

**THE NON-PROFIT FOUNDATION MAKE EQUAL**

asked Swedish men this question as a part of the initiative [#guytalk](#) that started in the summer of 2016. They received hundreds of answers. Here are some of them:

‘I want to talk more  
**ABOUT LOVE &  
EMOTIONS** with my  
friends.’

‘I often feel lonely.’

‘I WISH I HAD MORE CLOSE FRIENDS.’

‘**HOW TO SUPPORT**  
the people close to me and  
**BE THERE FOR THEM.**’

‘I wish I had love and  
intimacy, but I am scared  
to let that show.’

‘Who can I turn to  
when I feel like a  
**failed parent.**’

‘That it’s OK to  
**FEEL SCARED**  
or **INSECURE.**’

‘The negative  
effects of  
masculinity  
norms.’

‘I’m not as **CONFIDENT**  
as everyone seems  
to believe.’