



THE BIOLOGICAL MAN · DAY 1

What Biological Masculinity Actually Is

Masculinity is not a set of behaviours you perform. It is a hormonal state. Here is the design, trait by trait, and what each one is for.

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It is not based on the doing.

"When we're in these roles we can say masculine and feminine, which isn't as much what to do. It's not based on the doing. It's a hormonal state."

That one sentence saves years. Most of what men are told about masculinity is a list of behaviours to perform: stand like this, speak like that, want these things. Perform them and you are a man. Fail and you are not.

Biology does not work that way. Masculinity is a **hormonal status**. It is the state your body is running in, and the traits follow from the state. You cannot act your way into the state. You can only remove what shut it down.

Why a man has to create his value

Here is the part that explains almost everything else. A woman's biological value is built into her body: she can bring life into the world. A man has no equivalent. His value is not his seed. It has to be **made**.

"Men don't have a built-in biological value, so they have to create it. Men have to provide their biological value, and that's by providing a territory."

Which means the whole male design points outward. Testosterone is the fuel for going and getting. Territory is what he goes and gets. Provision is how he proves the value he was not issued at birth. Every trait in the table ahead is downstream of that one fact.

And it explains the question a man's biology is always asking underneath everything, the one that decides where his drive goes:

"Men aren't drawn where they're not needed. That's how their territorial lobe orients. Where am I needed?"

The alpha, defined properly. The word has been ruined. Biologically it does not mean dominant, loud, or feared. A biological alpha is simply **a man who fully matured**: someone whose development was never stopped by a lasting conflict he could not resolve. That is all. And it is rare, which is the point of this work.

What the two hormones actually do

Before the traits, the mechanism. Every pair in this guide is one of these two hormones expressing itself.

TESTOSTERONE

- The fuel. It is what moves a man toward something, and it gets spent doing it
- Motivation to go and get territory, defend it, provide from it
- Muscle, strength, roughly double the bone density
- Sustains single focus. Multitasking drains it
- Rises on being needed, appreciated and respected
- Rises on her vulnerability, on real challenge, on taking responsibility before the resources exist
- Falls on criticism that lands as a shock, on lost territory, on being unnecessary

ESTROGEN

- Emotion and feeling
- Softening, receiving, valuing beauty
- Orientation toward the nest and toward safety
- Rises on being listened to without interruption
- Rises on being relieved of the need to provide
- Rises on rest, care, being tended to
- Falls on danger, on being rushed, on having to hold the perimeter alone

The conversion, and why it matters

The two are not sealed off from each other. When a man's testosterone spikes, some of it converts to estrogen to bring him back into balance. That conversion is not a malfunction. It is the mechanism that lets a man feel at all.

"What happens if his testosterone gets really high? Some of it goes to estrogen, but that actually lets him feel more."

This is also where the biggest misunderstanding about men gets cleared up. Emotional volatility is not a testosterone problem.

"The domineering doesn't actually come from testosterone, believe it or not. It comes from estrogen."

A man with healthy testosterone is steadier, not angrier. Volatility shows up at the two extremes: when testosterone has bottomed out, or when it has run so high that it is converting to estrogen faster than he can carry. **Testosterone is not the enemy.**

Two halves of one system

Neither column is better. They are opposites because opposites attract, and because together they cover everything a family needs to survive. Read the masculine column and notice which lines feel like you, and which feel like they used to.

	MASCULINE / TESTOSTERONE	FEMININE / ESTROGEN
ENERGY	Higher energy. Active, outgoing, extroverted. Built to go out	Lower energy. Gentler, more introverted, oriented to the nest
ORIENTATION	Independent. Wired to provide, and drawn to where he is needed	Wired to be provided for. Belonging to a man reads as far safer than standing alone
EDGE	Competitive and hard. Tests himself against other men	Non-competitive and soft, except with other women
AGGRESSION	Assertive, bold, pursuing. Able to be confrontational when it is called for	More passive and agreeable. Avoids confrontation
ATTENTION	Single focus. He is a hunter. One thing, fully	Diffuse awareness. She is a gatherer. Four things at once, easily
TERRITORY	External. His work, his money, his ideas, his home, his car	Internal. Her children, her emotions, her sexuality
TIME	Future-oriented and optimistic, sometimes naively so. Outcome first	Now-oriented, and cautious by design. She carries a built-in threat check
RHYTHM	Predictable and steady. His cycle runs across a day	Changing. Her cycle runs across a month
PROCESSING	Logic first. He thinks it through, then feels it later. Compartmentalises under pressure	Emotion first, and processed out loud, usually with other women
UNDER STRAIN	Isolates. Goes quiet, goes inward, takes space to think	Offloads. Needs to move the feeling out by talking
FATIGUE	Drained by mind work more than physical work. Needs a transition ritual to recover	Drained by physical work. Can gain energy from talking and sharing

Polarity is a differential. Attraction is not chemistry in the vague sense. It is the measurable gap between two people's hormonal states, and the size of the gap is the size of the charge. It does not belong to the honeymoon and it does not fade by law. *"That hormone differential can always be there."* It closes when one of you drifts to the other's column, and it opens again when you go back.

What each one is for

	MASCULINE / TESTOSTERONE	FEMININE / ESTROGEN
VALUE	Created. He has to build it, because it was not issued to him	Built in. She can bring life into the world
LOVE	Wired to love. To give, and to have the giving received	Wired to be loved. To receive, and to return appreciation
WHAT HE SCANS FOR	Rank, standing, hierarchy. Where do I stand here?	Safety, climate, belonging. Is it safe here?
PRIMAL FEAR	Rejection. Total rejection reads to his biology as the end of his purpose	Harm. Being hurt or overpowered
THE WORD "NO"	Hard time receiving one	Hard time saying one
MOTIVATION	Being needed, appreciated, respected. Criticism does the opposite to him	Responds to reflection and comparison in a way he does not
STANDARDS	Efficiency. If it works, he does not care how it looks	Beauty and order. The more estrogen, the more beauty matters
THE NEST	Wired to leave it, for a while, and to come back	Wired to hold it, and to need it settled in order to rest
IN THE FAMILY	Leads. Teaches consequence, holds the edge	Sets the emotional climate. Tracks what the home and the children need

One correction, because it gets this backwards everywhere. Aggression belongs on the masculine list. **Hyper-aggression does not**, and it is a different thing entirely. Hyper-aggression is domination. It is being domineering. That is not a trait of men and it is not a trait of testosterone. It is an imbalance: either very low testosterone, or testosterone running so high that it is converting to estrogen. What is toxic in a man is not his maleness. It is the absence of it.

"What's toxic in the man isn't his maleness. It's when he's not in his maleness."

Masculinity is a biological state, not a sex

Everything in this guide describes a hormonal status, not a body. That distinction matters more than almost anything else here.

"No masculine man is going to want a masculine woman. And even if we take the sex out of it, if it's a man and a man or a woman and a woman, there's still the polarity present. One is in a masculine hormonal status. One is in a female hormonal status. And that's independent of their sex."

Two poles, and the relationship works. One pole, and it does not, no matter who is in it. This is why the same design applies whether the couple is same sex or opposite sex, and why it is a description of physics rather than a rule about who should be with whom.

You are allowed to move between them

Nobody lives in one role permanently, and nobody should.

"There's nothing wrong with being masculine for a certain amount of time. We're meant to be able to adapt. It's built into our biology."

A woman runs a male hormonal status through pregnancy, orienting hard toward the external, getting the territory ready. A man drops into a female status when he is being cared for. That flexibility is a feature. The problem is never visiting the other side. The problem is being **stuck** there, unable to get back, because something shut the door.

And the cost of living outside your native biological state is one thing: **depression**.

And you do not practise your way back

"You don't need to practise polarity. You don't need to do exercises. You don't need to try to be a man and try to be a woman. Just resolve the conflicts. And then you're biologically that."

This is the whole difference between this work and everything else aimed at men. Posture, discipline routines and performed dominance are attempts to act out a hormonal state from the outside. They do not hold, because the state is not produced by the behaviour. The behaviour is produced by the state.

What shuts it down, and what brings it back

SHUTS IT DOWN

- **Not being needed.** He is not drawn to where he is unnecessary
- **Being told how to do it.** The moment you tell him what to do, you kill his masculinity
- **Criticism that lands as a shock.** Not the words. The shock
- **Having his problems solved for him,** or his territory managed
- **Being asked to process like a woman.** Calling his silence emotional unavailability trains him to be something he is not, and it makes him weaker
- **A boyhood where he was never allowed to struggle.** A mother who solves everything produces a man who cannot
- **Dopamine sinks.** Anything that pays out reward with no territory earned
- **Losing the ground itself** — the job, the home, the mate

BRINGS IT BACK

- **Being needed, respected, appreciated** for what he actually provides
- **Having his strengths reflected,** rather than his doubt argued with
- **Her vulnerability,** offered without criticism or blame
- **Taking the responsibility before the resources exist.** Saying yes first creates the demand, and the demand produces the fuel
- **Real challenge.** Stakes, intensity, a mission with an edge
- **Transition time.** The ritual between the work and the home is not indulgence, it is how the fuel rebuilds
- **Resolving the conflict underneath.** The one that shut it down in the first place

It was never removed. "This is in every man. It's in every man. The nuance is he has to be available for it." Masculinity does not get deleted by a conflict. It gets switched off to keep you safe, and it stays off while the conflict stays unresolved. Which means there is nothing to build. There is something to find.

Read the column, then read your life

Go back through the masculine column slowly. You are looking for two things, and they are different.

First, the lines that are simply true of you. Those are the design, running. No work needed there.

Second, and this is the important one, the lines that used to be true. The ones where you can remember being that way, and can't quite find it now. That gap is not a character flaw and it is not age. It is an adaption, and an adaption is a response to a conflict.

Somewhere there was a moment where you were caught off guard, overwhelmed and isolated, and your biology decided that turning this down was safer than leaving it on. It was right at the time. It worked. And it is still running.

Over the next ten days I'll show you exactly how that happens, where it registers in the brain, which organ each conflict runs its program in, and how it resolves.

One caution worth stating plainly. Nothing here is a diagnosis and nothing here is a treatment. This is the biological map, and it is educational. What you do with your body and your medical care stays yours to decide.

Go deeper than the map

The full Biological Relating workshops live inside Bio-Skool, alongside the people doing this work on real symptoms and real marriages. Bring your own situation and get it analysed. I'm in there with you.

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All quotations are Brandon Bozarth, from Primal Relating 101 and the Living Biologically workshop. The biological-program framework is German New Medicine, Dr. Ryke Geerd Hamer's Five Biological Laws, documented at learningnm.com. "Diffuse awareness" is Allison Armstrong's term.