

YOUR N.U.T.s

WHAT ARE N.U.T.s?

N.U.T.s are your Non-negotiable, Unalterable Terms. N.U.T.s are the things you're committed to, the things that matter more than anything else: your kids, your work, yourself, your purpose, your spiritual practice, your hobbies, your integrity, your morals and your psychological well-being.

N.U.T.s are the boundaries that define you as man, those things which, if repeatedly compromised, will gradually—but assuredly—turn you into a pissed-off, resentful man who will likely blame others—especially your wife—for your unhappiness.

Your N.U.T.s are uniquely yours. They reflect who you are as a man and the man you want to be. Compromise your N.U.T.s, and you'll compromise yourself. Compromise

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yourself too often, and you'll become an extremely unhappy man, husband and father.

SAMPLE N.U.T.s

Here's a short list of Non-negotiable, Unalterable Terms provided by the men of our BetterMen community. These will give you an idea of the N.U.T.s which men, like you, have developed for themselves in their efforts to be the men they want to be.

I am faithful to my wife.

I say what I want.

Compassion for my family
trumps my need to be right.

I replace doubt with acts of faith.

I am a risk taker.

I devote at least three hours
a week to my writing.

I will only seek validation from the men.

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Your N.U.T.s

I live in accordance with my religious faith.

I do what I believe is in the best interest
of my kids, even if they disagree.

My commitment to my children
comes before everything else.

Patience over temper.

I do not ask for permission.

Fear does not keep me from taking risks.

I do not indulge my addictions.

I am a man of my word—period!

I take my problems to men, not to women.

I do not show anger to my elderly mother.

I do not tolerate my wife's
attempts to belittle me.

When name-calling begins,
the discussion is over.

I spend time with the men.

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I have my own private office/space
some place in my house.

I exercise regularly.

I do whatever it takes to keep
my family in our home.

I ask for help when I'm not being
the man I want to be.

I speak my mind in spite of my
fear of confrontation.

I honor my daily spiritual practice.

I welcome feedback.

I only apologize when it's appropriate,
not simply to please others.

I do not hide out at work just
to avoid issues at home.

I decide how I interact with my boys.

I choose which of my friendships to maintain.

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I do not sell out who I am to placate others.

I share my men's work with the men in my life.

I do as I see fit.

This list is here simply to inspire you. Maybe some of these N.U.T.s resonate with you. If so, use them and make them your own. But perhaps your N.U.T.s aren't listed above. Do you know what they are? Not sure? No problem. Let's talk first about how a man finds his N.U.T.s.

FINDING YOUR N.U.T.s

NEVER COMPROMISE YOUR N.U.T.s

Understanding the importance of finding and never compromising your N.U.T.s—your Non-negotiable, Unalterable Terms—is the most important thing you, as a man, will do. This may be the most important lesson you will learn from *Hold On to Your N.U.T.s*. So here it is:

Once you find your N.U.T.s,
never forget them and never
compromise them.

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For some men, that may sound like great advice, a few years too late. But it's not too late. What you read here will help. In fact, men just like you have turned their lives and their relationships around because they've committed themselves to finding their N.U.T.s and maintaining a firm grasp of their Non-negotiable, Unalterable Terms.

OK, so now that you understand what N.U.T.s are, how do you get started finding yours? Some men find their N.U.T.s over time, while others sit down and make a list. Either way, here are some of the questions you'll want to ask yourself:

- What's most important to me in life?
- Are there activities I used to do for fun that I no longer do? Is someone interfering and am I resentful because of it?
- Are there valuable friendships with men I've let slip away?
- Where am I currently having problems (unhappy, frustrated, sad, angry, resentful) in my life, and did compromising myself—and what's important to me—contribute to my feelings and/or the situation?
- What dreams have I abandoned?
- If I'm going to be the man I want to be, what will I have to do differently?

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