

LET'S TALK ABOUT EGO

#GLOBALGUYTALK

CONVERSATION GUIDE

A COOPERATION BETWEEN:

MAKE
EQUAL

Si. Swedish
Institute

HOW TO USE THIS GUIDE

This guide contains several questions on the topic of ego that you can choose from when hosting a #globalguytalk. They have been divided into different categories: decide which questions you will answer and in which order. Choose questions based on what is most suitable for the target group and the local context.

INTRODUCTION

“The first time I admitted that I think it’s very hard to apologise – even when I know I’ve done something wrong – was during a #globalguytalk. I just don’t want to admit to being wrong. One time, a friend and I were talking, and we disagreed on which year a movie came out. Even though he googled the answer and proved himself right, I just wouldn’t admit it. I just couldn’t let him be right after sticking to my theory for so long. I’ve realised that I won’t benefit from being so proud and stubborn, so nowadays I try to be more humble.”

This story shows you how you can open up and speak from the heart when joining the #globalguytalk. The topics in this guide are: suspicion, jealousy, status and appearance.

WARM-UP STATEMENTS – ANSWER YES OR NO

- I've felt jealous when someone I love has spent time with others.
- I have high self-esteem.
- I have treated someone poorly to boost my own social status.
- I think it's hard to admit when I'm wrong.

QUESTIONS

LEVEL 1

- Do you see parts of your appearance as manly or unmanly? In what ways?
Possible follow-up questions: Are you satisfied with how you look? Why/why not?
- Are there certain attributes or things that a man is expected to do, that you don't feel like you live up to? Possible follow-up questions: How does that feel? What does it do to your self-esteem?
- When have you felt that you don't live up to the expectations of how a man should act?
Possible follow-up question: What have you done to combat that feeling?
- Do you compare yourself to other men? How? Possible follow-up questions: Do you get suspicious or jealous of other men? Why do you think that is?

QUESTIONS

LEVEL 2

- **How does it feel when you get jealous? Give examples.** Possible follow-up questions: How have you previously reacted to jealousy? How would you like to react in the future?
- **How does it feel when someone questions you in front of others?** Possible follow-up questions: Do you end up being defensive, or can you change your opinion if you realise that you're wrong? Do you let others see that you're reconsidering your opinion?
- **Do you find it difficult to apologise?** Possible follow-up question: If so, what do you do instead of apologising?
- **How do you feel if someone close to you tries to drag you down in order to gain status? Give examples.** Possible follow-up questions: Have you done this to someone else? What happened?
- **Do you hide parts of yourself from others? Like attributes, behaviours, or parts of your appearance?** Possible follow-up question: Do you hide the parts of yourself that are considered 'unmanly' or effeminate?

QUESTIONS

LEVEL 3

- How does it feel to fail or lose in front of other men? Possible follow-up question: How do you react if that happens? How would you like it to feel?
- How do you react if your life partner talks about sexual experiences they've had before you? Possible follow-up question: Why do you think you react this way?
- How can you handle jealousy in a healthy way?
- Do you think that you make other men feel insecure about themselves? How? Possible follow-up question: Are there situations when you do this on purpose?