

Call to Action: Get Out Of Your Man Cave

The step-by-step guide to better male friendships

This is an invitation to step out of your proverbial “man cave” and choose intentional brotherhood over isolation and loneliness. Paired with the Male Friendship Creed and the Manifesto against Male Isolation, these steps will help you build deeper, more authentic friendships with other men. It is a call “up” to higher standards as mature, responsible adults.

This call to action will help you:

- Identify 2–4 men you trust—or want to trust.
- Initiate a conversation that goes beyond the surface.
- Commit to consistency, honesty, and accountability.

This plan goes beyond simply expanding your network of contacts or adding more social obligations to your already-busy schedule. It’s a call to build your inner circle, a band of brothers, a personal board of directors, or what I call GodBuddies, who walk together with consistency, honesty, and accountability. Men who encourage and support each other through their struggles and celebrate each other’s successes. Men who inspire each other to find purpose and strive for excellence. Better friends who help each other become better men.

1. DEFINE What You Want in a Friend

Action: Redefine what you’re looking for from your friends and what you value in a friendship.

Better friends are not just someone you hang out with occasionally. They are not just a shared-interest friend, or someone who only checks in once-a-month. A better friend is a man who shows up consistently. speaks truth with care and love. It’s a friend who points you toward growth—personally and spiritually.

Practical step: Use these prompts to ask yourself tough questions.

- ☐ I am seeking growth, not just companionship.
- ☐ I value honesty, accountability, and consistency.
- ☐ I want friends who will challenge me and walk with me.
- ☐ I look for comfort—or do I want character-building?
- ☐ I need someone who is honest and will challenge me.
- ☐ I need a few trusted friends to walk alongside me.

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2. IDENTIFY Potential Friends (Not Perfect Ones)

Action: Make a short list of men whom you admire. Avoid waiting for “ideal” candidates. Deeper, authentic relationships are formed, not found.

Look for men who:

- Are in a season or two of life ahead of you, plus one in the same season.
- Take responsibility seriously, yet have fun when it’s appropriate.
- Are willing to be open and honest about their flaws—not perfect or polished.
- Show character, consistency, humility, and responsibility.

Practical step: Write down the names of 2-4 men you already know who might be willing to go deeper.

1. _____
 2. _____
 3. _____
 4. _____
-

3. INITIATE. Make the First Move (Yes, You reach out!)

Action: Initiate intentionally. Most men wait for someone else to lead. Go first. Better friendships are built by men willing to reach out, rather than waiting.

What to say (simple and direct):

“I’m trying to be more intentional about friendships and growth. Would you be open to meeting regularly and walking through life together?”

Rule: It doesn’t need to be dramatic. It needs to be clear.

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4. CREATE a Rhythm, Not a Vague Intention

Action: Meet regularly. Choose consistency over convenience.

Great friendships don't grow on "someday." They make friendship a priority in their calendars.

- Choose to meet weekly or biweekly.
- Same time, same place (or same call, 60 minutes is enough)
- Agreed on a basic structure

Rule: If it's optional, it will eventually disappear.

5. ESTABLISH Trust and Confidentiality at the Beginning

Action: Agree that what's shared stays confidential. Trust is not assumed—it is protected. State it clearly.

- What's shared here stays here
 - Value listening over fixing.
 - No gossiping or posturing
 - Honesty is valued over performance and image-management.
-

6. PRACTICE Real Conversation (Not Just Updates)

Action: Ask deeper questions. Go beyond work, weather, or sports. Talk about life.

Ask questions like:

- What's weighing on you right now?
- Where do you feel stretched—or drifting?
- What are you avoiding?
- Where do you need support and encouragement?

Depth doesn't require oversharing. It requires honesty.

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7. INVITE Accountability, Not Advice

Action: Permit them to challenge you. Better friends don't control each other. Ask for honesty, not approval. Care enough to speak up. Be open to hearing hard truths.

Try this:

- "If you see me drifting, will you tell me?"
 - "What's one blind spot you think I might have?"
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8. COMMIT to Mutual Growth

Action: Tie your friendship to becoming better men. Talk about good habits, character issues, maintaining integrity, finding purpose, and setting direction. Encourage progress, not perfection.

Ask regularly:

- How am I showing up as a husband, father, friend, or leader?
- What habits are helping—or hurting me?
- What kind of man do I want to be in five years?

Deep friendships are not therapy sessions. They are formation relationships.

9. STAY When It Gets Uncomfortable

Action: Don't disappear or retreat. Every meaningful friendship will hit rough patches. Persevere through them.

- Awkward moments
- Missed meetings
- Hard conversations

Immature males retreat when things get tense or difficult. Better men remain engaged and show grace, love, and understanding.

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10. REMEMBER Brotherhood Is a Lifestyle, Not a Phase

Action: Recommit regularly. Inner circles don't maintain themselves. Brotherhood is a practice, not a program. Prioritize your time together.

Always show:

- Intentionality
- Grace
- Persistence

Better friendships take effort. It's a new way of life that changes everything. You won't just gain good friends; you'll gain brothers. You will have an inner circle of best friends who help each other become better men.

