

MAX

My romantic relationships have been very much influenced by the fact that I don't feel good in the male role. By this, I mean that my character nor my behaviour don't correspond to what is expected of me as a man. As a man, I should not, for example, show my emotions or be overcome with it. It is considered that you must be gay if you're emotional. And some men take this as an insult.

At the same time, the men who aren't afraid to show their emotions are often subject to ridicule. For example, once it happened to me that I was walking down the street with my brother, and when I took him around the shoulders, a bunch of boys started to shout at us that we are gay and started to be hostile towards us. I suppose, to them, it was uncomfortable to see two men who are so close to each other and who don't have a problem to touch each other.

To me, it is a complete nonsense to hide your emotions at all costs. It is dangerous; it takes away one's strength. Friendship between men suffers from it as well when you cannot share your feelings and open up to others. Then, this friendship is not so deep and close.

Now, I am in therapy where I deal with my emotions. I think I've gained new self-confidence there. I have a chance to reflect on how I perceive myself as a man. Since I share my problems there, I can admit what I experience inside, and I don't have to be strong but, on the contrary, I can admit that I need help. This helps me a lot. My brother, who is my best friend and with whom I share similar values and experiences, helps me with this, too. We can openly talk to each other about emotions, open our hearts to another and support each other in therapeutic care. That's because we agree on the fact that emotions have a place in the man's life.