



# He is carrying it alone—and you may never know

Why do men stay silent even when the weight is too much?

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There is something most men will not tell you. Not because they are hiding. Not because they are distant. But because somewhere along the way, life taught them: *“No one wants to hear it.”*

He is not fine. He just thinks silence is safer.

The man you sit next to at work. The one who cracks jokes in meetings. The one who shows up for his family without ever missing a step. He might look steady, composed, even light-hearted — but beneath the surface, he is carrying more than you can see. The unresolved grief. The quiet money worries. The shame with no name. The unrelenting weight of being needed by everyone, while never feeling allowed to need anyone himself.

## The silent curriculum of masculinity

Not all men, but many. Especially those raised on the unspoken rules of masculinity, where emotion is a liability and vulnerability is a threat.

For years, they learn that to survive is to perform. That anger is permissible, but fear is not. That control is safe, but feeling is dangerous. So, they armor up.

What appears to be irritability is often unspoken grief. What appears to be numbness is often a result of long-term restraint. The very same armor that once helped them succeed slowly becomes a pressure cooker — no release valve, no language, no witness.

## What men really need

If you are close to a man like this — whether you love him, lead him, or live with him — know this: he does not need a strategy. He needs safety. Not a plan. Not an opinion. Not even a solution.

What he needs is to know that when the weight finally finds words, someone will hold the moment without flinching. No judgment. No rescue. Just presence.

Sometimes that sounds like: *"Do you want to talk about it, or just sit quietly with someone who gets it?"*

Because the truth is, many men will only say the hard sentence once. If that sentence gets dismissed, analysed, or softened too quickly, they may never say it again.

## Silence is not disconnection

This is the part so often misunderstood. Silence might not be distance. It might be protection.

He is not cold. He is carrying fire.

He is not detached. He is saturated.

He is not unfeeling. He is holding more than he dares to show.

If he ever chooses to let it out, what he needs most is not a fix. He needs someone who will not look away.

He is not broken. He is just surviving in the only way he was ever taught.

And when the moment comes to finally put some of it down, the difference will not be in what he says — but in whether someone is there who can stay.