

# Masculinities and men's emotions in and after intimate partner relationships

Findings from UBC Men's Health Research Program



Men's emotions in intimate partner relationships have received little research attention. Through our research study we aimed to find how masculinities and men's emotions in and after intimate partner relationships are connected. The interpretive descriptive study included 30 Canadian-based men.



## Emergence

### Emerging distressing emotions

Holding in their concerns about the relationship caused men to experience hardship without showing how they really felt. Most men denied or downplayed and did not express their emotions.



## Overwhelm

### Overwhelming mixed and weighty emotions

When the relationship broke, men were experiencing uncomfortable and unwanted emotions, including sadness, shame, anger, regret and guilt. Shame and anger were prominent emotions demanding the participant's attention to all that happened in and at the end of the relationship.



## Transition

### Understanding and transitioning after-burn emotions

The feeling of grief led men to act such as getting professional help for deconstructing, reframing and expressing their emotions following their relationship ending.



**UBC Men's Health  
Research Program**

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