

Male Passivity Assessment

Disengagement Pattern Framework

Overview

Male passivity manifests as chronic disengagement from leadership, decision-making, and emotional presence in relationships. This assessment helps identify root causes and guide appropriate work.

Assessment Domains

Relational Engagement

- Does he initiate connection or only respond when approached?
- Does he make decisions or defer most choices to partner?
- Does he engage in conflict or withdraw/stonewall?
- Is he emotionally present or physically there but checked out?

Leadership Patterns

- Does he take responsibility or wait to be told what to do?
- Does he have vision for his family or just go through motions?
- Does he protect his family's boundaries or allow violations?
- Does he address problems or hope they resolve themselves?

Root Cause Exploration

- **Father wound:** Absent, passive, or abusive father modeling
- **Shame-based identity:** Belief that his input isn't valuable
- **Conflict avoidance:** Learned that engagement leads to pain
- **Overwhelm:** Doesn't know how to lead, so doesn't try
- **Resentment:** Passive-aggressive punishment of partner
- **Depression/anxiety:** Underlying mental health factors

Assessment Questions

- "Describe your father's level of engagement when you were growing up."
- "What happens inside you when your wife expresses a need?"
- "When was the last time you initiated something meaningful in your family?"
- "What would it mean about you if you tried to lead and failed?"

Working with Passive Men

- Address shame before pushing for behavior change

- Build capacity through small wins before major challenges
- Help him find his voice, don't just tell him to use it
- Work with the couple to create space for his leadership

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