

Unhealthy	Healthy	Unhealthy
<p>Only feeling 'manly' emotions like anger and suppressing 'girly' emotions like sadness</p>	<p><b>Feeling and validating the full spectrum of emotions you experience</b></p>	<p>Avoiding feeling 'manly' emotions like anger and only feeling 'girly' emotions like sadness</p>
<p>Avoiding exploring interests, majors, and career paths that are traditionally labeled or categorized as feminine</p>	<p><b>Exploring a wide variety of interests, majors, and career paths</b></p>	<p>Only exploring interests, majors, and career paths that are traditionally labeled or categorized as feminine</p>
<p>Embracing the narrative of being a 'player' and having many sexual partners without regard for their experience or consent, especially if you are only engaging in sexual activity with these partners to gain status and not for personal fulfillment</p>	<p><b>Making informed decisions about your sexuality alone or with partner(s) while practicing collaborative consent</b></p>	<p>Failing to advocate for your sexual wellbeing and following the decisions of your partner without your input, internalizing the view that your sexual purity defines your worth</p>
<p>Refusing to ask for help or support because you can 'handle it yourself' and do not want to appear weak</p>	<p><b>Recognizing when you need help and seeking out the appropriate resources in your life</b></p>	<p>Serving as the only source of emotional support for those around you without possessing professional qualifications and struggling to uphold boundaries</p>
<p>Internalizing the 'breadwinner' narrative in a way that damages your own mental health and wellbeing because of the pressure to always provide for others</p>	<p><b>Prioritizing your own wellbeing knowing that you cannot pour from an empty cup</b></p>	<p>Sacrificing your own wellbeing in order to support the wellbeing of those around you</p>