

Leaving Your Man Cave

A Guided Journey to Real Male Friendship

THE BROTHERHOOD COVENANT

I commit to the following for the duration of this journey:

I WILL SHOW UP - I commit to being present—physically and mentally—to the best of my ability. I understand that consistency builds trust.

I WILL SPEAK HONESTLY - I choose authenticity over performance. I will speak truthfully about my life, my struggles, and my growth—without pretending or posturing.

I WILL LISTEN WITHOUT FIXING - I will listen to understand, not to solve. I will offer presence before advice and respect each man's journey.

I WILL PROTECT CONFIDENTIALITY - What is shared in this group stays in this group, unless someone is in danger. Trust is the foundation of brotherhood.

I WILL ACCEPT ACCOUNTABILITY - I give this group permission to challenge me with respect and care. Accountability is an act of commitment, not control.

I WILL STAY ENGAGED - When things get uncomfortable, I will resist retreating into silence, distraction, or withdrawal. Growth requires engagement.

I COMMIT TO THE JOURNEY - I understand that brotherhood is built over time. I choose to walk this path with these men for the next 12 weeks.

Name: _____

Signature: _____

Date: _____

Men don't disappear when life gets hard. We don't isolate when pressure rises. We get out of the man cave—and walk together.