



Differences Between Men and Women

Some of the difficulties in dysfunctional relationships are related to typical differences between men and women. Because these relationships dynamics are complicated, it is helpful to be able to identify the problems related to the dysfunction versus the problems related to normal gender variances.

Understanding the differences will help you to accept yourself and your partner. It will help you interact in a way that meets both of your needs. Here are the differences:

Men have single-focused brains. *Women have multi-tasking brains.*

Men need respect, appreciation, & approval. *Women need love, affection, & attention.*

Men want to compete to win a woman's heart. *Women want to be romanced.*

Men talk to solve problems and get to the bottom line. *Women talk about things to process and want empathy, not solutions.*

Men are logical and rational. *Women are emotional.*

Men feel that talking about the relationship means it is not working. *Women feel that talking about the relationship means it is going well.*

Men feel successful when the job is going well. *Women feel successful when the marriage and family are going well.*

Men go into a cave to recoup. *Women interpret a man's withdrawal and unwillingness to share his deep thoughts with them as abandoning the relationship.*

Men see sex as intimacy. *Women see talking as intimacy.*

Men say what they mean. *Women mean more than they say.*

Men are protectors and hunters. *Women are gatherers and nurturers.*

Men believe admitting a mistake means losing honor. *Women need an apology to heal.*

Men are motivated to change by appreciation. *Women are motivated to change by confrontation and discussion.*