

# BOYS TO MEN

## NAVIGATING IDENTITY, PORNOGRAPHY & OTHER LIFE ISSUES

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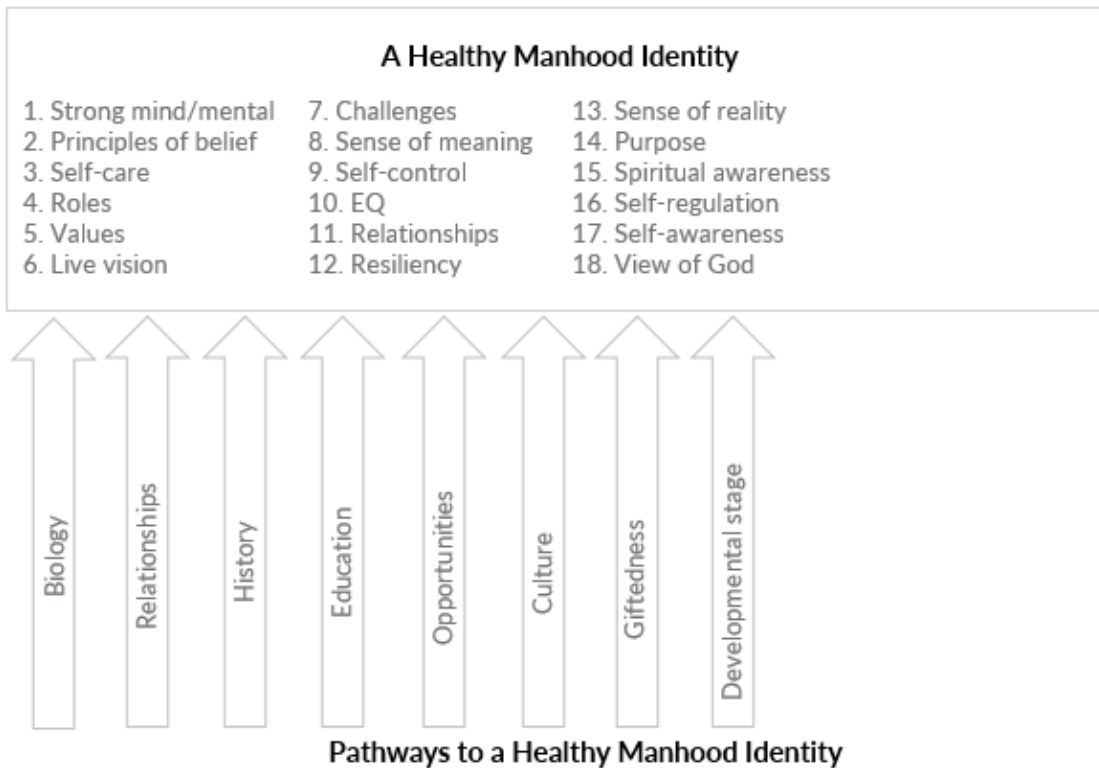
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### **Satan attacks our culture—especially males.**

1. To successfully withstand this attack, males need to develop their manhood. They must choose between one of two opposing definition: God's/a healthy father's definition or the world's definition.
2. Males will not be satisfied without establishing a manhood identity.
3. Men are isolated because:
  - They have a basic defensiveness and a denial of their need for social interactions.
  - They do not follow Jesus's example.
  - They set themselves up for the predators of life to attack.
  - They suffer physically as a result of loneliness.
  - They expect women to carry them socially and emotionally. This upsets the balance in the relationship.
  - They give into the disease of male passivity.
  - They expect others to help them achieve goals instead of taking on responsibility themselves.
  - They miss many of God's messages. He often gives us feedback through others regarding how He wants to develop us. This keeps males immature because no one is in their life to tell them otherwise.
  - They choose boredom, which erupts into periodic aggressiveness, or addiction, whether TV or porn.
  - They experience an ongoing sense of powerlessness.
  - There is no one to grieve with. They do not open up to someone close to them to share their pain. Instead they avoid it.
4. Healthy grief work leads to developing a strong identity foundation:
  - Addition replaces healthy grief work.
  - Recover 1 & 2:

1. Sobriety
2. Identity formation
  - Willpower alone doesn't work.
  - A male must feel, redefine the tragedy and integrate new strengths as a result of his grief work.
5. How do we answer the question "what is the difference between a mental issue and a spiritual issue?" Ultimately, there is no difference because our relationship with God is holistic.
  - We all want to be God.
  - When the issue stems from trauma or abuse = mental.
  - When the issue stems from selfishness or sin nature = spiritual.

Treating one's identity means we confront and attack what destroys, sharpen and develop what is good, and build up character traits that are missing.



Elements that make up a healthy manhood identity:

1. Developing a strong mind
  - Understand how we compartmentalize emotions and learn how to guide them
  - Information
  - Vision and dreams
  - Decision-making
  - Truth/discernment
  - Awareness of confirmation bias and thought distortions
  - Choice of positive or negative attitude
  - My mind has to be strong enough to resist momentary impulses
2. Principles of belief – Recognizing truth vs. what is false
3. Participating in self-care
  - The culture trains men to be expendable.
  - *The Myth of Male Power* by William Farrell; *The Boy Crisis* by William Farrell and John Gray; *The Male Brain* by Louann Brizendine
  - Men don't want to be vulnerable.
  - Cultural domestication and reduction of aggression.
    - Lack of aggression -> boredom and passivity -> escape to video games, porn, etc. -> abuse of or disregard for women.
    - Pornography
      - A false sense of identity/manhood (simple, sexual, aggressive).
      - A source of fantasy that leads to underlying emotional problems and insecurities.
    - Epigenetics (how genetic traits are modified by the environment).
    - Men's groups need specific action steps (Book of Obadiah). God holds us responsible for our lack of response.
    - Line between aggression and violence.
4. Fulfilling various life roles – Completing social roles and sets of expectations (husband, father, friend, coworker, community member, person of faith, etc.).
5. Values – Living up to a set of standards; what I will and won't do.
6. Life vision – Creating a view of oneself that is inspiring and motivating.
7. Dealing with life's challenges – Develop a support system; mobilize personal resources; prepare ourselves; develop resiliency or hardiness; able to restart our lives after failure within a reasonable amount of time to learn from failure and not repeat it.
8. Sense of meaning – Spirit and soul's interaction; my personal purpose and view of God; whether God is integrated into my life or detached; how much am I aware of this sense of meaning, and how much does it affect my decision-making and actions.
9. Practicing self-control – Above all, some executive or sense of making the right choices and developing a mature decision-making process.

## 10. Developing emotional intelligence (EQ)

- *Emotional Intelligence 2.0* by Travis Bradberry and Jean Greaves
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship management
- Six emotions – tenderness, happiness, excitement, sadness, anger, anxiety

## 11. Relationships

- Needs a give and take balance.
- The need to express our emotions and take in emotions.
- LARGE CARE love skills:
  - Listening
  - Attention
  - Respect
  - Genuineness
  - Energy
  - Communication
  - Affection
  - Responsibility
  - Empathy
- Lack of accountability.
- Spandexism.
- Putting words to identity formation.
- “How was your day?” Typical male response: “I’m Fine” (Feeling Inside Not Expressed).
- Signa study on epidemic loneliness.

## 12. Resiliency

## 13. Sense of reality

## 14. Purpose

## 15. Spiritual awareness

## 16. Self-regulation

## 17. Self-awareness

## 18. View of God

BOOKS & PROGRAMS FOR  
*youth*  
**MENTORING**  
*discussion questions included for group or personal study*

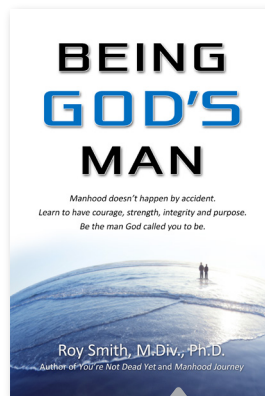
COME  
VISIT OUR  
BOOTH!



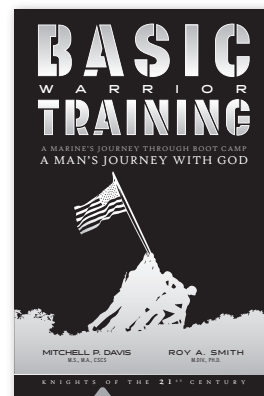
Recommended age: 5 - 13  
A character-building  
adventure series



Recommended age: 12 - 15  
A coming-of-age book  
for fathers & sons



Recommended age: 12 +  
An in-depth look at  
Godly manhood



Recommended age: 16 +  
A true story of a male's  
search for manhood