

What Your Silence Is Costing the People Around You

This is not blame. This is the truth most men respond to when they finally hear it.

I am not going to tell you that your silence is your fault.

It was not. You learned it. You were given it before you had the capacity to refuse it or the language to name what you were being handed.

But I am going to tell you what it is costing. Not to shame you. Because most men do not do this work for themselves. They do it when they understand the cost to the people they love.

What the people closest to you are experiencing.

They are learning to read you. What mood you are in before they ask anything. Whether today is safe. Whether to say the thing or wait.

They are not doing this consciously. They are doing it because they are adapting to you. And what they are adapting to is the version of you that silence built.

What your children are learning.

Children do not learn what you tell them. They learn what they observe.

They are watching how you manage difficulty. How you respond to your own emotion. What you do when something gets too close. Whether men cry. Whether men ask for help. Whether men name what they are carrying or pretend it is not there.

The script that was handed to you is being handed to them. Not deliberately. Not maliciously. Because it is the only script that is currently in the room.

What the person who loves you cannot say.

There is something they have never told you. Because they do not have the words for it, or because they learned not to, or because the one time they tried to name it you shut down or left the room.

What they cannot say is this: I can feel that you are not fully here. And I do not know how to reach the part of you that is missing.

That part of you is not missing. It is where you left it. Inside something you have never fully looked at.

This is where it can stop.

You did not choose the silence. But you can choose to end it.

The Silence was written for exactly this point. The moment a man understands that what he is carrying is not only his to carry. And that the work — however hard — is worth doing.

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