and get to do it their way, men do whatever they want because they can	education, women in positions of power, addressing internalized misogyny and making sure women support other women, making sure that dialogue about the impact of male privilege is publicized, addressing sex/slut shaming in multiple domains in a public way, making sure there is more support available to women who want to speak up (show her we're proud of her and we support her)- advocacy, making sure we address and bust the myths in daily conversation, writing thank you letters and support letters when there's a win for women and gender equity, making sure we boost the egos of women and raise up women's accomplishments, making sure we address the emotional abuse tactics that men use to reinforce women as too emotional, amplify the places where men are damaged by not expressing their emotions healthfully, pain is just a feeling asking to be felt

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12/16/2020 14:46:40	4	Men	Lack of impulse control is reason for abuse.	It benefits the perpetrator: "I am a victim to my impulse control" Allows manipulation of the system/therapists who are not trained. Allows perp to write a story without any accountability/truth in it, maintaining power and control over the victim and the story. It impacts victim view of the abuse/perpetrator/themselves. It allows for continued abusive situations where victim excuses his behavior due to various reasons i.e. alcohol/drugs. "There is something wrong with me because I have a dx.	<p>MEN: Provide education/resources, teach empathy, reframe situation (at work with a coworker i respond one way and differently at home. Identify different consequences in different situations and how this impacts perp decision to be violent) to victim and perpetrator that outlines why people batter i.e. Deluth Power & Control Model. Discuss the idea that most battering take place in home, private settings, not in public. If it were truly impulse control, DV would happen in public, private, etc.</p> <p>WOMEN: Provide education/resources, teach empathy to victim and perpetrator that outlines why people batter i.e. Deluth Power & Control Model. Discuss the idea that most battering take place in home, private settings, not in public. If it were truly impulse control, DV would happen in public, private, etc.</p> <p>COMMUNITY: Challenge cognitive processes that perpetuate the cycle of violence with educational materials, examples, stories, etc. MEN AS COMMUNITY VOICES: STOP VIOLENCE, WE DON'T BATTER, VIOLENCE IS NOT AN OPTION. Utilizing community task force</p>

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12/16/2020 14:46:41	1	Abuse		<p>Men: A way for them to get out of the responsibility of making actual change. Men are able to trade in on the myth to blame the other "I've got no control, she made me do this" or "I'm in treatment, I've got no control" and use that myth to get access to family law.</p> <p>Women: If it is truly out of his control, then maybe he can't be blamed for the abuse and maybe I can fix him.</p> <p>Family: Able to generationaly use the myth to control situations or others</p> <p>Institutions: Allows to easily label men/ bad actors and keep the myth alive in a particular box ie, blame her, he has no control...it takes less resources and time for the court to look at this in the simplistic way. Looks good for the court because they are addressing more abuse and communities feel they are doing a better job.</p>	<p>men: multi pronged approach on an individual basis. Wholistic response, integrated, coordinated with community. Must be on multiple levels. Must be a consistent message that is internalized within the individual. All components of our culture need to work at increased awareness of perpetuating these myths.</p>

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12/16/2020 14:46:42	26	Men	Male actions have more validity based out of rationality/cool logic, justification for actions	For men: camouflages behaviors, don't have to feel accountable/can use excuses, believed more by others; Don't have to have as much compassion/empathy; Reinforces patriarchal structures and validates their actions; Can create security within a family/organization by portraying a single, stable pillar; Can reinforce cultural norms, and help people conform to those norms - may add comfort for people in being able to align with those norms and values.	Point to examples of the importance of emotional literacy, look at the verbiage/words/terminology chosen, reframing emotion as a strength/important part of decision making and action which can improve outcomes, show how it can strengthen relationships and build safety, demonstrate/examine how gender roles are constraining and limit both men and women, challenge them to look at their support systems and the feedback that they're receiving, challenge them to consider breaking these cycles within their own family and impacts
12/16/2020 14:50:28	25	Men	men should not have emotions, it will make them look vulnerable and weak, men hide behind the myth in group and use it as an excuse to not parent and not participate in group	men use this to not talk in group. It allows those in society to move on to solving problems without being emotional. It identifies gender roles	Aces, teaching boys young it is ok to have emotions so that they learn how to handle this. Other men in group express emotions and then others in group learn to express themselves and have emotions. Have media show that it is ok to have emotions with both sexes.
12/16/2020 14:50:51	29	Men	Men can't express emotions or affection: they appear very selfish and not invested, not accountable for the impact of their harmful words and actions, miss out on real intimacy and connection w loved ones.	Men: They don't have to feel guilt or be accountable (off the hook); they justify withholding affection bc of anger towards their victims. Women: get to be seen as the "right one" or the "nurturing one (esp. to children), when he does express some affection it can feel so wonderful that it gets them by, through the desert	Men: Help them feel their conscience and guilt, develop empathy for others, teach techniques for experiencing and sharing love (5 Love Languages as an example), give them the vocabulary for emotions and a safe place to learn to identify a broader range of emotions, challenge them to express more love and affection and sit with or journal about difficult emotions. Women: help them to see the importance of raising sons who can fully feel and identify emotions and affection. To raise their own standards in intimate relationships that they expect mutual expression of emotions. Community: advocate for healthy expression of emotions for all people. Challenge damaging ideas about this topic.
12/16/2020 14:51:49	19	Women	Mental illness- "the Bipolar"; whining too much, social media memes; "overreaction"; saving her from herself (from harm; "abusing" him; needing to play Superhero; too dependent on her parents or friends	Can help victims look like what law enforcement expects victims to look like; can help get empathy, services, protection.	Question, challenge in every arena; advocacy; law changes; challenge social media memes. Discuss in families and social groups. Use stories like "The Alligator River Story".

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12/16/2020 14:55:15	23	Men		free pass to justify behavior, gender roles go unchallenged, don't understand or can't relate to emotions others may express, surface feelings, no depth of expression or	education, repletion, rewards,/benefits of change, consistency demonstrate and share the effect of that behavior on them and on others