

# The Man Matrix

## The “Strict” Right Man



The Objector

The Objector



The Moralist

The Moralist



The Gentleman

The Gentleman



The Saint

The Saint





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## Disclaimer

THE MAN MATRIX is an attempt to create a different set of axes on which to evaluate and assess men’s behaviour. It accepts the validity of individual men’s neurological and psychological makeup as something that does not need to be changed. It aims to generate a set of distinctions between men based on personality styles, along with a broader understanding of men’s psychospiritual development process—both for men themselves, and for women seeking to understand men.

The language and pronoun use focuses on cis-heterosexual men and assumes the interest of cis-heterosexual women, for reasons explained elsewhere. It may equally be used by parents, friends or colleagues of those men, and by people of any gender who find it useful and relevant.

The information in this report is intended as a reference, or map, that offers a particular way of assessing the landscape. No statement purports to be the absolute truth. It should be viewed holistically and as a means for supporting individual growth, not as “evidence against” nor as a means to “alter him”. You are invited to treat it in that way and to use it with intelligence and compassion.

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## PERCEPTION

## How people see you

IF PEOPLE wanted to identify you at, let’s say, a book launch, they’d just have to be there at the exact time that’s on the invitation. That’s when you’ll arrive. If anything, they might miss you because you were five minutes early. You’ll be dressed appropriately for the occasion, and you’ll follow all the protocols when you arrive, without fuss. After all, that’s what a person *should* do, right?

You could be caught frowning, or perhaps even glaring, at anyone who doesn’t follow protocol—who doesn’t do what they *should*, or what’s *right*. Someone who sneaks a place near the front of the author’s signing queue, for example, or who answers their phone while the author is giving their speech.

When people get to know you, they’ll soon discover that you’re quite big on people doing what’s “right” and not just what they “want” based on their own personal whims and fancies. To that extent, you might be reminiscent of the character Tommy Lascelles in the Netflix series *The Crown*. He kept a tight lid on any tendency that the monarch—or any member of the royal family—might have had to express their individuality at the expense of the institution. They must do what’s “right”.

You’ll generally show up to be most proper, in terms of both your manner (and manners) and your dress style, even to the point of being quite “tight”. Your fashion palette will more than



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likely be dominated by solid panels and clean lines—and by shades of black and white. After all, that’s how the world is, right—everything either black or white? In a world where men no longer wear ties, there’s a good chance you’ll still wear one, or, if you’re going casual, keep your top button fastened.

Your properness will also show up in other areas. If someone at work submits a report, for example, you’ll be inclined to send it back for them to correct the spelling errors before you’ll even consider the content. They’ll experience you as being like the teacher who marked them down for handing their term project in late. Naturally, you could be seen as quite harsh, unfair and critical.

You’ll tend to say no a lot. You’ll deny people—and even yourself—things that most people would allow, or you’ll just be much more rigid about sticking to what’s “right”. For example, let’s say your teenager wants to see a movie with an age restriction one year above their current age. You might not allow it, even though their birthday is only six weeks away. If your wife allows it, and you find out, she’ll suffer the wrath of your righteous indignation. Or you may take your kid to paintball, and have a secret desire to try it yourself, but not allow yourself to because pointing a gun, even a toy gun, would go against your moral principles. You’re likely to criticise anyone who does allow or do any of those things.

## BLIND SPOT

## Why you drive people crazy

**The “Strict” Right Man** In the series *Game of Thrones*, the character Jon Snow maintained his celibacy vow when the Wildling girl Ygritte tried to seduce him, even though they were miles from anybody. His reason? It “wouldn’t be right”. As the story progressed, he refused to do many things, including claim the Iron Throne, despite his legitimacy and popular demand. Acting on principle in that way makes total sense to you. Even though people might grudgingly acknowledge that at some level it is indeed “right”, it still drives most people crazy.

You’re less worried than most men about getting your way, having power for power’s sake, or pleasure for pleasure’s sake, or even what others might think of you. You’re much more concerned about doing “what’s right”. That’s why you’ll do as Jon Snow did and deny yourself something purely on principle. It makes total sense. You couldn’t see it any other way. You’ll also deny others in the same way.

As much as this seems simple and obvious to you, most of the world is more expedient, and more inclined to go with “what works”, or “what feels good”, or other seemingly nebulous criteria. For you, those are just excuses. Those people are just being morally weak. They would argue, for example, that they’re being flexible. If the child’s birthday is only six weeks away, let them go to that age-restricted movie. If you refuse to budge, your inflexibility may frustrate your partner and colleagues.



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Others may also see an opportunity to use the situation for negotiation. If you let the child go to the movie, you can make it on condition that they get an A for their math test. For you, that’s ridiculous. They should get an A anyway, just because it’s the right thing to do.

You’ll tend to criticise people before you praise them. One study showed that people in the workplace need five positive reinforcements for every criticism. You’re likely to scoff at that and wonder why they would need even one! After all, that’s how hard you are on yourself, and so it may be difficult for you to understand how that might be demotivating for some.

Similarly, when something goes wrong, you’ll jump to blaming when others might jump to excusing people in order to ease their guilt or shame. For example, if somebody at work breaks the photocopy machine, or somebody at home breaks a plate, you’ll jump in and ask who did it, what were they thinking, how are they going to pay for it, and so on. Someone else might want to step in and make it OK by saying they’re sure it was just an accident.

You’ll naturally increase the level of tension in a room when you walk in. Everybody will be on their best behaviour, checking to see if there’s anything out of place, anything they should be doing, or not doing. You might feel quite proud of this feedback, and that’s fine. It may still drive some people crazy.

## DEVELOPMENT

## Your journey through the four stages of maturity

**The “Strict” Right Man** The journey to maturity for every man involves the establishment of the ego and its inevitable dark side, or shadow, followed—hopefully—by the integration of that shadow. As described in the Man Matrix introduction, a man’s shadow effectively contains the data belonging to that one element of life that he tries to avoid or escape from, and which he tries to deny in himself. The “Strict” Right Man tries to escape from the kind of uncontrolled, or “bad” behaviour that humans—including yourself—are capable of. This means morally bad behaviour, as well as behaviour that is misdirected, chaotic or too individualistic.

You most likely grew up in an environment where there were strict rules and little choice but to comply with those rules—or in a chaotic environment, where you developed your approach as a defence against that. Either way, it was a survival mechanism. Therefore, you’ll always feel safer when there are rules, standards and procedures, and you’ll believe that everybody regards rules in the same way that you do—in other words, that if there are rules, people will naturally follow them.

As an adult, you’ll try to avert any “bad” behaviour by doing your best to impose ethical standards and rules, and protocols and procedures, on yourself and the world. You’ll deny any spontaneous or disruptive individuality in yourself by strongly



following those rules and protocols. This will provide the theme for your rebellion during the red stage, and for your criticism of the world during your white stage. For example, you’ll criticise, condemn, judge and even try to punish people who “disobey” certain social norms or standards. Any such behaviour by yourself will be strictly disallowed or, if it ever occurs, denied.

As you mature, you’ll subconsciously gather evidence that proves you wrong—yes, wrong. In other words, you’ll accumulate data as a result of contradictory life experiences that the world is different from your childhood universe. At first, you won’t pay too much attention to this data, but eventually it will start to break through. You’ll have some undeniable feedback from life in the form of people or experiences. Something in you will recognise that you no longer need to defend yourself in the way that you did back then. In other words, it’ll gradually dawn on you that you can bend or even break the rules sometimes, or make mistakes, and survive. If you let other people bend or break the rules, the sky won’t fall on their, or your, head. It won’t be the end of the world. Nobody will die. If you accept and integrate this shadow data, you’ll progress to the point where you can be flexible and apply the rules contextually while not weakening your conscience nor losing any of your properness or ethical clarity.

Invite people to support your growth by sharing this information.



**“Will you be my unicorn?”**



**What “I’ll alter him” shifts you can (and shouldn’t) expect from me**

**The “Strict” Right Man** As my partner, colleague, parent or friend, you’ll probably recognise and hopefully appreciate my high standards of integrity and orderliness, and my honourable ways. Yet you might sometimes wish that I would somehow miraculously transform into a less critical, more flexible and forgiving, perhaps even light-hearted and positive, version of myself. These “missing” elements may lead you to compare me negatively with the types of men that do demonstrate those patterns of behaviour.

For example, you might wish that I would be more chilled and laid-back in the way that I treat the kids and run the home, the way the “Listening” Sensitive Man is, instead of being such a disciplinarian. Or you may wish that I could see the positive—the silver lining, the glass-half-full—in everything, instead of always seeing the faults, the mistakes, the things that could have been done better. In other words, that I’d be more like the “Optimistic” Ideas Man, whom I consider to be careless, if not reckless. Then you might need me to be a little less judgemental and critical of people who’ve not met my standards, and maybe got themselves into a spot of bother, and instead be more generous, the way the “Helping” Best Man would.

The bottom line is, I’m not going to “change” into any of those types of men. In fact, the more you try to “alter” me, or in other words try to get me to “change into” one of those types of men, the more likely I am to dig in my heels and resist.

That said, you might have a point, and so I might learn to take on one or two of those men’s behaviours from time to time. Yes, I might try



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being less certain that my rules and standards are the absolute right ones, or even the only ones. I might be more flexible and forgiving, especially when it’s not a life-or-death matter. I might impose less rules on the people whose lives I manage. I might even let people get away with a few things, give them a chance, punish them less, use less stick, and more carrot.

While there’s some of this I could start doing right now, it will happen naturally as a result of maturity. It’s what the process of integration is all about. After all, maturing and integrating is about becoming less one-sided. It’s about not treating every situation in the same way, based on my own fears, but instead treating each situation on its own merits. So, if you’re supporting me on that journey, you can drop a few hints along the way, and be patient. :)

In the meanwhile, here are some things I’m going to keep doing, as well as things I’ll consider doing more of, and doing less of:

**Things I’ll keep doing:**

**Things I’ll do more of:**

**Things I’ll do less of:**

## Get the full report!

### Get the full report to learn more about:

1. How you see the world (your dominant worldview);
2. Why people like you (your gifts / offerings);
3. Your core fear (the underlying driver of much of your behaviour);
4. A full 8-page report on your journey through the four stages of maturity;
5. Two more “handouts” containing information you can share with others:
  - a. What you look for in a partner / colleague / friend and what they can do to “win you over”;
  - b. What you can ask of others to support you on your journey to maturity;
6. Plus a set of self-coaching questions.

## Yes, take me there!

