

No BS Men's Mental Health Worksheet.

A straight-talk check-in for high-performing men
who are ready to be honest about where they're at.

PRACTITIONER

Jay Krenek, LPC

Individual & couples counseling

BASED IN

Denton, TX

Telehealth across Texas

BEFORE YOU BEGIN

Most men don't realize how far they've drifted.

High-performing men are good at compartmentalizing. They handle things. They show up at work, manage the pressure, and keep moving. What tends to go unexamined is what's happening underneath: the slow erosion of bandwidth, the increasing distance from the people they care about, the version of themselves they haven't been in a long time.

This worksheet is not therapy. It is a structured check-in designed to surface what's actually going on so you have something real to work with, whether that means a conversation with your partner, a first session with a therapist, or just an honest reckoning with yourself.

This worksheet draws on the work of Terry Real¹ (Relational Life Therapy), Scott Galloway² (masculinity and modern men), and research on men's emotional health by Michael Addis, PhD³.

BEFORE YOU START

How to use this.

- There are no right answers. Be honest rather than strategic.
- Complete it when you are not in the middle of a conflict or crisis.
- You can share it with a partner or therapist, or keep it private.
- If something here surfaces something bigger than you expected, that is information — not a problem.

REMEMBER

The goal is not to diagnose what is wrong. The goal is to see clearly.

1 Relational Life Therapy — Terry Real, <https://relationallife.com>

2 Scott Galloway — Notes on Being a Man, <https://www.stern.nyu.edu/experience-stern/faculty-research/notes-being-man>

3 Michael Addis, PhD — Invisible Men: Men's Inner Lives and the Consequences of Silence, <https://www.adaa.org/find-help/by-demographics/mens-mental-health>

Where are you actually at?

Not where you tell people you are. Not the version you present at work or at home. Rate each area honestly. 1 = struggling, 5 = solid.

Energy and physical health

How is your sleep, body, and basic physical maintenance?

1 Struggling	2	3	4	5 Solid
-----------------	---	---	---	------------

Work and performance

Are you still finding meaning in what you do, or just executing?

1 Struggling	2	3	4	5 Solid
-----------------	---	---	---	------------

Relationship / partnership

Are you present with your partner, or mostly going through motions?

1 Struggling	2	3	4	5 Solid
-----------------	---	---	---	------------

Emotional availability

Can you access your own emotional state, or does it come out sideways?

1 Struggling	2	3	4	5 Solid
-----------------	---	---	---	------------

Connection with others

Do you have relationships outside work and home that actually matter to you?

1 Struggling	2	3	4	5 Solid
-----------------	---	---	---	------------

Mental load and bandwidth

Are you running on fumes, or do you have reserve capacity?

1 Struggling	2	3	4	5 Solid
-----------------	---	---	---	------------

What does your stress actually look like?

Terry Real calls these "losing strategies"¹ — the moves we make when we're under pressure that protect our position but push people away. Most men have two or three they reach for automatically. Check the ones that fit.

WHEN I'M STRESSED OR OVERWHELMED, I TEND TO...

- Work more, stay later, stay busy
- Go quiet or check out emotionally
- Get irritable or short-tempered
- Drink more, use screens more, or find other ways to decompress
- Become more controlling or critical
- Pretend everything is fine
- Withdraw physically or go cold with my partner
- Keep score or revisit old grievances
- Shut down in conversations that feel emotionally loaded
- Push people away before they can get close enough to see what's happening

A NOTE ON THESE PATTERNS

These are not character flaws. They are protective moves that made sense at some point and now have a cost. The first step is recognizing them for what they are.

¹ Relational Life Therapy — Five Losing Strategies, <https://relationallife.com/level-1-training/>

The gap between how you look and how you feel.

According to research by psychologist Michael Addis, PhD¹, most men don't describe their experience as emotional distress. They describe it in behavioral terms: sleep is off, the anger has started to get noticed, the relationship is straining. Check the ones that have been showing up for you.

IN THE LAST FEW MONTHS, I HAVE NOTICED...

- My sleep has changed or I am chronically tired
- I am shorter with the people I care about than I want to be
- My partner has said something about my distance or unavailability
- I feel like I am performing more than I am actually living
- I am not doing the things that used to restore me
- I feel closer to burnout than I have been before
- I am going through the motions at home
- I feel isolated, even around people
- There is a version of me that has not shown up in a long time
- I wonder whether this is just what life feels like now

The area where I feel this most is...

The person who has noticed it most (even if they haven't said it directly) is...

¹ Michael Addis, PhD — Invisible Men, <https://www.adaa.org/find-help/by-demographics/mens-mental-health>

Underneath the surface, what is actually going on?

Scott Galloway has written about how men are socialized to need nothing from anyone and are now living with the consequences of that lesson¹. Underneath most male stress patterns is not a logistics problem. It is a relational and emotional one. Check the ones that ring true.

AT MY CORE, I MAY BE AFRAID THAT...

- If I slow down, everything will fall apart
- I am failing the people who are counting on me
- I have lost myself somewhere along the way
- My partner sees something in me I do not want to look at
- I am not as far ahead as I should be by now
- Asking for help means something has gone wrong
- I do not know who I am outside of what I produce
- The things I have been avoiding are bigger than I think
- Something in my relationship is breaking that I cannot fix the usual way

The thing I have been least willing to look at honestly is...

If I am honest about what I actually need right now, it is...

¹ Scott Galloway — Notes on Being a Man, <https://www.stern.nyu.edu/experience-stern/faculty-research/notes-being-man>

What is actually happening between you?

Gottman research shows that emotional withdrawal and contempt are the strongest predictors of relationship breakdown¹. Most men do not intend to withdraw. They just run out of bandwidth and the relationship is the last thing standing between them and complete depletion. Answer these as honestly as you can.

When my partner tries to connect with me, my first instinct is...

The last time I felt genuinely present with my partner was...

What my partner would say is missing between us right now is...

The thing I keep not saying to my partner is...

If I am honest, the role I have been playing in the distance between us is...

¹ The Gottman Institute — Four Horsemen, <https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>

One small change beats a perfect plan.

You do not have to fix everything. You have to be willing to do one thing differently. Research on behavioral change consistently shows that specific, small commitments outperform broad intentions¹. Pick one thing in each category and make it concrete.

One thing I can stop pretending is fine is...

One thing I can own in the current situation is...

One conversation I have been avoiding that needs to happen is...

One thing I can do differently in the next 7 days is...

One resource or support I am willing to consider is...

MY 7-DAY COMMITMENT

What I am committing to. When. How I will know it was different.

¹ BJ Fogg — Tiny Habits, <https://tinyhabits.com>

Some patterns won't loosen on their own.

If most of these feel familiar, the pattern may be bigger than a worksheet can shift. That is not a failure. It means the work needs more support than one honest check-in can provide.

- The distance or disconnection has been building for more than a few months
- Your partner has raised concerns more than once and nothing has changed
- You are managing your emotional state with substances, screens, or overwork
- The irritability or shutdown has started to affect your relationships or your work
- You have been thinking about whether your relationship can survive this
- You know something needs to change but you do not know where to start
- You have not felt like yourself in a long time

You don't have to wait for crisis.

Rogue Haven Counseling offers direct, practical individual therapy and couples counseling for high-performing men and couples in Denton and across Texas. The work is specific, grounded, and moves.

jaykrenek.com · jaykreneklpc@gmail.com · (469) 420-0561

Denton, TX · Telehealth across Texas

This worksheet is educational and not a substitute for therapy, diagnosis, or crisis care. If you are in immediate danger, call 911. If you are in emotional crisis, call or text 988 in the U.S.