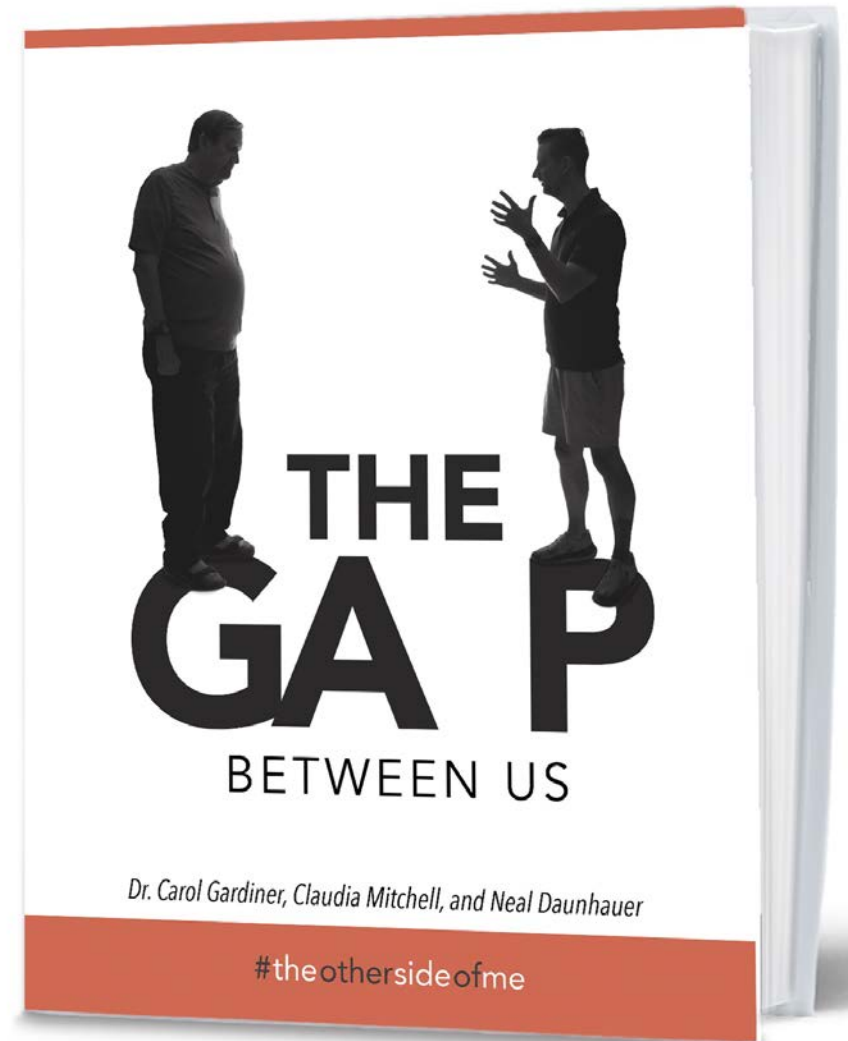


MEN'S LIFE- SESSION 1 OF 3

The Gap Between Us

Neal Daunhauer
09May2023



Divided Issues

<u>ISSUE</u> (among the top ten in the US)	<u>ACCEPTED</u>	<u>NOT ACCEPTED</u>
Doctor Assisted Suicide	46%	46%
LGBTQ Relationships	52%	43%
Abortion	38%	50%
Divorce	69%	23%

THE MOST POPULAR (AND MOST DANGEROUS) QUESTION IN THE WORLD TODAY



THE OVER-POWERED

Which **side** are you on?



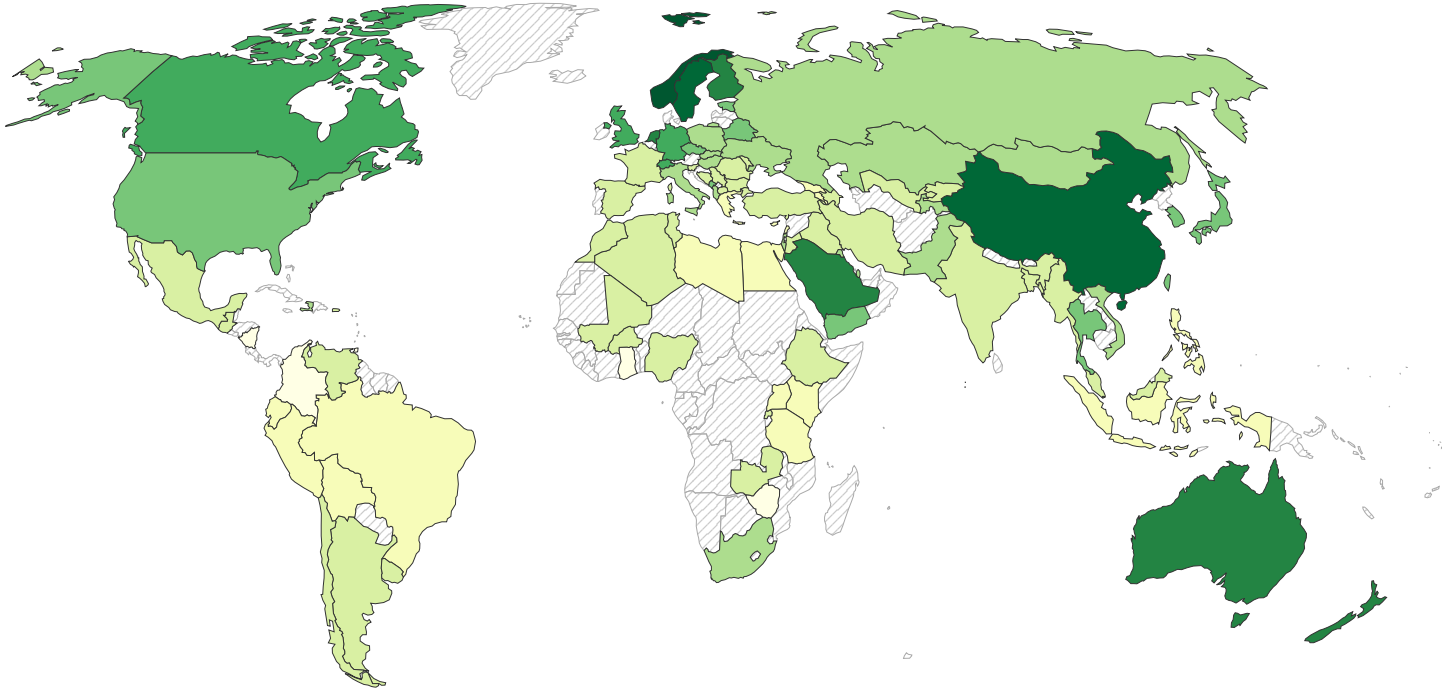
THE OVER-EMPOWERED

THE GAP BETWEEN US

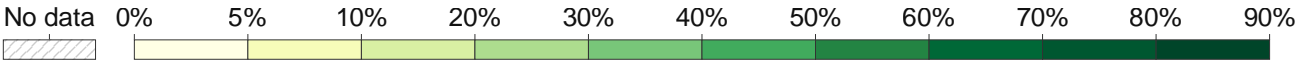
The image features two black silhouettes of people in profile, facing each other. On the left is a man's silhouette, and on the right is a woman's silhouette. They are positioned against a white background. In the center, between them, is text. The top line reads "Who do you trust?" and the bottom line reads "Who trusts you?". The words "you" and "trusts" are highlighted in a reddish-brown color, while the other words are in a dark grey color. The overall composition is simple and evocative, focusing on the theme of trust and communication.

Who do **you** trust?
Who **trusts** you?

How the world views "most people can be trusted"



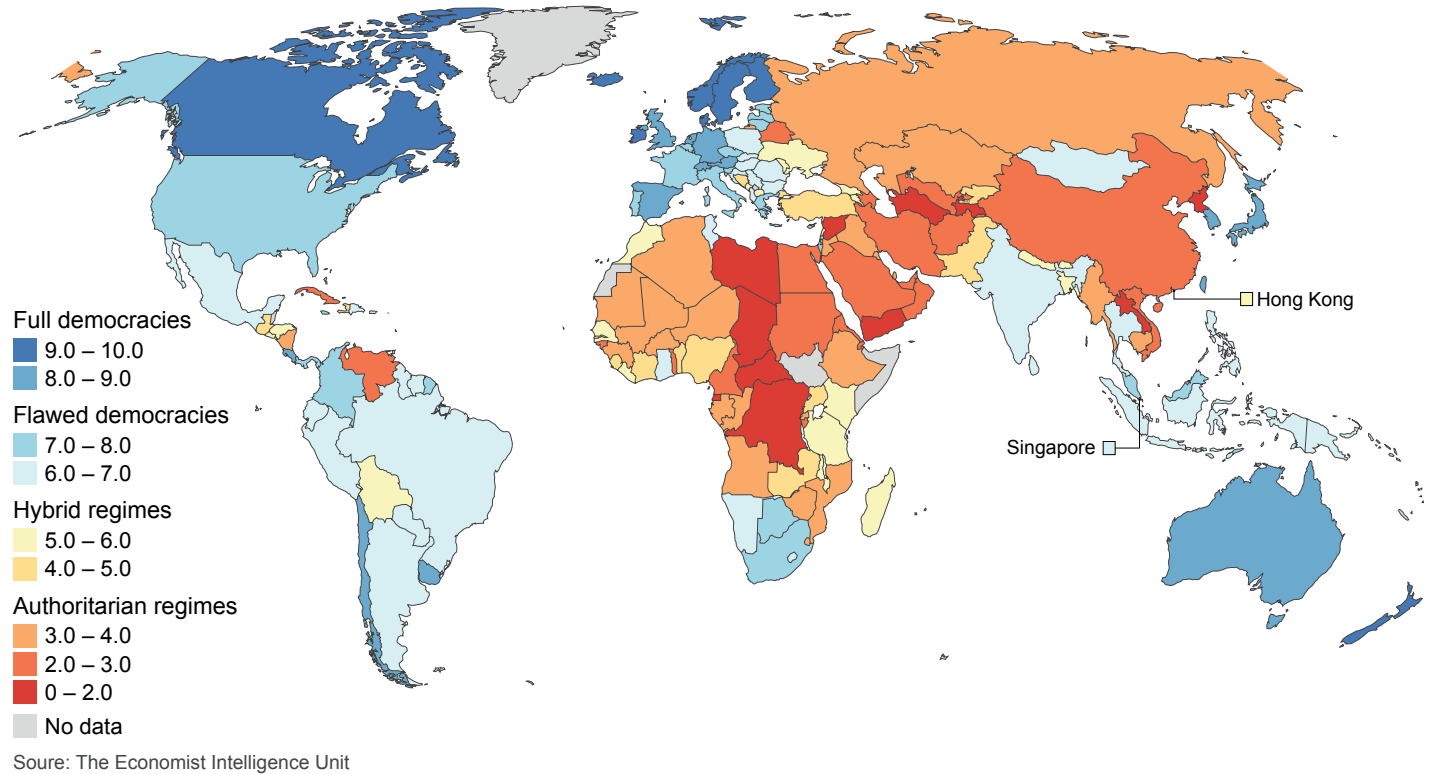
Geographical coverage: The WVS covers almost 100 societies (nearly 90% of the world's population).



Source: World Values Survey (2022)

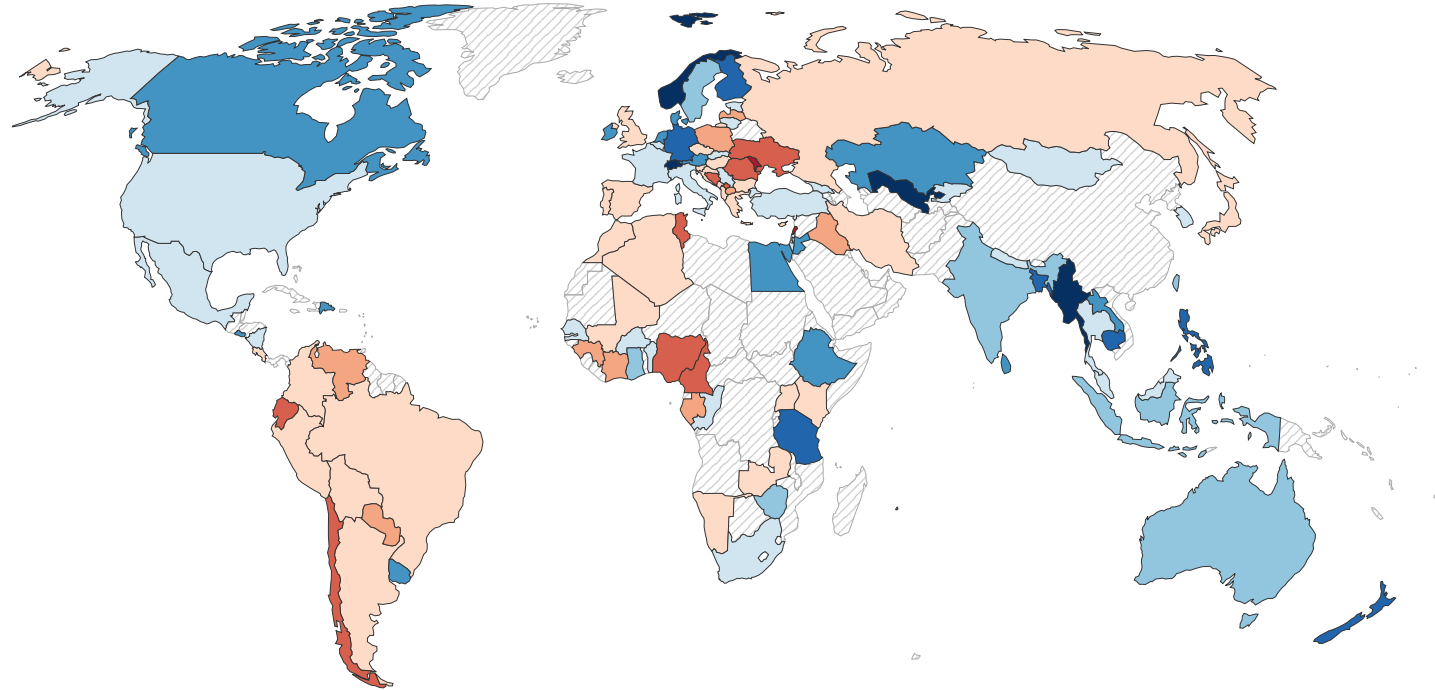
OurWorldInData.org/trust • CC BY

Global Democracies

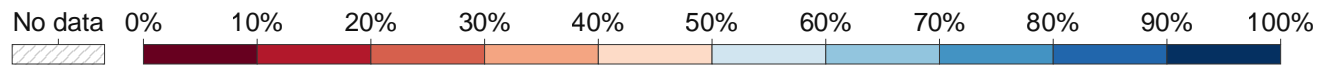


Geographical coverage: The WVS covers almost 100 societies (nearly 90% of the world's population).

How the world views "Trust in Government"



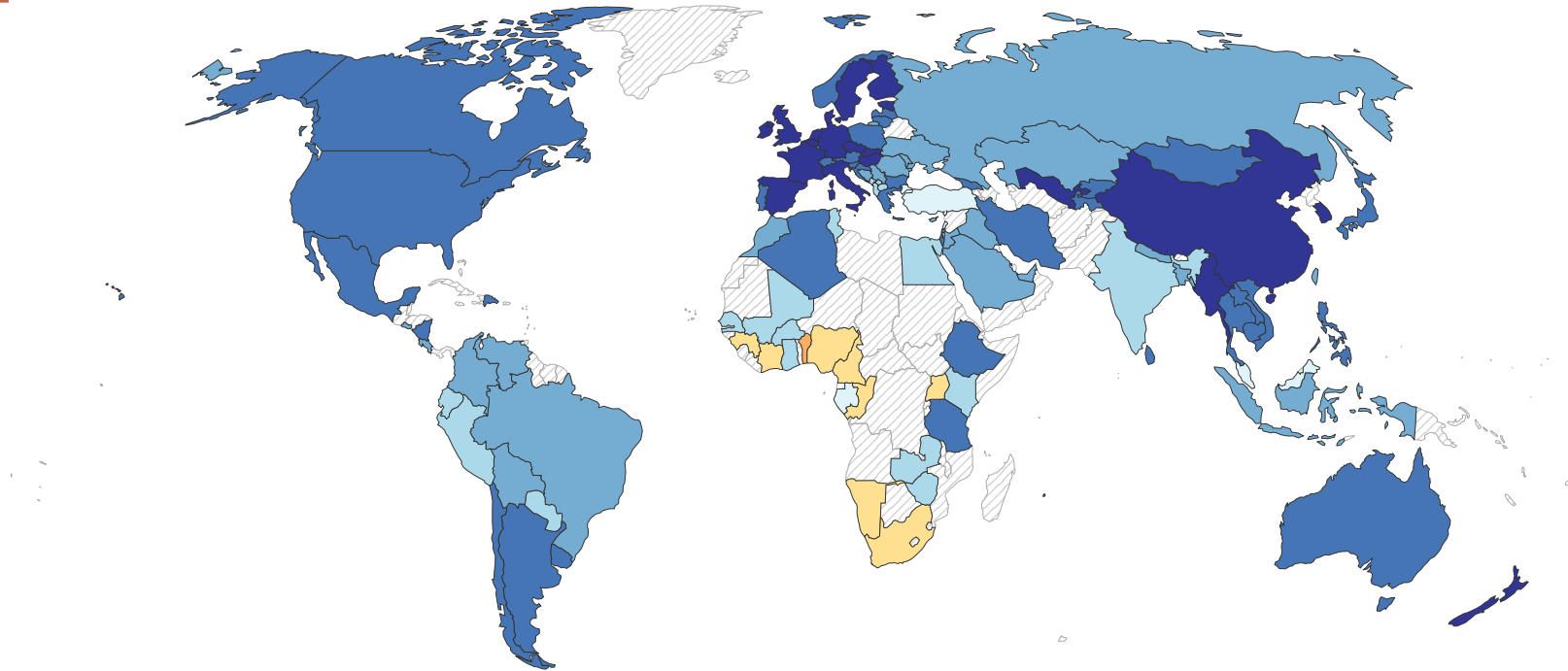
Geographical coverage: The WVS covers almost 100 societies (nearly 90% of the world's population).



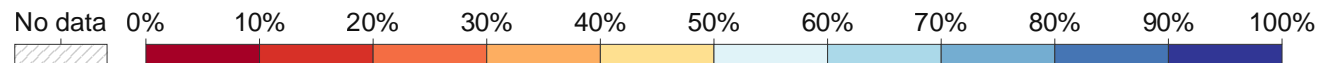
Source: Wellcome Global Monitor (2020)

OurWorldInData.org/trust • CC BY

How the world views "Trust in Science"



Geographical coverage: The WVS covers almost 100 societies (nearly 90% of the world's population).



Source: Wellcome Global Monitor (2020)

OurWorldInData.org/trust • CC BY

How the US trusts the government and each other

Public trust in government in the United States

Share of people who trust the United States government always or most of the time.

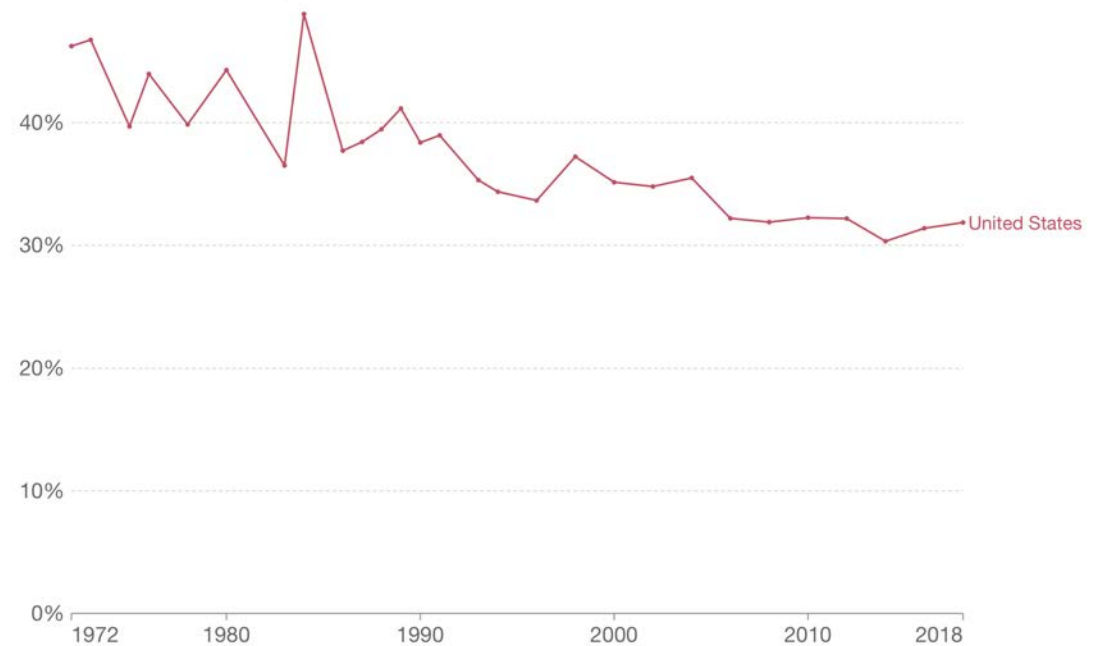


Source: Pew Research Center (2023)

OurWorldInData.org/trust • CC BY

Interpersonal trust in the United States, 1972 to 2018

Share who think that most people can be trusted.



Source: US General Social Survey (2022)

OurWorldInData.org/trust • CC BY

Trending Topics / Divided Views

TOPIC: (among the top trending)

DIVIDE

- **Politics** *right vs. left*
- **Vaccines** *which one vs. none*
- **Ukraine** *engage vs. don't engage*
- **Stimulus Checks** *how much vs. too many*
- **The Lottery** *worthwhile vs. waste*
- **Real Estate** *buying vs. selling*
- **Health Insurance** *too much vs. not enough*
- **Refugee Support** *let them in vs. leave them out*
- **Cricket** *India vs. Australia*

A Pandemic of the Mind, Body, and Spirit

ISSUE

DATA POINT

National Opioid Deaths	41% increase in 2020
Mental Health Conditions	8 in 10 people in 2020
Behavioral Health Costs	\$242b globally by 2027
Faith in America (ALL FAITHS)	Below 50% for the first time ever
Alcohol Sales in Indiana	100% increase in 2020
Indiana Help Hotline	From 1k to 25k daily calls in 2020

Mirror Neurons - The Two-in-One Brain System



MEN'S LIFE- SESSION 1 OF 3

The Fight -or- Flight Response System

FIGHT

- Intolerant
- Insulted
- Infuriated

FLIGHT

- Isolated
- Indifferent
- Insignificant
- Intimidated

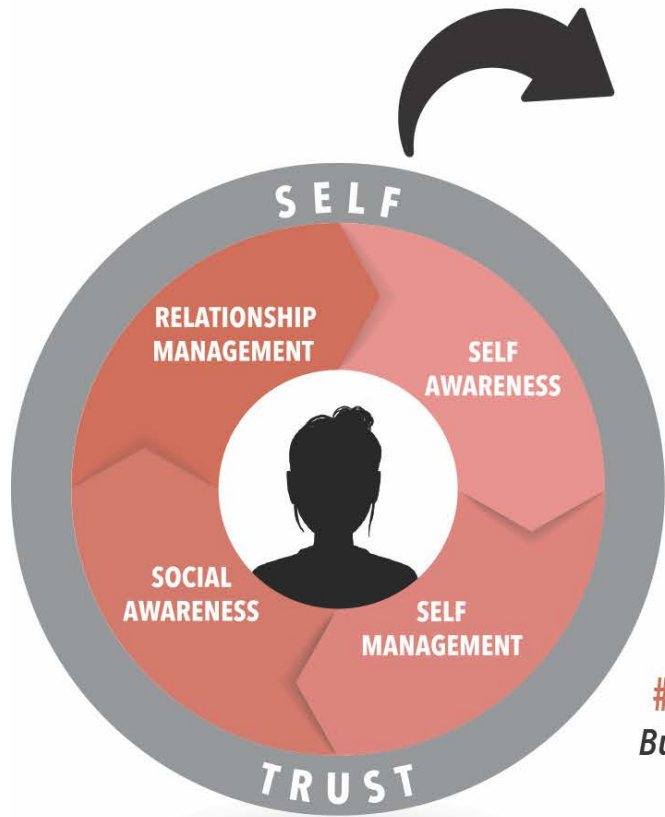
ALARM > RESISTANCE > EXHAUSTION

The I's of Mistrust

COMMON BARRIERS IN RELATIONSHIPS (from The Gap Between Us)

- Insulted** disrespected or humiliated (*ashamed*)
- Isolated** distant or removed (*lonely*)
- Insignificant** dismissed or unworthy (*inferior*)
- Infuriated** defensive or angry (*enraged*)
- Indifferent** displaced or confused (*distracted*)
- Intimidated** dread or fear (*unsafe*)
- Intolerant** divided or biased (*superior*)

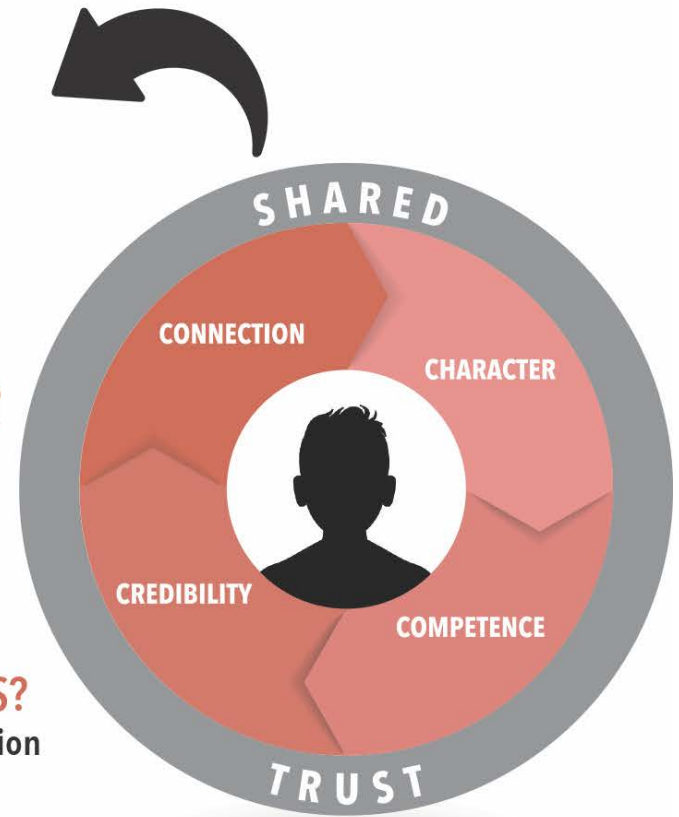
Two Sides of Building Trust



TrUSt Rules

BUILDING BRIDGES to CLOSE THE GAP BETWEEN US

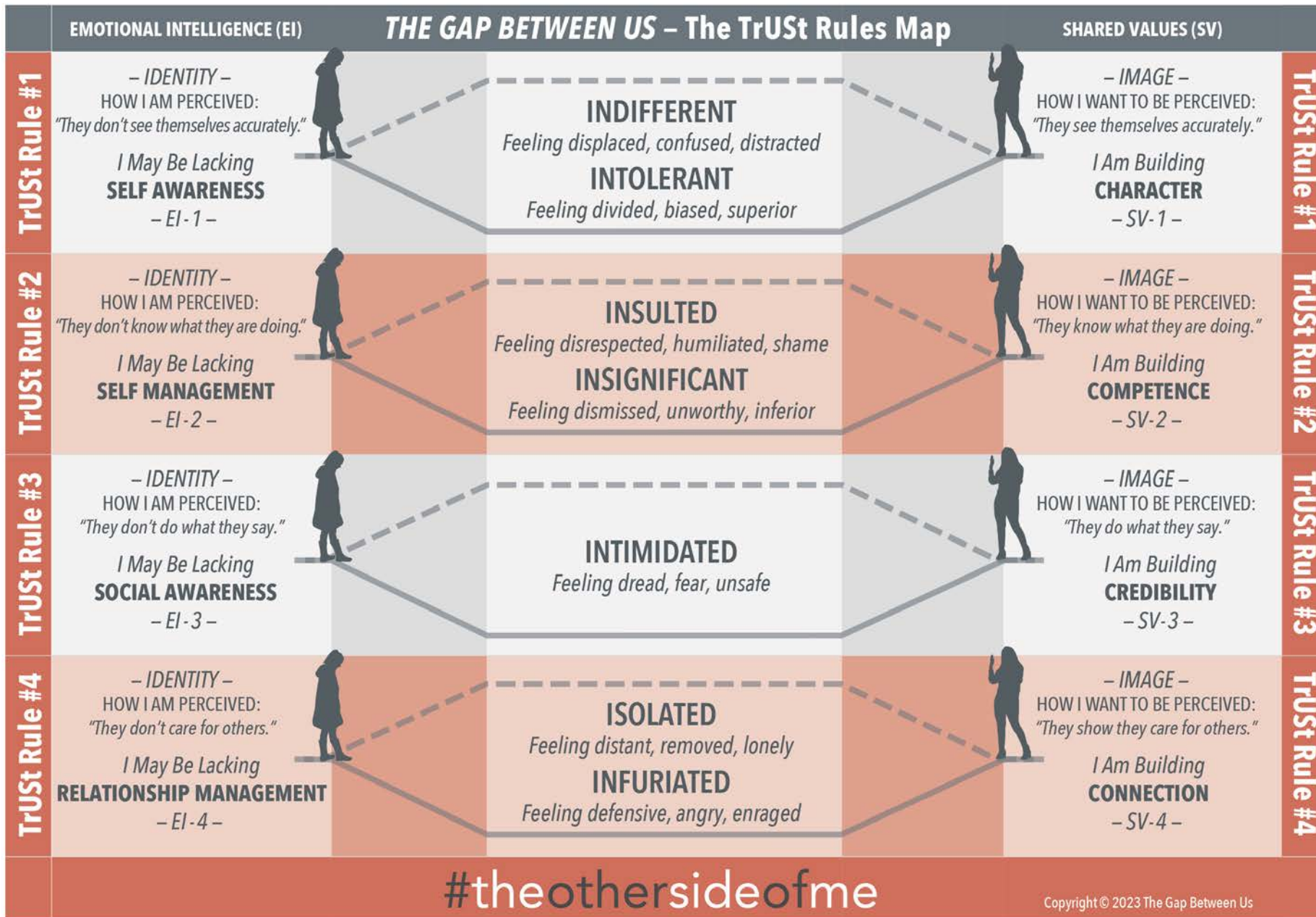
- #1 - DO YOU SEE THE OTHER SIDE OF YOU?**
Building Self Awareness < > Bridges Character
- #2 - DO YOU KNOW WHAT YOU ARE DOING?**
Building Self Management < > Bridges Competence
- #3 - DO YOU DO WHAT YOU SAY?**
Building Social Awareness < > Bridges Credibility
- #4 - DO YOU SHOW YOU CARE ABOUT OTHERS?**
Building Relationship Management < > Bridges Connection



Emotional Intelligence Defined

EMOTIONAL INTELLIGENCE is the ability to identify your own emotions and those of others, to self-motivate ourselves and know how to monitor our emotions and those of the people around us.

- Self-Awareness** *Recognition of drives and emotions and their effect on others.*
- Self-Management** *Control of disruptive impulses and ability to think before acting.*
- Social Awareness** *Ability to understand empathy and the emotions of others.*
- Relationship Management** *Ability to relate with others and build relationships and rapport.*



#theothersideofme

Copyright © 2023 The Gap Between Us

MY IDENTITY ISSUE
How I am perceived

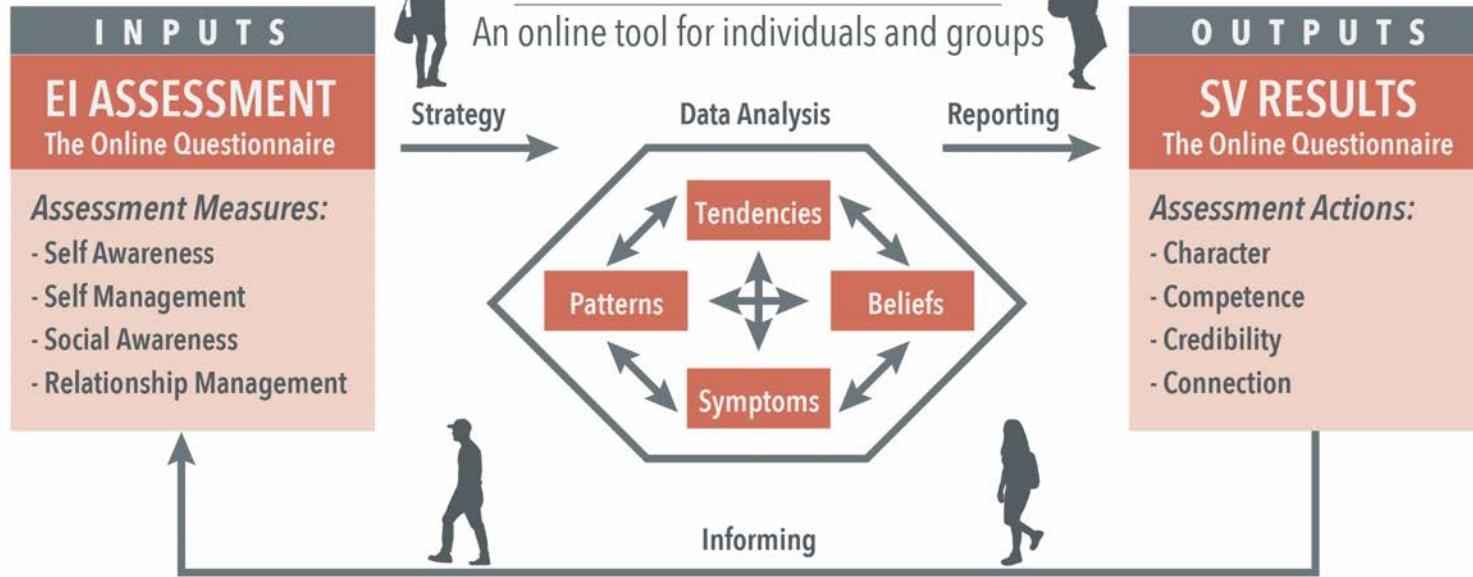
BUILDING...
- Review your concern(s)
- Reveal your conflict ("I's")

MY GAPCheck®
Custom Tools for Users

BRIDGES
- Release your control
- Reset your confidence
- Renew your commitment

MY IMAGE GOAL
How I want to be perceived

GapCheck® Assessment Process



Find the root issues in your relationship gaps

- How are people engaging with you?
- Are your relationships off track?
- Are you prepared to face gaps?

Know where trust stands with you

- Get statistically reliable trust measures
- Understand the degrees of trust you give
- Know your TrUST Profile®

Know what actions to take

- Learn key behaviors that trigger gaps
- Pinpoint behaviors that improve relationships
- Get an action plan that uses your TrUST Profile®

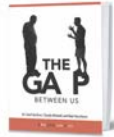
Make your results sustainable

- Integrate TrUST Profile® every day
- Connect to others with your profile
- Measure and monitor TrUST Rules

#theothersideofme

GAPCheck® Self-Assessment

GAPCheck® Self Assessment



SELF AWARENESS

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
It's easy to identify which emotions I'm feeling.			X		
I usually know what's causing me to feel a certain way.			X		
I often avoid thinking about why I'm sad or angry.			X		
I know when I need to take a break and to relax.			X		
I'm eager to share my feelings with people who are close to me.			X		

SELF-MANAGEMENT

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
I typically find myself dwelling on past mistakes.			X		
I'm usually my own worst critic.			X		
I fear that people are thinking the worst of me.			X		
I find myself often worried about my future.			X		
My moods usually get the best of me.			X		
I actively seek feedback from others.			X		

SOCIAL AWARENESS

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
I usually know how others are feeling.			X		
Respecting people with different opinions comes easy to me.			X		
I have a habit of avoiding conflict with others.			X		
I find that I am quick to judge people without really knowing who they are.			X		
I frequently believe that people are using me for their personal benefit.			X		
I always seek to find the best in others.			X		

RELATIONSHIP MANAGEMENT

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
Most people would say that I'm enjoyable to be around.			X		
I find it easy to have meaningful friendships.			X		
I actively seek to better understand the needs of others.			X		
I thrive when working with others.			X		
Adjusting to change is very challenging for me.			X		
I often feel that people don't truly understand me.			X		
I'm quick to admit when I am wrong or when I make a mistake.			X		

What's Next?

- 1) Take the GapCheck Self-Assessment by end of day next Monday, May 15th.
- 2) An email will be sent to you later today.
<https://survey.alchemer.com/s3/7034028/Gap-Check-Self-Assessment>
- 3) We'll discuss your results in breakout groups during the next meeting on May 23rd.

MEN'S LIFE- SESSION 1 OF 3

The Co-authors



Dr. Carol Gardiner



Claudia Mitchell



Neal Daunhauer

