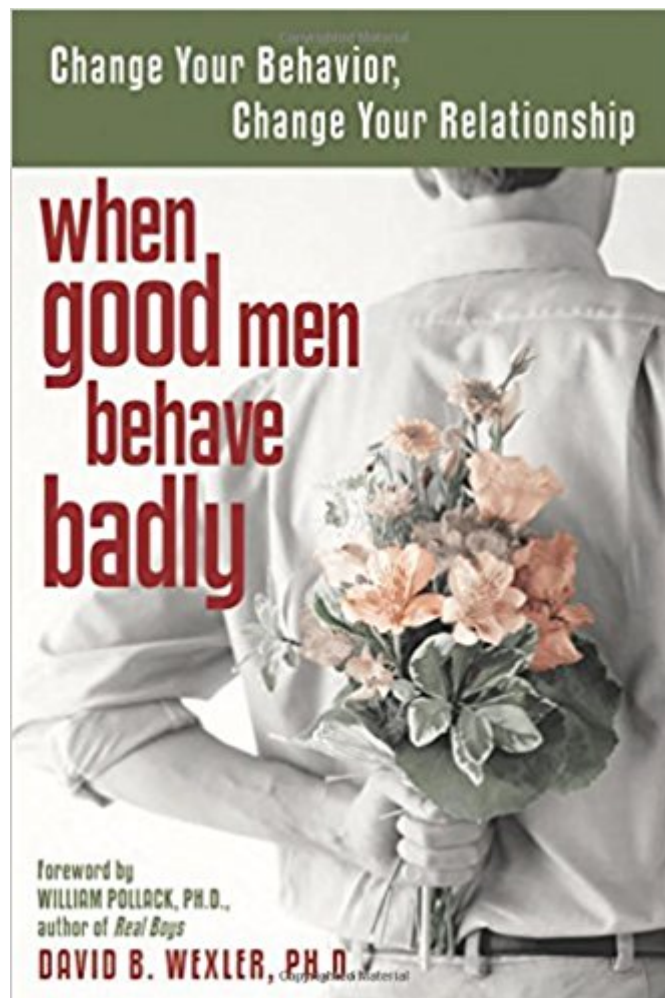




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# When Good Men Behave Badly: Change Your Behavior, Change Your Relationship



## Synopsis

This is the only book written specifically for men in a language that is respectful to men, about how to deal better with the most important relationships in their lives. It provides real tools for men who have trouble dealing with the emotional demands of relationships and those affected by them. The premise of this book is that good, well-intentioned men can, in times of stress and emotional conflict, act in destructive ways that don't reflect their true character. From a humanistic and empathetic perspective, this book explores the latest research about male psychological development to create a new, compassionate narrative for the struggles men face. Learn to recognize and label your internal states. Find out why displays of not-so-masculine emotions are so difficult to deal with, and why they can provoke episodes of problematic behavior. Explore the father-son relationship and the reality of male peer relations; see why these patterned interactions can reinforce bad behavior from generation to generation. Structured exercises and strategies help transfer the concepts of the book into daily experience. David B. Wexler, Ph.D., is the founder and executive director of the Relationship Training Institute, an organization designed to help couples and especially men who are having problems in relationships. His previous work includes *The Adolescent Self* and *The PRISM Workbook*. Visit the author at his Web site: [www.rtiprojects.com](http://www.rtiprojects.com).

## Book Information

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## Customer Reviews

This insightful book offers a user-friendly look at how a "good man"-a man with fundamentally positive values who cares about his kids and his partner-can often display bad behavior, including everything from sarcasm or criticism to nastiness, coldness and other kinds of destructive emotional

withdrawal. Wexler, executive director of the Relationship Training Institute in San Diego, roots his analysis in the self-psychology theory of the "mirroring self-object," the idea that all children in their development need "validation and acknowledgement from parental figures" who mirror back to them a sense of competence and appreciation. The bulk of the book wonderfully describes the ways that many men, as adults, "are always looking to some outside source of approval or recognition" as a way to resolve feelings of shame caused by an arrested internal sense of confidence and competence. The book's success also hinges on two further analytical strategies by Wexler. First, while he gives a convincing look at how a man's "reliance on women for validation" can lead to feeling emotionally out of control, Wexler never descends to placing any sort of sexist blame on moms or wives; he makes it clear that the power that women seem to have over men "is not a power that women have signed up for in the relationship contract" and that female children are equally harmed by the lack of a mirroring self-object. Second, Wexler provides numerous concrete examples of how men can identify and understand the emotional states that trigger relationship problems, as well as many ways that fathers can help establish a son's home life as "a shame-free zone." Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"David Wexler adroitly addresses a central problem in male-female relationships, namely the male propensity for emotional withdrawal, sarcasm, humiliation, intimidation, emotional blow-ups, and infidelity. Wonderfully empathic with men's experiences, *When Good Men Behave Badly* helps men who do not wish to behave badly develop the needed emotional skills. This book will open men's minds and hearts to a very different way to approach male-female relationships." — Ronald F. Levant, Ed.D., ABPP, Co-Editor of *A New Psychology of Men*

Actually, I have read this book before, and as a therapist I find it very useful as a bibliotherapy tool. I purchased this copy, because I do not have my copy here and there are no book stores where I live. I wanted a client to read this and do some self reflection on the observations and descriptions the author so artfully recounts. This is a great book. I would recommend it to any person> male or female that is beginning to date, been dating a long time and not having good experiences to sharpen their perceptions about themselves and the people they are attracted to.

score keeping, emotional withholding, and bitterness? Yup, we've all been there in our relationships.

But this goes into fundamentally why they do what they do unfortunately it doesn't go into too deep about abusive personalities, but it goes with infidelity and a man's loss of self-identity because he hasn't achieved his dreams and the idea of a perfect mate and broken mirrors. If you're open to the book, I highly suggest it. Read cover to cover

Great book suggestion for men who have had an affair and wish to repair the rupture in their relationship. The title belies the perspective which is a compassionate, non-shaming perspective while also confronting the problematic consequences of male acculturation.

If you're a man trying to wrap your head around why you do stupid things that hurt "the one you love" or a woman trying to understand and find answers to your man's actions, this book may help...

A must read for men of any age who want to change their behavior. I'm 58 and it was life changing for me. !!!

I couldn't relate to any of the issues written in this book BUT I was able to share with a co-worker who could benefit from it. Kudos to Mr. Wexler for this book.

Every man should read this before having children or getting into a relationship. I wish I had and I am glad I have.

Lot's of good stuff in here, a little difficult to read but still valuable info. Mostly written for men who are married or who have kids but single guys can still get value out of this book.

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