

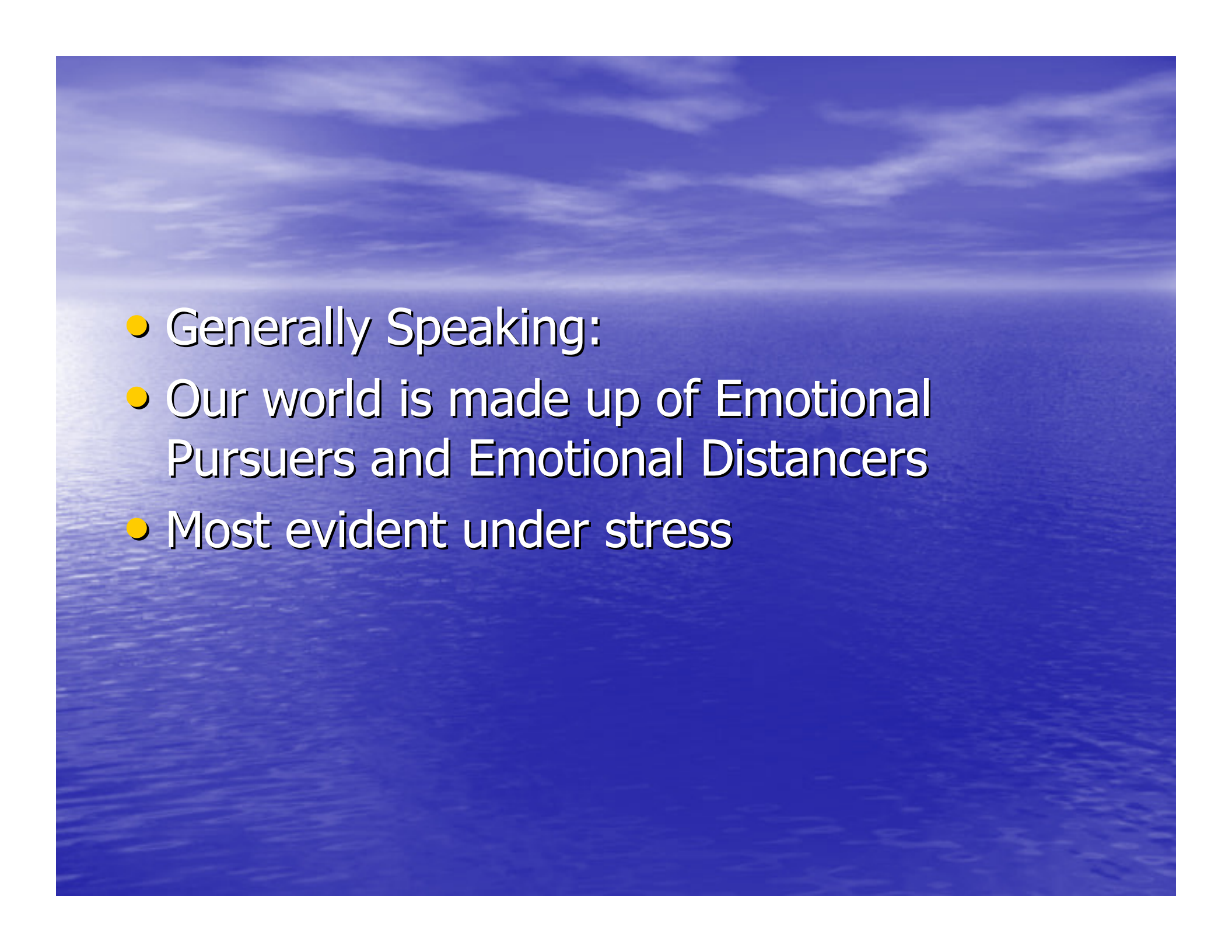


What Men and Women Always  
Wanted to Know About Each  
Other

But were Afraid to Ask

# Disclaimer!

- There are no absolutes and many exceptions
- Many concepts apply to same sex relationships
- No sources, data, research to support any claims

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- Generally Speaking:
  - Our world is made up of Emotional Pursuers and Emotional Distancers
  - Most evident under stress

# Generally Speaking (con't):

- Pursuers and Distancers couple with each other
- Complement each other (the spark, life, pulse and the steady)

# And, Generally Speaking (con't)

- Pursuers have walls
- Pursuers can't catch distancers
- Pursuers are more communicative while Distancers are more reflective, quiet
- Pursuers/Distancers can become polarized
  - Less of one's tendency is better
  - Sculpting can illustrate this dynamic

# The Parent/Child Relationship

- Some Tendencies:
- Under stress, Women assume role of Parent while Men assume role of the Child
- Critical Parent approach provokes Rebel Child response
  - Rebel Child approach provokes Critical Parent response
- What should be done now vs what would I rather do now
- Business vs Pleasure

# The Parent/Child Relationship

- Considerations:
- Reducing the influence of the Critical Parent and the Rebellious Child by Discovering the Rational Response
- Promoting Adult/Adult and Child/Child responses

# Brain Function

- Stroke recovery possibilities higher among women
- Women can shift brain responsibilities more readily than men
- Women are multitaskers while men can better manage one task at a time
- Implications?

# Listening!

- Women don't want to hear what men think. They want to hear what they think in a deeper voice.
- Women want to know they are being heard
- Women want to know men know how they feel

# Listening (con't)

- Men are programmed to fix things
- Men become frustrated when they can't fix things, eg., women's feelings
  - Learning the hard way
- Men haven't a clue what to do about/how to fix women's feelings
  - Women don't want men to fix their feelings

# Listening (con't)!

- Learning to do it the easier way, eg.,
- Empathizing
- Supporting
- Caring

# Jig Saw Puzzles

- Jig saw pieces are each shaped differently
  - Some are curved, some have sharp corners
- We can try to force the 2 pieces to fit together
  - But it hardly ever works out
    - Those 2 pieces belong elsewhere among other pieces
  - The pieces that belong together usually fit pretty easily together
  - They fit and join with other supportive pieces
- Pieces that fit together and belong together are complementary

# Appreciating the Process

- The process is the point for women
  - Metaphorically speaking,
    - The buffet has a lot to offer (the haddock)
- Men are solution oriented
  - Metaphorically speaking,
    - They bypass the hors d'oeuvres and head for the roast beef (the tread mill)
- We can miss much if we don't understand and appreciate the process

# Continual Courting

- Acknowledging/Appreciating the little things, eg.,
  - The expectations
    - The dishwasher

# One more thing

- Men want to know their partners respect them
  - Men need to be respectable and respectful of their partners
- Women want to know their partners love them
- Women are, generally, social facilitators
  - Men can't have it both ways (sole beneficiaries)

# An exercise

- What is it that you would like the other gender to know about your gender?
  - Eg., debunking the stereotypes?
- What question would you like to ask members of the other gender?