

## IMPORTANCE OF SELF ESTEEM, PERSONAL GROWTH AND GETTING OUT OF EXCRUCIATING PAIN



In today's fast-paced world, [emotional flexibility](#) has become more crucial than ever. Imagine feeling grounded, connected, and truly understood by those around you. This isn't just a dream, it's the reality that emotional flexibility can offer. In my latest blog post, I delve into the profound practical benefits of embracing vulnerability, especially for men who often face societal pressures to remain stoic. By exploring real-life insights and expert advice, you'll discover how opening up can lead to deeper relationships, improved mental health, and a more fulfilling life.



## **Table of Contents**

- ◆ Understanding Emotional Flexibility
- ◆ Male Emotional Expression
- ◆ The Inspiration Behind 'Big Boys Do Cry'
- ◆ Connecting Through Vulnerability
- ◆ Personal Transformation Through Crying
- ◆ The Importance of Men Understanding Vulnerability
- ◆ Addressing the Youth Mental Health Crisis
- ◆ Vulnerability Coaching
- ◆ Encouragement for Men Seeking Help
- ◆ Vulnerability Coaching and Programs
- ◆ Expectations and Community Building
- ◆ Taking the First Step Towards Change
- ◆ The Role of Faith and Purpose in Healing

In this practical question-and-answer session, we sit down with Ryan Kopyar to explore why emotional flexibility is essential and how it can revolutionize your life. [Discover the power of vulnerability](#), learn practical strategies for improving your emotional health, and hear real stories that demonstrate the incredible impact of these principles. Read through this engaging discussion and find out how to become more grounded, connected, and resilient.

### **Understanding Emotional Flexibility**

**Question:** Let's talk about what emotional flexibility is and why should people care absolutely?

**Answer:** Well it's great to be with you Clarissa thank you so much that that intro had me pumped up I like the music that you have there so yeah rocking and rolling and ready to go so it's it's very hard when we're standing on our tippy toes to be firm and to be grounded and so emotional flexibility is staying grounded, it's recognizing that we're not always going to be perfect we're going to have those times where we're going to drop the ball as men there's often a lot of pressure on us to be able to you know perform at a very high level particularly as it relates to providing for family members and those that we love and care about and so emotional flexibility helps to kind of take some of that pressure off us to be able to communicate with those that we love and say hey you know what I'm struggling or hey you know maybe I dropped the ball or I said this and I'm not really so proud of the way that it came out and to be able to be open to not only communicate it but to then receive that feedback from your partner you love.

I think an apology and I'm sorry sometimes just goes a really really long long way and there's no blame no shame no guilt it just is what it is and it really does kind of go a long way it makes you feel better the person in front of you feels a lot better too and so why not I think that that's a really important message the power of vulnerability.

### **Male Emotional Expression**

**Question:** Women are different right? We get on a plane in LA and by the time I'm in New York I got a new best friend if I got a woman I know everything about her ADHD I know everything about her PTSD like we're best buds by the time we hit New York guys don't track that way and I want to know from you because I know you're working with hundreds if not thousands of men and you have for a while now what is it that there's that glitch in The Matrix in the male matrix or is it prior education? Is it what they learned from the familial tribe?

**Answer:** Yes I think it spot on to that last point that you just made there so I frame it like this for any of the men out there listening did you ever have your grandfather or your father or a male caretaker ever sit you down and say oh my gosh Johnny I just had the best cry and let me tell you all about it and let me tell you what I was able to uncover about myself yeah right, my papa cried and I watched him cry a few times but for most men we never had that demonstration of what it was like to be vulnerable or to even believe that it was okay to be vulnerable so I think a lot of it comes from what's passed down from those before us to be that tough stoic man.

## The Inspiration Behind 'Big Boys Do Cry'

**Question:** I know you have a first book that came out which was unlock the power of your mind but you wrote a second book and it's called Big Boys Do Cry.

**Answer:** That's right, Big Boys Do Cry this was a book that I wrote in about 60 to 75 days with the help of my editor it really just poured out of me you know so much of the work that I do with men in the one-on-one space I do as a counselor it was like, all these men are coming to me with the same major core issues there was trauma and that trauma then limited or inhibited their ability to be able to communicate in a healthy and effective way they could be vulnerable with me because I was another man that helped to show them how to hold that space, struggled to be vulnerable with those that they loved and so that's why I wrote the book as a blueprint to help men understand how to be vulnerable and how to create those safe relationships that's so important for women they need to feel safe and vulnerability is that pathway for men.



## **Connecting Through Vulnerability**

**Question:** Apart from the safety aspect that you talk about you also talk about the connection part that it really does help you to connect not only to a part of yourself but again to anyone else in your life that you know you might be wanting to be vulnerable with right?

**Answer:** Vulnerability creates safety, through safety we're able to have communication real communication meaningful communication not just surface level communication through communication comes deeper levels of connection and through deeper levels of connection comes deeper levels of love so it all starts with vulnerability and then we ping pong back and forth to get to what it is I believe we're all hardwired to want as human beings which is to be loved.

## **Personal Transformation Through Crying**

**Question:** I'm looking at the first page, your homepage of the website you said when I gave myself permission to cry my life changed how did your life change Ryan?

**Answer:** There was lot of trauma that was stored inside of me that I had been carrying around since the death of my my mother and my unborn sister which I talk about in Unlock the Power of Your Mind and I didn't realize it Clarissa I didn't realize that I was holding on to all that pain and we all have pain in our life and most of us were not never taught how to process and to release and to transmute that pain when I worked with my counselor Billy and through the counseling process really opened up and gave myself permission to cry was like this tremendous weight was lifted off my shoulder and I see that in the work that I do with men and women but when we give ourselves permission to cry we drop out of our head

into our heart and then we get to release that trauma that I believe gets stored inside of us.

### **The Importance of Men Understanding Vulnerability**

**Question:** I'm curious really more from the men's side and I really think that your book “**Big Boys Do Cry**” is just as important for men to read it as it is for women, because I think that you know women don't understand men a lot and vice versa and we really need to find that point of connection as you as you talked about before where we can come together and say oh now I've read this book and I get you now. I kind of understand that we're all wired differently but men and women certainly are wired quite differently and so is it easier for men to cry with friend, cry with a coach, cry alone like where's their sweet spot usually?

**Answer:** There's interesting research coming out of Penn State that says men are slowly and and we're working in a big way to crush the narrative and that's why I wrote the book but we're starting to break the narrative where men are feeling that it's okay to cry in what would be defined as masculine situations so sports or maybe you know at the firehouse or with some of their other guys yeah in that environment they're starting to feel more okay to cry that's great but now they're crying with their peers and being vulnerable with their peers but where it really counts is within the family unit and with their wives with their partners and with their kids and so it's happening in that context but there's still more work for us men to do to translate it into the other more feminine or familial aspects.



## **Addressing the Youth Mental Health Crisis**

**Question:** Last year the Attorney General of the United States said that we have a youth Mental Health crisis, I know that we are also experiencing now a loneliness epidemic along with that and apart from our military which you know **the famous 22 number** which is tragic. Apparently now, we have more men that think that it's either ulna living committing suicide or otherwise the author of your demise are committing suicide, what is it that you would want to say to any man that feels as though you know he needs help, he needs assistance, he needs something that he's not understanding right now in his life?

**Answer:** That I love you and I care about you and there are people out there that that care about you and love you that there is absolutely no pressure to seek out help there's no pressure to seek out help. Took me three decades to really re-engage in counseling at a level where I was really open to make a change so there's no pressure right when we pressure people um it often has the the counter response right so no pressure but here's a vulnerable guy here's a big alpha male guy right and I'm telling you I cry I'm telling you I do counseling still to this day right and my life is better and my relationships are better and when I released the paint inside life just got more magical so I never tell somebody what to do right but I can tell them that whatever that pain is that they're holding inside it's possible to live life in another way where you don't have to hold that pain inside oh and it's beautiful.





### **Vulnerability Coaching**

**Question:** I'd love to be a fly on the wall at one of your coaching sessions or I know that you also do an experience right, so there's a vulnerability coaching that you go through I believe it's eight weeks if I'm not mistaken and I'd love for you to take a deeper dive into that like what can guys really expect I mean you know again I'm really gonna assume it's kind of a scary space for guys to step into yeah you're an alpha guy and yeah you know it's easier but I'm going to go with there's got to be some trepidation?

**Answer:** That's normal, that that's a part of the counseling process that's a part of when you're working with a coach and hey you know what good we've got to get a little bit uncomfortable if we're not uncomfortable we're not going to grow right so yes there is some level of discomfort that comes involved with counseling or doing coaching or being a part of my eight-week program but I'll say this when you get into a room of people and you know that you're not alone and when you can feel seen and heard and a sense of community which by the way women are really really good at doing that especially now you mentioned before the pandemic

you get on a plane and you've got a new best friend in two hours right guys don't typically communicate like that so having the ability to be in a safe container safe space for eight weeks with other men and be able to share vulnerably and then to hear those stories that's the magic right that's where you say I'm not alone I'm not the only one that's going through these things and if that guy can share maybe I can share a little bit more and that's the power and in coaching and counseling and so that's what I bring to my eight-week program and if guys are interested they can check it out on my website the adversity.com you can connect with me in a variety of ways there on social and other things as well but yeah it's beautiful.

### **Encouragement for Men Seeking Help**

**Question:** So expect a lot of other people in the room that go on Zoom. How I think you do virtual don't you?

**Answer:** Yes. so it's all virtual but I keep it small 8 to 10 people 10 people Max because if it gets too much outside of there just it's a lot of emotions to have in one in one virtual room but yeah, you know and in the 8weeks program you get around other men right that are very much just like you and it maybe in some ways different but here's what I've come to realize. Although our experiences may be different and although that the pain may come from different places, there's a strong overlap because we're all human beings right and so that pain that maybe you feel is isolating you or is something that you know is just so far out that nobody else has has experienced I promise you you're not alone and there's other people out there that also have that pain that also want to heal and when we come together in environment it's a great way to do that.



## **Vulnerability Coaching and Programs**

**Question:** I think that a lot of times apart from the pain that we're feeling I think maybe there are even some things that maybe we're not so proud of that have happened in our lives or that we've done right and you know that there's that's stuck but you don't know who to talk to about it and so I really think that this is a perfect place Ryan. I love the work that you're doing I really think this is awesome because as you say even here in your CH it really is life changing transformation and I love what you're also saying here it's like vulnerability Mastery like you can Master being vulnerable right that is so cool I've never seen it put quite that way before but that is cool, come Master vulnerability you know like open yourself up and like you said when I opened myself up and I allowed myself to cry and I was doing all this growth life became magical. Tell me a couple of ways that it became magical for you apart from writing a couple of books about it and obvious coaching men to to to their transformation and to their growth what's happened for you?

**Answer:** We could have a whole episode just on answering that question, I'll say this, when we are vulnerable we create a meeting ground for other people to be vulnerable with us and to connect with us in a real way you know, I think we're starting to shift out of it but we live in a world where so many people want to live in their highlight reel and they want to show everybody the best part of themselves. When we're vulnerable who with whoever that may be like you know Clarissa there's times where I'm at the supermarket talking to somebody and the conversation goes deep quick and it's like wow how did we get there but there's such a connection that gets built right so when we're vulnerable or for me when I've started to live my life becoming more vulnerable I created much deeper levels of connection with people and I was able to serve people at a deeper level so when someone comes to me and says hey I read your book and it helps me in this way whatever that may be personally, professionally like that's what I believe that God put me on this Earth to do and and it lights up my heart because I know that I'm really helping people and creating connections at a deeper level so that's kind of a broad answer to a question that you ask.

### **Expectations and Community Building**

**Question:** It kind of floats my boat when I get somebody that says I read your book and I like to call it changing lives one chapter at a time and it really does it. Your book, Big Boys Don't Cry - I think that there needs to be more attention especially in this time and especially with the statistics that we're hearing toward men?

**Answer:** Well that's why I wrote the book so I'm a little bit biased probably but uh I'm in agreement with you 100% it's interesting because men do not seek out counseling to the same degree that that women do

right so although although statistically women have been diagnosed at a higher level with a mental health uh you know disorder right that's not really an Apples to Apples comparison because so many more women are engaging in counseling than me n um and so again to all of the men out there I just want to let you know that it's okay to reach for help you know it's okay to ask for help there are people out there you know that it doesn't have to be so traditional like how people think of counseling right like it's going to be this stuffy environment and I'm going to sit down from somebody and you know very white coat do like I say to people I'm a human being just like you I don't promise to have all the answers figured out I'm still trying to figure it out myself right so I promise you there's men there's some counselors out there men or women but there's some counselors out there that will make you feel comfortable and if you decide to embark on the journey it's not easy but it's worth it.

### **Taking the First Step Towards Change**

**Question:** Ryan I think it's really important that men understand how much better they will feel you know it's getting over that initial hurdle of I'm not sure if I should do this because it is going to be too scary but knowing that it's going to change your life and knowing that you're going to feel better and knowing that you're going to be a better partner you're going to be a better friend you're going to be a better dad and uncle whatever that may be I think is so important is there anything else you'd like to add before we say goodbye?

**Answer:** Well I just want to say thank you for having me Clarissa it's been an absolute pleasure to share and I hope that anybody that is interested in in learning more about counseling and coaching if they're

going through a tough time right now please know you're not alone please know there's always a pathway out of the pain that you're experiencing you just have to find the right person or persons to help support you through that process and I'm one of those people so if you connect with me that's great but if not I hope that you do find a person that can help you navigate those turbulent waters and remember that your life is worth it and you're worth it and I love you so thank you.

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### **The Role of Faith and Purpose in Healing**

**Question:** I need to know what was in your opinion, in your lifetime has been **your crowning moment?**

**Answer:** I think that for me it was I remember exactly where I was I had just finished up my my last class for my Master's program and I remember sitting down on my master's program for my counseling and I remember sitting down on the couch and just balling, I mean deep deep sadness crying and I'm a man of of of faith I call my higher power God I honor the fact that people may call their higher power by different names if they have one and I remember just feeling like this is what it was all about was getting all of the pain the death of my mother and my sister getting arrested my struggle with drugs and alcohol my marriage falling apart at the last minute right all of all of these things all of that pain it all led me to that moment where now I can take my pain and use it to serve and to help others and I'll never forget that moment, I was like ah so this is what it was all about to bring me to this point.



I am Ryan Joseph Kopyar, **licensed mental health counselor** and holistic healer with a diverse background in counseling and hypnotherapy. Operates **Ryan Kopyar Holistic Healing and Counseling**, offering services in Washington, Oregon, and British Columbia.

Are you ready to break through barriers, revitalize your life, and unlock the power of your mind? Reach out to me at 973-224-8171, or connect with me on:

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Your journey to wellness is one decision away. Start now with Ryan Kopyar, your partner in holistic health.

**I am here for YOU!**