

## Unlocking the Power of Vulnerability: An Interview with Ryan Kopyar on Emotional Expression and Men's Relationships.



You know, folks love is the most complex and powerful human emotion and it comes in many forms and on this day, we're thinking of the ways love manifests for the men in our lives and how to help them negotiate their emotions to create stronger and happier relationship.



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I'm joined now by men's vulnerability coach **RYAN KOPYAR**.

### The Inspiration Behind "**BIG BOYS DO CRY**"

**Question:** So we are here to talk about your book *BIG BOYS DO CRY*, what made you want to write a book like this about men's vulnerability?

**Answer:** Well for 30 years of my life, I didn't cry and I work as a counselor. And so I've seen what happens right when men maybe close down or struggle to get into their heart and they don't cry and how that can have a deleterious impact in their relationship so I've got to write a book and put out a blueprint to help the men out there.



### Blueprint for Emotional Expression

**Question:** Absolutely. And in this blueprint, what have you included? What kind of research should be to really get in here and figure out the keys to opening up to people?

**Answer:** Well, I think that a lot of men struggle to get into their hearts because they think I've got to be the stuff stoic still guy and i can't cry were I will be seen as a sign of weakness. So what I really break down in the book, here's some ways to get into your heart and here's some ways to be able to communicate with those that you love.

### **Self-Discovery and Insights on Male Vulnerability**

**Question:** And while reading this book, what have you learned about yourself and about kind of the male gender as it is?

**Answer:** OK, well, it's not so easy for us to cry, it's not easy for us to get into our heart worm or right, bring dominant to and so left brain dominant. And so it's more about how do I get from the left side of the brain, into the right side of the brain, my heart and into my emotions.

### **Cultural Barriers to Emotional Expression**

**Question:** And why do you think it's so difficult for most men to feel that it is OK to cry?

**Answer:** I think a lot of grew up feeling like, OK, this is waiting to tough. Still a guy. You know, dad never told me it was OK to cry. Grandpa never told me it was OK to cry. And so they never learned how to give themselves permission to get into their heart.

### **The Importance of Vulnerability in Relationships**

**Question:** Absolutely. And you're huge advocate for men being more vulnerable. How will this create people let deeper levels of connection with a partner and a male? All this is my favorite question. Vulnerability

is what helps to facilitate safety. And if somebody feel safe, they feel more open to communicate and through communication comes connection and through connection comes love.

**Answer:** Does your book help teach man express their wants and needs in healthier way?

### **Practical Strategies for Healthy Emotional Expression**

**Question:** Yes. So **the book is a blueprint** to write on. Hey, here's some actionable strategies on how you can communicate with your partner, your loved very good. You write about the concept of emotional flexibility. What does that mean?



**Answer:** Yes, emotional flexibility means it's okay for me to say I'm not perfect. it's OK for me to say, hey, I'm still working on these things and to go to your partner and say, here's some areas that I'm trying to grow in and I could really use your help and your grace as I work on them.

## Impact of Childhood on Adult Relationships

**Question:** Of course, our past does impact our present. How would you say a man's childhood impacts the way he shows up in a relationship with a partner?

**Answer:** Yeah. So what I love to say is growing up, guys. Did you ever had your dad? Your grandpa? come to you and say, oh, my gosh, I just had such a good cry. Ryan, let me tell you all about it. Was never happened, right? And so if that wasn't modeled for us, this kid's how could we ever expect to be able to use those skills as an adult, Right? So the book teaches men how to get into their heart.



Ryan Kopyar is a **licensed mental health counselor** and holistic healer with a diverse background in counseling and hypnotherapy. He operates Ryan Kopyar Holistic Healing and Counseling, where he offers services in Washington, Oregon, and British Columbia. His approach is



integrative, combining physical, mental, and emotional healing techniques to foster overall well-being.

Ryan specializes in treating anxiety, trauma, PTSD, and men's issues. He offers individual, couple, and group sessions, with a focus on creating a supportive and compassionate environment. His therapeutic methods include cognitive-behavioral therapy (CBT), motivational interviewing, and addiction therapy, among others. Ryan emphasizes the importance of understanding and addressing the root causes of issues rather than just the symptoms.



Start your journey to wellness today! Reach out to me at 973-224-8171, or connect with me on social media:

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Your path to holistic health is just one decision away. Let's take that step together. **I am here for YOU!**