



How the Other Half Lives: *Understanding and Bridging Gender Differences*



Half the Population is Set Up Different Than You!

These differences affect relationships in areas such as:

<i>Marriage</i>	<i>Friendship</i>	<i>Family</i>	<i>Religion</i>
<i>Dating</i>	<i>Education</i>	<i>Parenting</i>	<i>Work</i>

In some other cultures, and at previous times in history, men's and women's participation in these areas was very distinct from each other. In our time, and in our culture, *that has changed.*

Men and women now extend their efforts side by side, in each of these areas.

This reality requires us, as never before, to understand, respect, and bridge gender differences.

And, it opens some rich opportunities that have never existed previously.

	Male	Female
Brain Structure:	Specialized; Target-Oriented	Integrated; More Memory/Emotion
Thinking Style:	Linear, Rational, Sequential	Networked, Intuitive, Connective
Focus and Vision:	Goal-Directed: "The Hunter"	Broad Awareness: "The Gatherer"
Hormonal Pattern:	Consistent Over Time	Changing : Monthly / Life Phases
Talking Is Used To:	Share Information, Solve Problems, Demonstrate Competence, Establish Hierarchy	Share Feelings, Emotionally Bond, Seek and Extend Support, Provide Entertainment
Bonding Style:	Physical Action: "Doing Stuff"	Verbal Expression and Freedom
Basic Needs:	Physical Contact / Recreational Companionship	Verbal Interaction / Affection
Self-Expression:	Direct	Indirect
Stress Management:	Turn Off / Distract / Compartmentalize	Process Feelings / Talk / Vent

The level of misery in any relationship
Is equivalent
To the amount of distance
Between:

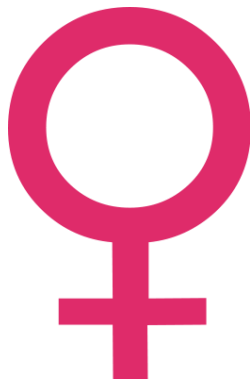
Expectations

and

Reality



*To avert this danger,
First— get accurate information.
Then—adjust your expectations to it.*



Suggestions for her:

- 1) **Manage your own emotions** - don't make that his job. 80/20 rule: stay fed from multiple sources.
- 2) **Be selective but direct** in what you share w/him.
- 3) Find reasons to **admire, respect, and appreciate him**, and tell him.



Suggestions for him:

- 1) Most often - **just listen**/support, don't advise/direct/"fix."
- 2) **Accept influence** - respect her as a valued co-equal who sees and hears what you do not.
- 3) Avoid snap decisions w/o her input; **include her** in evaluation process.