

The Man Matrix

The “Real” Man



The Rock

THE ROCK



The Boss

THE BOSS



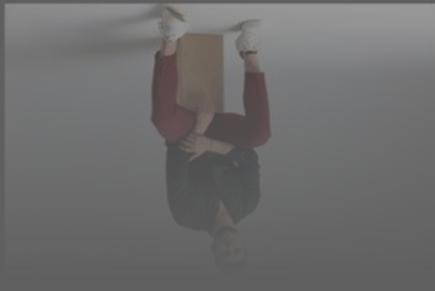
The Champion

THE CHAMPION



The Great Leader

THE GREAT LEADER





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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 him

YOUR FIRST impression of him will most likely be physical. And it probably won't be his beauty and elegance that strikes them, so much as some variation of strength, solidness, and a low centre of gravity. If he's tall, he probably won't be lean, but big and imposing. Tall or short, and even in the odd case when he's more slightly built, he'll give the impression that he's rooted to the ground in some way. If someone had to imagine trying to push him out of their way, they'll quickly realise that they'll have better luck with a tree. In a crowd of people, he'll be the one that nobody messes with or tries to shove out of their way. *Good luck to them.* That will be the air that he gives off.

His personality will match his physical presence. He'll be down-to-earth, and proud of his tell-it-like-it-is, no-airs-and-graces approach to life and people. He'll wonder out loud why people are so sensitive and need to beat around the bush so much. Why can't they just be straightforward, the way he is? His dress style will most likely be just as no-nonsense. He certainly won't be a dandy.

To say that he's determined will be an understatement to the point of being sarcastic. If someone describes him as determined, they're probably using it as a euphemism for stubborn.



His response would be, *Why beat around the bush like that, why don't you just say it?* Indeed, it will be difficult, if not impossible, for anyone to provide him with any kind of explanation that makes a difference to his thinking. Not only on the subjects just mentioned, but on almost any matter.

If he thinks something, it stays *thunk*. It even makes that sound when it comes out of his mouth. *Thunk*. Because he will speak it. He will say what he thinks. And he'll believe that if it arose in his head and came out of his mouth, then it must be true. *Thunk*. Yes, he stands on his right to be right like nobody else. He totally believes that everybody should just do things the way he tells them to. Then everything will be fine. He likes to be in control and tell people what to do.

Indeed, the word “do” will feature strongly in his vocabulary, and his solutions to everything, even complex political issues, for example, will be entirely practical. If there are riots in the streets, he won't be found talking in the abstract about what people's grievances might be, and what might have caused them. He'll be more like, “Here's what the government should do...” There's the word “do.” Or, if he's on the side of the rioters, he'll have some suggestion for what they should *do* instead to resolve the issue that they're protesting about.

BOON (OFFERING)

Why people like him

The “Real” Man He embodies that ultimate masculine trait on the back of which the world was explored and conquered, and on which cities, countries and empires were built: the ability to go forward despite everything. To stick to the plan. To stay with the mission even when there is risk and danger, and the wheels are falling off.

In the Afrikaans language there’s a phrase, *vok voort*. It translates literally as *f*ck on*, or *f*ck forward*. Google Translate gives it rather more politely as, *continue*. One can imagine the Afrikaners descending the Drakensberg in their wagons and saying and living by this creed. Today, South Africa’s Springbok rugby team is known for its singular and predictable game plan, one that relies on physical power and dominance more than on guile, and which they’ve made work for them in winning three World Cup titles. Former England and British & Irish Lions captain Martin Johnson said of their style of play in a television interview: “For the Springboks, when Plan A doesn’t work, they go to Plan A.”

If you laughed because that describes him, then you’ll know you’re in the right place. He’ll know that what he offers the world is definite certainty; clarity and firm decision-making; no wavering or vacillating. People will always know what he’s decided and therefore what’s going to happen. He offers



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a level of consistency that is unmatched. People will know where they stand. Whether they like it or not is another matter. As the opponents of the Springboks often say, “You know what they’re going to do, the only question is, can you live with it?” People in his orbit have that same limited choice.

As a partner, husband or leader, his forthrightness, certainty and sheer force of will, will make his partner and family feel safe. Yes, even in a world enlightened enough to know that nobody *makes* anybody feel anything, he does, indeed, *make* people feel safe. How? Firstly, by telling them to, ha ha. Then by demonstrating his enormous power and will. In fact, that’s another word that belongs to he: *will*. He’ll use it often. As in, “I will...” and, “He will...” He’ll also embody the force of will.

His tough exterior hides a soft and tender centre where he harbours a good measure of compassion. This may surface maybe three times in his life: when his child is born, when that child gets married, and again when his grandchild is born. Any more than that is a bonus for those close to him.

He may also allow that soft centre to be touched by people who are genuine victims of abuse—he’ll rally to their cause with all his mighty force of will, certainty and decisiveness. Nelson Mandela fighting for the freedom of his people against apartheid is the example.

DEVELOPMENT

His journey through the four stages of maturity

The “Real” 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. For the “Real” Man, the thing that he’s trying to avoid is any form or sign of weakness in himself and, tied to that, any loss of control of a situation to other people.

As a child, he may have experienced having to take care of himself—and possibly his siblings and even a parent—from very young. He will have discovered that if he’s forceful enough, he gets his way, even with adults, and that became his modus operandi. He probably tested his approach on his siblings and perfected it on the bullies in the schoolyard. He’ll have learned that there’s no room in that setup for even a hint of vulnerability, weakness, or uncertainty, not even towards himself, and that he can crowd it out by sheer force of will, and by not thinking twice.

As an adult, he’ll continue to avoid any such vulnerability by asserting his authority as quickly and as absolutely as he can. This will provide the theme for his rebellion during the red stage, and for his criticism of the world during his white stage.



For example, he’ll criticise people whom he believes are soft, wishy-washy and indecisive, and who therefore beat about the bush and don’t say what they mean or do what they say. Any such weak or indecisive behaviour by himself will not be permitted or, in the unlikely event it ever occurs, denied.

As he matures, he’ll subconsciously gather evidence that proves him wrong—yes, wrong. In other words, he’ll accumulate data as a result of contradictory life experiences that the world is different from his childhood universe. At first, he won’t pay too much attention to this data, but eventually it will start to break through. He’ll have some undeniable feedback from life in the form of people or experiences—things that happen. Something in him will recognise that he no longer needs to defend himself in the way that he did back then. In other words, it’ll gradually dawn on him that he can acknowledge his own vulnerability, and that of others, and he’ll still be OK. If he accepts and integrates this shadow data, he’ll progress to the point where his strength comes from understanding vulnerability, and not denying it.

In short, the great arc of his journey is going to be one of accepting the reality of people’s vulnerability, including his own, and recognising that one’s strength is not diminished, but can instead be enhanced, by its presence.

Invite people to support his growth by sharing this information.



“Will he be my unicorn?”

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



The “Listening” Sensitive Man As his partner, colleague, parent or friend, you’ll probably recognise and hopefully appreciate his forthrightness and that awesome protective “provider” power that is his hallmark. Yet, you might sometimes wish that he would somehow miraculously transform into a more sensitive, creative, reflective, flexible and perhaps even socially sophisticated version of himself. These “missing” elements may lead you to compare him negatively with the types of men that do demonstrate those patterns of behaviour.

For example, you might wish that he would be more willing and able to allow challenge and feedback from others, as the “Listening” Sensitive Man would, instead of just batting it off instantly. You probably also wish that he would not only allow feedback, but actually take it in and process it, and let some of it stick, which the “Strict” Right Man might do. Or if he could only recognise analogy and engage in abstract reasoning, which is the domain of the “Creative” Sensitive Man, instead of reducing everything to a practical answer. There’s a lot here. You might like him to have even a reasonable level of doubt, perhaps not quite as much as the “Cautious” Ideas Man, but close. And finally, you might desperately wish he would read social cues and respond with greater subtlety and charm, which is a key trait of the “Winning” Best Man.

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

That said, you might encourage him to take on one or two of those men’s behaviours from time to time. Yes, he might try being less certain that if an idea arose in his own mind, it must be the absolute truth. He might allow feedback and even take it on, and let other people lead, and not say things that don’t need to be said, and learn that none of these is a life-or-death matter.

While there’s some of this he 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 his own fears, but instead treating each situation on its own merits. So, if you’re supporting him on that journey, you can drop a few hints along the way, using some of the approaches suggested in the “When will he grow up?” section of this report, and be patient.

Get the full report!

Get the full report to learn more about:

1. How he sees the world (his dominant worldview);
2. Why he drives people crazy (his one-sided behaviours and tendencies);
3. His core fear (the underlying driver of much of his behaviour);
4. A full 8-page report on his journey through the four stages of maturity;
5. Two more “handouts” containing information you can use:
 - a. What he looks for in a partner / colleague / friend and what you can do to “win him over”;
 - b. What you can do to support him on his journey to maturity;
6. Plus a set of self-coaching questions to ask yourself and/or him.

Yes, take me there!



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