

Toxic Masculinity Test

Name: _____ Age: _____ Date: _____

This Toxic Masculinity Test aims to help you reflect on attitudes and behaviors commonly associated with toxic masculinity. Please read each statement carefully and indicate how frequently you experience or agree with it.

Use the scale provided for each statement, where:

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

This tool is intended for self-reflection and educational purposes only; it is **NOT** a diagnostic tool or a psychological assessment.

Statement	1	2	3	4	5
I feel pressured to hide my emotions to appear strong.					
I believe showing vulnerability is a sign of weakness.					
I think men should always be the breadwinners in a family.					
I feel the need to control or dominate in relationships and situations.					
I get uncomfortable when men display traditionally feminine traits.					
I believe men should not do household chores or childcare tasks.					
I avoid discussing my problems to not to burden others or appear weak.					
I feel compelled to solve problems on my own without seeking help.					
I believe aggression is a natural male trait.					
I feel my value is based on my success, power, or control.					
Total score:					

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

Additional notes