

5 LIES

PASSIVE MEN BELIEVE

And the Truth That Will Set You Free

LIONS DON'T BOW

A Ministry of Dr. Hines Inc.

By Dr. Johnathan Hines, DCC

THE TRAP OF PASSIVITY

Every passive man has a story. Somewhere along the way, he learned that shrinking was safer than standing. That silence was easier than speaking. That avoiding conflict kept the peace.

But passivity is not peace. It's surrender disguised as wisdom. It's fear pretending to be patience. And it's destroying your marriage, your family, and your sense of purpose.

The lies in this guide are the ones I hear most often from the men I coach. They sound reasonable. They feel justified. But they're keeping you stuck.

It's time to call them what they are.

"A domesticated man IS fatherlessness."

LIE #1: "I'm Just Keeping the Peace"

This is the most common excuse passive men use. When you avoid the hard conversation, duck the conflict, or defer the decision, you tell yourself you're doing it for the family. For her. To keep things calm.

But here's what's actually happening: You're not keeping the peace. You're keeping the tension underground. Every issue you avoid doesn't disappear. It festers. It builds pressure. And eventually, it explodes in ways far worse than the original conversation would have been.

Your wife doesn't feel peace when you avoid hard things. She feels alone. She feels like she's carrying the weight of leadership because you won't. What you call peacekeeping, she experiences as abandonment.

THE TRUTH: Real peace requires confrontation. It requires saying the hard thing, making the tough call, and leading through discomfort. Peace isn't the absence of conflict. It's the presence of resolution.

LIE #2: "She's Just Better at This Stuff"

Maybe it's decisions about the kids. Maybe it's managing the household. Maybe it's emotional conversations. You've convinced yourself that she's naturally better at these things, so it makes sense for her to handle them.

But that's not leadership. That's delegation without authority. You're not recognizing her strengths. You're using them as an excuse to abdicate your responsibility.

Here's the reality: She may be carrying those responsibilities not because she wants to, but because someone has to. And when you don't step up, she steps in. Eventually, she stops expecting you to lead. And when a wife stops expecting her husband to lead, she starts losing respect for him.

THE TRUTH: Being less skilled at something doesn't exempt you from leading. Leaders don't wait until they're experts. They engage, learn, and grow. Your family needs your presence in these areas, not your perfection.

LIE #3: "If I Wait Long Enough, It Will Work Itself Out"

This lie sounds like patience. It feels like wisdom. You tell yourself that jumping in too quickly might make things worse, so you'll just wait and see what happens.

But waiting without intention is just avoidance with a better name. Problems don't work themselves out. They compound. The conversation you should have had last month is now a crisis. The distance you should have closed last year is now a canyon.

Passive men are experts at waiting. They wait for the right time (which never comes). They wait for her to bring it up (so they don't have to). They wait until they feel ready (which is never).

THE TRUTH: Strategic patience is active. It involves assessment, planning, and intentional timing. Passive waiting is just hiding. Know the difference. If you're waiting because you're afraid, you're not being patient. You're being passive.

LIE #4: "I Don't Want to Be Controlling"

You've seen controlling men. You don't want to be that guy. So you swing to the opposite extreme. You don't make decisions because you don't want to seem domineering. You don't voice opinions because you don't want to override hers. You don't lead because you're terrified of being seen as a tyrant.

But here's the problem: Leadership and control are not the same thing. A controlling man uses authority to serve himself. A leading man uses authority to serve his family. One is selfish. One is sacrificial.

Your fear of being controlling has made you useless. You've become so afraid of doing the wrong thing that you do nothing at all. And nothing is not neutral. Nothing is devastating.

THE TRUTH: The opposite of controlling isn't passive. It's servant leadership. You can be strong without being domineering. You can lead without controlling. Your family doesn't need a dictator or a doormat. They need a king who leads with both strength and humility.

LIE #5: "This Is Just Who I Am"

This is the most dangerous lie because it closes the door to change. You've been passive for so long that you've made it part of your identity. You tell yourself you're just easygoing. Laid back. Not the type to rock the boat.

But passivity is not a personality trait. It's a pattern of behavior. And patterns can be changed.

You weren't born passive. Somewhere along the way, you learned that shrinking was safer. Maybe you had an overbearing parent. Maybe you were shamed for asserting yourself. Maybe you tried to lead once and failed, so you stopped trying.

Whatever the origin, the pattern is not permanent. Men change. Every day, passive men wake up and decide to lead. It's not easy. It takes work. But it is absolutely possible.

THE TRUTH: You are not defined by your patterns. You are defined by your choices. Every moment is a new opportunity to lead instead of hide. To speak instead of stay silent. To show up instead of shrink back. Identity follows action. Start acting like a leader, and you'll become one.

WHAT NOW?

You've identified the lies. Now it's time to do something about it.

Awareness without action is just another form of passivity. You can read this guide, nod along, and go right back to the same patterns. Or you can draw a line today.

Here are three steps to start now:

- 1. Take the Assessment.** Find out exactly where passivity is costing you the most. Visit lionsdontbow.com/assessment and answer honestly. No one sees your results but you.
- 2. Have One Hard Conversation.** What conversation have you been avoiding? The one that just popped into your head? Have it this week. Not perfectly. Just have it.
- 3. Get Help.** If you've been passive for years, you probably can't break the pattern alone. That's not weakness. That's wisdom. Consider a Discovery Call to see if coaching is right for you.

"Lions don't bow. And neither should you."

Ready to Stop Making Excuses?

Book a Discovery Call and find out exactly where passivity is holding you back and what to do about it.

lionsdontbow.com