

# When Men Shut Down

*A body-first guide for supporting men to open up*

You ask the question. He's sitting right in front of you. And he's lost.

The way a breaker trips: Fast, automatic, before he notices it happened.

This is the moment in your session. He wants to answer, he wants to cooperate. What you're working against is **his physiology**.

## THE SHUTDOWN SEQUENCE

Pressure → Activation →  
Protection → Withdrawal

## WHERE MELD FITS

Therapy helps a man see the pattern. **MELD gives him a place to practice it.**

We're a non-clinical training environment – structured, body-based, built on peer connection. Stable, growth-ready men come to MELD to run the reps that make therapy hold.

**You help them see it. We help them do it.**

## When he goes quiet, it's a loss of capacity.

Most people read a man's shutdown as withdrawal – as distance, disinterest, or choice. Under enough pressure, his nervous system outruns his words, his insight, even his best intentions. You ask “What are you feeling?” and the question can't reach him. He won't answer because the part of him that could has already gone offline. Get that distinction into the room, and the work changes.

### THREE TOOLS TO USE RIGHT NOW

# 1

#### Find the sequence before the shutdown arrives.

It doesn't come out of nowhere. Every man's shutdown runs an order – a chain of physical signals that fires before the walls go up. Before he tries to explain himself, have him find it: *Where does he first feel the pressure? What shifts in his breathing? At what point does he lose the thread?*

That sequence becomes a map. A map means he has something to work with. The line worth drilling: “I can feel myself starting to go. I need to slow this down.”

Not wisdom. A repetition. Reps retrain the nervous system – intellectualization doesn't.

# 2

#### Ask about the body before you ask about the feeling.

“What are you feeling?” is the right question at the wrong moment. When a man is dysregulated, the body has information his conscious mind doesn't have access to yet. Change the question: “What do you notice in your body right now?”

Tight chest. Hot face. Held breath. Pressure behind the eyes. The moment he names something physical, he's no longer fully inside the shutdown – he's observing it. That's the crack you work through: body first, then emotional state, then what's actually true between the two of you, then one sentence that begins to repair it.

Don't ask him to perform vulnerability his nervous system can't support yet.

# 3

#### Build the bridge from body to contact.

The goal isn't body awareness. The goal is contact – one honest sentence that closes the distance instead of defending against it. “I'm getting overwhelmed, but I want to figure this out.” “I care about this, and I can feel myself going numb.” “I need to slow down so I can come back.”

Most men have the insight. They know they shut down. What they've never had is a practiced moment – the pressure climbing, and them staying in it anyway. That's the piece they're missing.

### CONTINUE THE LEARNING

Watch the workshop replay, dig into George Faller's work on couples, attachment, and emotional engagement, and explore the full MELD resource library – Core, Prime, and Integrated Training – for referring men into structured, body-based relational practice.

[meld.community/therapist](https://meld.community/therapist)