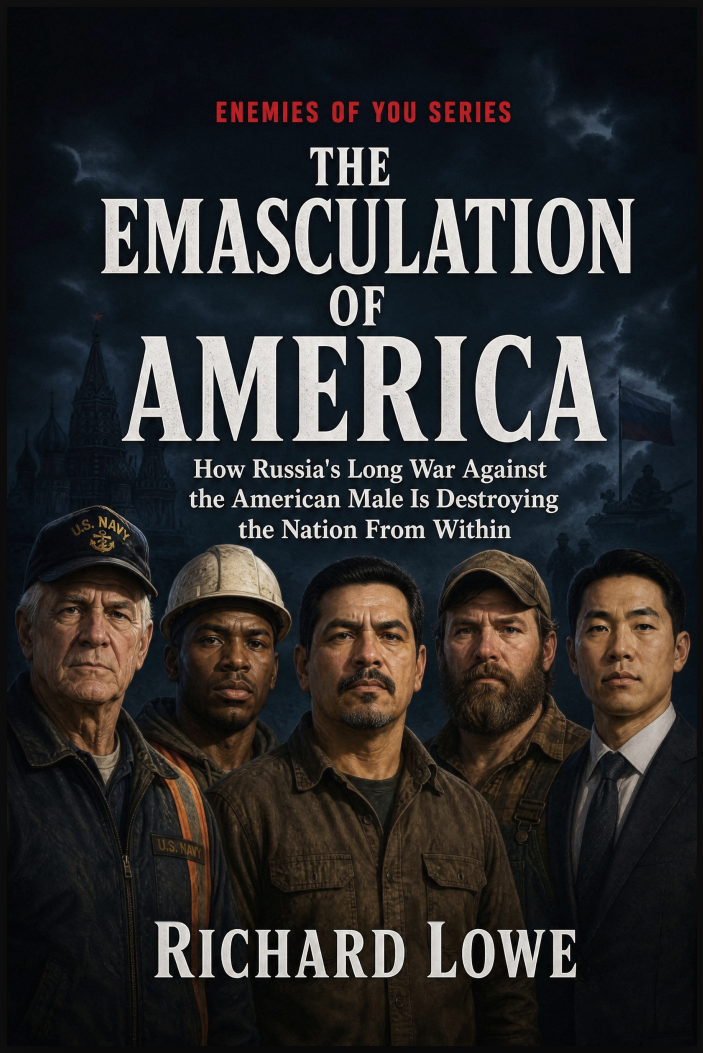
A FREE COMPANION TO THE EMASCULATION OF AMERICA

The Refusal Workbook

Put the last part of the book to work: a plan for your body, your skills, your friendships, your family and your town.



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How to Use This Workbook

The book names the damage. This workbook is for the part that comes after.

The Emasculation of America ends with a simple claim: the men who refused did not need a movement or a counter-ideology. They made practical decisions at the level where decisions can be made. This workbook turns those decisions into pages you can write on, check off and come back to.

It has six parts:

1. **The argument in brief**, so you can explain it to someone else.
2. **Read the numbers**, a worksheet that puts the book's data next to your own town.
3. **Your plan**, the five things the book says an individual man can do.
4. **The eight-week tracker**, to keep the plan from staying on paper.
5. **Family, community and the women in your life**, the checklists for everyone else.
6. **For a reading group**, discussion questions and the primary sources to check.

> *Take what is useful. Examine what is disputed. Check the primary sources. The argument either holds up to that examination or it does not.*

Part 1: The Argument in Brief

Bezmenov described a four-stage process in 1984. The book asks you to check it against the forty years that followed.

STAGE	HOW LONG	WHAT IT DOES
Demoralization	15 to 20 years	The time it takes to educate one generation of students. Shape what the future teachers, journalists, politicians and executives believe before they are old enough to question it.
Destabilization	2 to 5 years	Target the economy, the military structure and foreign relations.
Crisis	Short	A period of rapid collapse in existing institutions.
Normalization	Open ended	The new reality is accepted as permanent, and nobody remembers clearly what came before.

Keep one distinction from the book in mind. It uses the word “operation” for the Soviet active measures programs in the Mitrokhin Archive and for the Internet Research Agency campaigns in the Senate Intelligence Committee reports. The other forces (the Frankfurt School's influence, hormonal changes, social media algorithms, the attention economy) it treats as a convergence of independent forces moving the same way. Where the book reads a wider design into the pattern, Richard Lowe says that is his judgment.

Part 2: Read the Numbers

Chapter 9 says arguments can be dismissed and data is harder. Here is some of it. Fill in the right column from your own family, school district or town.

AREA	WHAT THE BOOK REPORTS	WHAT I SEE WHERE I LIVE
College	Men earned 57 percent of bachelor's degrees in 1970 and 42 percent in 2021.	
School	Boys are diagnosed with attention deficit disorder at about twice the rate of girls: 13 percent against 7 percent in 2022 to 2023.	
Work	About seven million prime-age men are outside the labor force, neither working nor looking.	
Health	In 2024, life expectancy at birth was 76.5 years for men and 81.4 for women.	
Despair	Men die by suicide at four times the rate of women, and die of drug overdoses at more than twice the rate.	
Hormones	A Boston-area study found testosterone falling about one percent a year from the late 1980s to the early 2000s, independent of age.	
Family	The fertility rate fell to a record low of about 1.6 in 2024. About 40 percent of children are born to unmarried mothers.	
Friendship	Among men, 15 percent reported no close friends in 2021, up from 3 percent in 1990.	

Now think it through

QUESTION	MY ANSWER
Which of these numbers do I see most clearly in the men I know?	
The book says the links form a chain: school, work, marriage, children, service. Where does the chain start in my town?	
What do I think caused it? What would change my mind?	

Part 3: Your Plan

Chapter 12 starts with what one man can do. None of it is new, the book says. Acting on it is a choice.

1. **Start with the body.** Regular resistance training, a healthy body weight, consistent sleep and limited alcohol all support hormonal health, and all of them are within your control. The ideology can tell you your traits are pathological. It cannot bench press for you.

2. **Develop a skill to mastery.** A mastered skill gives honest, immediate feedback on what you can do. The book points to the trades and to craft: a weld holds or it does not, a circuit works or it does not.

3. **Build real relationships with other men.** Find men you respect. Show up. Be accountable. Receive accountability. Men who are known over time by other men are harder to radicalize and harder to convince that their situation is hopeless.

4. **Be a father if you can.** The book calls the decision to form a family the most consequential refusal available to an individual man, and it says plainly that it is not available to everyone.

5. **Know your history.** Learn what the Mitrokhin Archive documented and what the Internet Research Agency was doing, so you can evaluate what you are offered instead of absorbing it.

Write your own version

AREA	WHERE I AM NOW	ONE THING I WILL DO
Body		
Skill		
Men I can count on		
Family		
History		

> *The defense against a propaganda operation is literacy. Understanding what is being done and why is the beginning of not being done to.*

Part 4: The Eight-Week Tracker

The men in Chapter 11 refused by doing. Mark each week you did the thing.

HABIT	W1	W2	W3	W4	W5	W6	W7	W8
Resistance training, at least twice								
Slept on a regular schedule								
Kept alcohol to my limit								
Practiced my skill								
Built or fixed something with my hands								
Saw a friend in person								
Showed up for a group I belong to								
Taught something to someone younger								
Read a primary source								
Spent less time in the feed than last week								

Find your people

Chapter 12 describes new men's institutions being built without formal names: men's groups that meet regularly, accountability groups built around shared goals, skill-sharing networks, and fathers' groups. The older ones still count too.

KIND OF GROUP	ONE NEAR ME	WHEN IT MEETS
Civic or fraternal society		
Veterans' group		
Trade union or craft guild		
Religious brotherhood		
Men's or fathers' group		
Skill-sharing or maker group		

Week 8 review. What changed? _____

Part 5: Family, Community and the Women in Your Life

The book says the response cannot be accomplished by men alone.

The family

- [ ] Watch what your son's school is doing to him with the same care you give his physical safety
- [ ] Look for schools that keep competitive structures, hire male teachers and assign books boys want to read
- [ ] Ask whether a boy's energy is being channeled or only corrected
- [ ] Pass on a skill you learned from the generation above you
- [ ] Learn from the older people in your family before that knowledge is gone
- [ ] Tell your children the specific story of specific men in your family: what they built, how they served, what it cost

The community

- [ ] Join, revive or start a group from the list in Part 4
- [ ] Honor male contribution in public: the boy coming of age, the man who served faithfully, the craftsman's skill, the father who showed up
- [ ] Push your school district on zero tolerance policies, male teachers in the early grades and reading lists
- [ ] Keep at it. The book's point is that institutions respond to sustained pressure from the communities they depend on

Institutions worth asking for

- [ ] Recruit and keep male teachers, and measure the results
- [ ] Restore due process in school disciplinary proceedings
- [ ] Measure whether programs deliver what they claim, and retire the ones that do not

What women can do

- [ ] See the men in your life as individual people, with whatever mix of strengths and damage they carry
- [ ] Separate one man's bad behavior from the claim that it is a property of masculinity itself
- [ ] Push back on school practices that treat normal boyhood as pathology
- [ ] Reward the traits you value in the men you choose, and teach those values to your sons

> *Men are suffering. They have different problems than women have, but they don't have it better.*

Norah Vincent, quoted in Chapter 12, after eighteen months living as a man for her book Self-Made Man.

Part 6: For a Reading Group

The book asks to be examined. These questions follow its order.

1. The Preface starts with a YouTube rabbit hole. Have you seen the same divide between men and women online? How has it reached people you know?
2. Bezmenov described four stages in 1984. Which parts of his description match what you have seen? Which do not?
3. The book separates a documented "operation" from a convergence of independent forces. Where do you draw that line, and why?
4. Chapter 2 credits real grievances in 1960, such as credit cards and equal pay. Where does the book say the framework went past those grievances? Do you agree?
5. Chapter 3 applies twelve of the fifteen Lalich-Langone criteria. Which application convinced you most? Which least?
6. Chapter 5 describes schools that channel male energy instead of suppressing it. What did your own school do?
7. Of the five people in the Interlude, whose story stayed with you, and why?
8. Chapter 11 says the refusals were never mainly ideological. The refusal was in the doing. Who do you know who fits that description?
9. Chapter 12 gives women their own section. What in it would you add or change?
10. The Conclusion says the damage is real and not complete. What would it take to change the trajectory in your town?

Check the record yourself

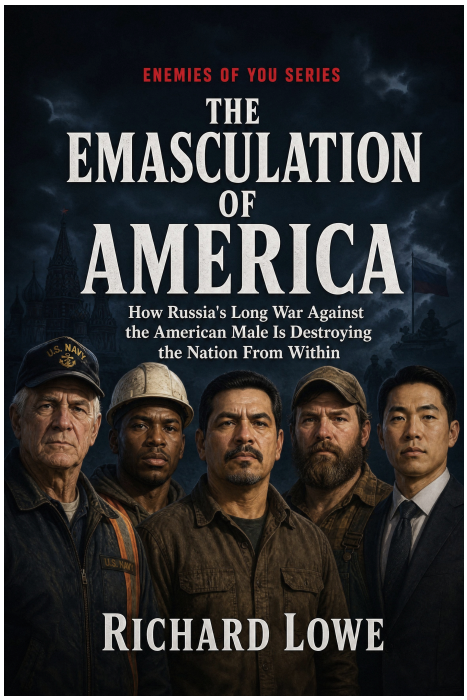
The Appendix asks readers to argue with the primary sources and not with the book's account of them. These are the ones it names:

- [ ] The 1984 Bezmenov interview with G. Edward Griffin, and his 1983 Los Angeles lecture
- [ ] The Sword and the Shield by Christopher Andrew and Vasili Mitrokhin (1999)
- [ ] The Senate Intelligence Committee report on Russian active measures, Volume II on social media
- [ ] "Characteristics Associated with Cultic Groups" by Janja Lalich and Michael Langone
- [ ] The NAEP Data Explorer at nces.ed.gov and the Civil Rights Data Collection at ocrdata.ed.gov
- [ ] The prime-age male labor force participation series at bls.gov, and Nicholas Eberstadt's Men Without Work
- [ ] The CDC's National Vital Statistics Reports for birth and marriage rates

> *The men who refused proved it is not too late to refuse.*

The Whole Story

This workbook is the practical end of the argument. The Emasculation of America lays out the whole record behind it: Bezmenov's warning, the Mitrokhin Archive, the Frankfurt School pipeline, the twelve cult criteria, the data, the five people behind the numbers, and the men who refused.



The Emasculation of America:
How Russia's Long War Against the American Male Is Destroying the Nation From Within
Enemies of You

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