

LET & ABLE Newsletter

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I stopped by today to tell you a few things. I want you to keep taking on life as it comes. I also want you to keep learning and participating in experiences that make you whole and well-rounded. I want this for you because they can help you secure rewards for all your labor and troubles. It is time for the things you have learned along the way to start making serious deposits in your life. For every person that you took the time to help and inspire, may it return to you 100-fold and then some. Because of individuals like you, our communities are safer, quality classrooms and education are available, families have a beacon of hope right where they live, and hundreds of people can enjoy exposure to culture and sports. The aforementioned is why you are in line for a reward.

Your decision to be available to others makes a difference daily. Why? Because your efforts create meaningful first-hand experiences for those around you. Your efforts help to address frustrations and imperfect days that fall upon us as humans. I dare to say, it is you that stirs up impromptu creativity and captures the imagination of the young and old. The things that you conceptualize and conceive are meaningful and able to change hearts and change a generation. For these reasons, may your bundle of substance arrive shortly.

Please know that your living is not in vain. When you do what you do, sit how you sit, serve like you serve, sacrifice until nothing remains, and forgo your own needs for the sake of others, rest assured situations change, chains are broken, glimmers of hope increase the more, and a new song is birth in the earth. For your uncanny ability to deliver the stated regularly, packages, opportunities, abundance are rewards assigned to you. Will you be ready for them? I would if I were you! Will you make room for them? I would, and I am willing to help you make the room.

Dr. Recco

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Published By

RSRC

Recco S. Richardson Consulting.
Flushing, MI .. Flint, MI

Insight into What's Going on with Us Men **by Recco Santee Richardson, Ph.D., LPC**

Discussions and research about men and our comings and goings is a hot topic. On any given day, men and our latest happenings are central to stories and plots found in movies, situation comedies, reality television shows, religious services, K-12 education, politics, and sports.

I admit that I am not a life coach, expert, or special guru regarding men and what is going on with us. I hear and see the same positive and negative reports, statistics, and outcomes that everyone else does. Like other people, my emotions and perspective run the full spectrum and tilt when men of any race, creed, religion, culture, and orientation are discussed. It does not matter what the topic is and who is talking, I either agree with the presented narrative or I disagree with it. There does not seem to be a middle ground.

Easily, this article could cite and quote study after study and statistic after statistic the strengths and weaknesses of men. However, I have found that practical information and purposeful content is what benefits most people. As a result, armed with 30 years of clinical counseling experience, 40 years of being an adult male, 26 years of being a father, and 32 years of being married to the same woman, I have something to say and value to add regarding men and what is going on with us.

1). Being Self-Conscious: Regardless of our shape and form, as men, we are very conscious of ourselves. We regularly are conscious of what we have and do not have, what we want and do not want, what happened and what did not happen. Some of us can loop and loop for years and not let go of how things went down. The very idea of a women, boss or friend having any type of questionable narrative about us is forbidden and subject to our anger, disagreement, and emotional detachment. Why? Because the stated can fracture our sense of entitlement and rival our need to be in control. *(cont. pg. 4)*

This Article Discusses

- >Men & Emotions
- >Being Self-Conscious
- >Fears & Hopes
- >Level Of Commitment
- >Men Sexuality

Join Dr. Recco & The "Real Men"



Real Men

Value Family Time

Don't Hit Women

Embrace Change Well

Are Present/Available

Appreciate Small Things

Lead By Example

Express Their Feelings

Control Their Sex Drive

Are Problem Solvers

Seek To Listen & Learn

Tell The Truth

Avoid Arguing

Have Steady Legal Income

Give Others Compliments

Are Not Insecure

Keep Their Word

Purse Knowledge

Have Good Friendships

No When To Say When

Campaign!

Our subconscious awareness of who we really are and what we really have/do not have, pushes us to need control and to have protection from what may happen.

However, on the other side, being self-conscious helps men in many ways. Somehow and some way, it helps us to stay on track, accomplish goals, ignore distractions, process our feelings perfectly, set boundaries, and not settle for less. We tend to know what we know and want what we want, which is beneficial when the stakes are high, and decisions need to be made. True manhood and successful leadership are founded upon the resolving of being self-conscious and making moves as if we have permission, support, and a guiding light. As men this is who we are and what we are.

"For men, self-consciousness is important" Dr. Recco

The more we act and function as described, the sooner our divorce rates will decrease and various addictions will no longer have power over us. By doing what we can and should do, we can make peace with our past, walk in more forgiveness, and be kind to others as a way of life.

2). Secrets & Many Fears: There are myriads of things men do not want others to know about them. For us, what happened, happened in the past and need not be made known or discussed. At all costs, most men feel that we must protect our image. We dare not slip and let something about us find its way to the ears of others. I reason that many traumatic experiences, cripple men because we refuse to discuss them and dread the idea of everything coming out in the open. From places of secrecy, spouts unfounded fears.

As quiet as it is kept, me and many of my men friends, fear being abandoned, fear being made to look like a fool, fear failure, fear being stuck in life, and the list goes on. It is the abundance of real and unreal fears, which leads men to levels of depression, anxiety, substance abuse, various addictions, physical sickness, and an early death.

Yet, for men, secrets and fears can be a lifeline. We hold dear and near to our hearts the experiences that shaped and formed us. They become our life jacket and dependable song that gets us through dark and challenging times. When all else fails, we know that our inner secrets sustain us, conquer our fears, serves a purpose, and speaks to our hearts when it matters most. They drive us to achieve, convince us to get more, stir our passion, and help us overcome barriers that stood for years. For us, this is what manhood and life is all about. That is to let our secrets and fears help us to divide, conquer, and keep moving.

"Our inner secrets are a lifeline" Dr. Recco

3). Sexual Struggles: I am the first to admit that way too many men do not have their sexual desires under control and have an excessively strong sex drive. In this area, there appears to be no sense of boundaries, judgment, or integrity. The cause of the stated can be blamed on the media, a breakdown in family values, the lack of mentoring, and such. However, most married men do not have sexual struggles.

"Not all married men cheat on their spouse" Dr. Recco

You may not agree, but there are millions of married men who do not cheat on their wives, are not addicted to pornography, do not touch children inappropriately, and do not dwell in lustful states. Several recent research studies reported that most married men do not cheat on their wife. Infidelity Statistics (2022) reported that when it comes to being unfaithful to their wives, only 28 percent of Black men cheat, 20 percent of White men cheat and 16 percent of Hispanic men cheat.

This data lends to the notion that most married men value their marital commitment, desire to be faithful to their spouse, are finding a balance with their sexual needs, realize the importance of communication and support, and are at peace with their sexual performance. We cannot let the 28 percent (or less) married men that cheat, define and be the narrative for all married men.

It can be tempting to confuse the statistics of single men cheating with that of married men. It is within reason to believe that single men cheat on their girlfriends at a much higher rate than married men cheat on their wives. I am not sure why single men cheat so much. They might cheat because there is not a marital agreement in place or there is no sense of moral obligation in place that stops them.

How To Contact Us

Recco Santee Richardson, Ph.D., LPC
Clinical Therapist, Author, Trainer, Educator

Recco S. Richardson Consulting, Inc.
3456 Pierson Place, Suite C
Flushing, MI 48433

W: Reccorichardsonconsulting.com
E: Reccorichardsonphd@gmail.com

810-394-7815 (Phone)
810-732-6657 (Fax)

RSRC

Recco S. Richardson Consulting, Inc.
Flushing, MI .. Flint, MI



Recco Santee Richardson, Ph.D., LPC
Clinical Therapist, Author, Trainer