



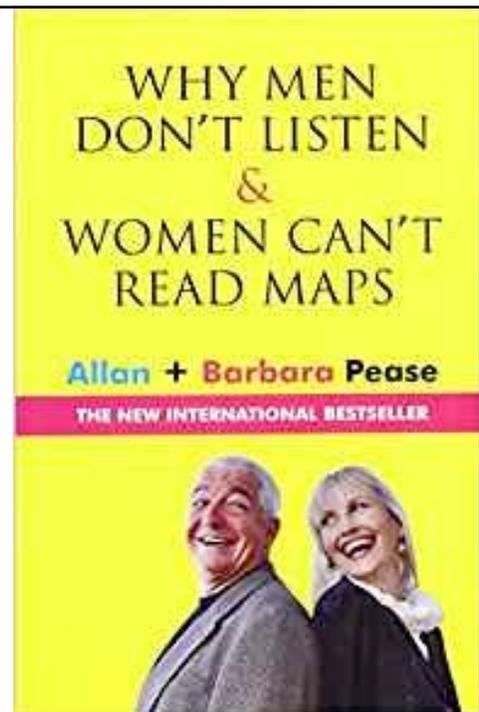
Estrogen and Testosterone

- Estrogen and testosterone don't just create the physical differences we see between the sexes
- They also create differences in sensory awareness and brain function
- These differences are biological, not the result of social conditioning
- Understanding these differences aids, rather than detracts from mutual respect and equality



Recommended Reading

- Books by Allan and Barbara Pease:
 - Why Men Don't Listen and Women Can't Read Maps
 - Why Men Don't Have a Clue and Women Need More Shoes
 - Why Men Want Sex and Women Need Love
- These books share the research on the biological differences between the sexes and how to use it to create better understanding





Seeing

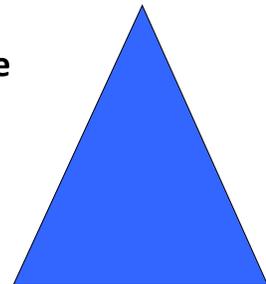
Women

- Wider peripheral vision (about 180 degrees)
- More cones in the retina (ability to pick up details)
- Less ability to judge size and distance



Men

- Long distance tunnel vision (about 45 degrees)
- See accurately what is in directly front of him and over greater distances
- Better able to judge distance and size



Ogling

- Women look at men's bodies as much, or perhaps more, than men look at women's bodies
- Women just don't get caught because they can do it with their peripheral vision
- Men have to turn their head to see, so they get caught



Gender Vision and Driving

- Young boys are victims in child pedestrian accidents twice as often as girls
- Women drivers are less likely than men to be hit from the side
- Women are more likely to hit a car while trying to parallel park
- Women are better drivers in the day and men better drivers at night



Women

- Have superior sensory equipment which rapidly pick up verbal and nonverbal signals
- In general, hear better than men and distinguish high-pitched sounds



Hearing

Men

- Do not have the necessary sensitivity to spot contradictions between verbal and nonverbal signals
- Are better in pointing where sounds are coming from



Reading Between the Lines

- Women have superior sensitivity in differentiating tone changes in voice volume and pitch. This enables them to hear emotional changes in children and adults.
- Men's brains are not equipped to hear subtle nuances of speech





Touching

Men

- Have thicker skin with less nerve endings
- Are more able to disconnect from the sensations of their skin so they are not distracted by minor discomforts
- When a man is not focused on a task, however, he is more sensitive to pain than a woman

Women

- Have thinner skin with more nerve endings
- Are more sensitive to touch than men, hence their enjoyment of textures and sensations

Smell and Taste



Women

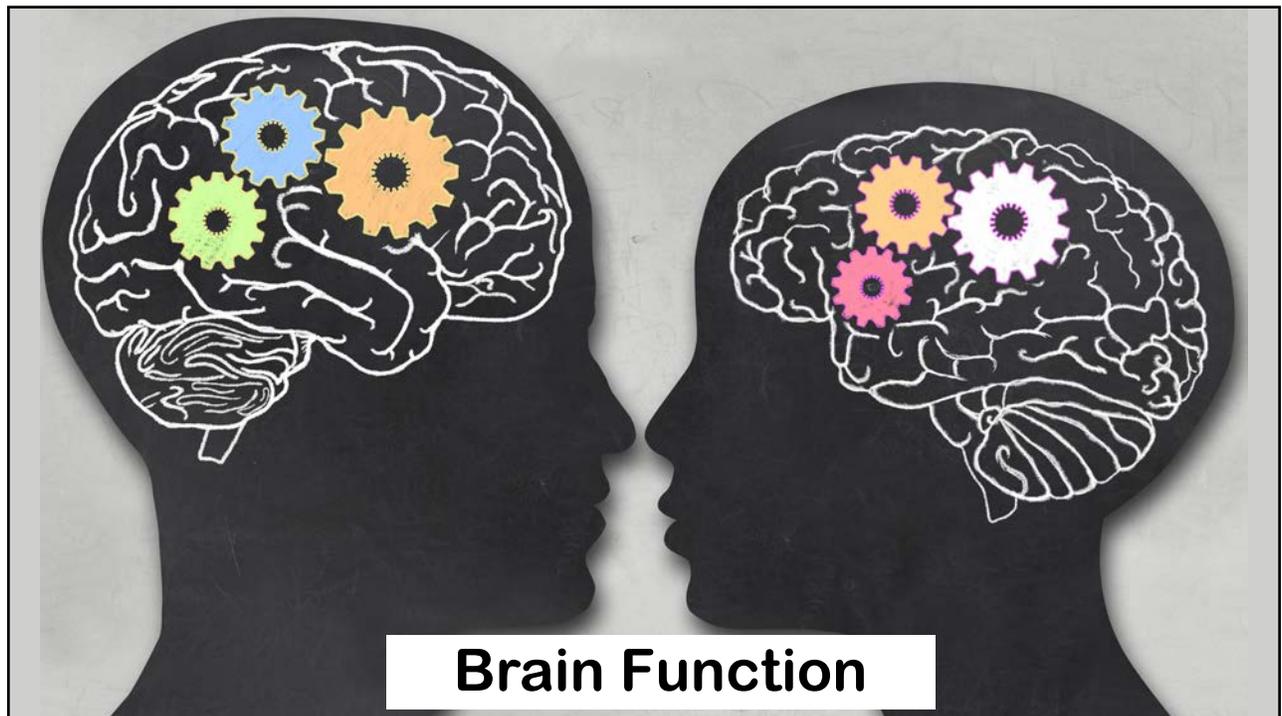
- Have a keener sense of smell and taste

Men

- Have a less keen sense of smell and taste

Bottom Line

- Men are insensitive compared to women
- They do not pick up on many of the subtle things women sense
- The fact that men often miss subtle clues does not mean they are uncaring, it simply means they do not perceive the information in the first place



Basic Brain Function

Women

- Brains are configured for multitasking (handling several things at once)
- Most women can do several unrelated things at the same time
- Women's brains are almost never disengaged, women are almost always thinking of something

Men

- Brains are specialized and compartmentalized
- Have a brain wired to concentrate on one specific task at a time
- Most men will tell you they can only "do one thing at a time"
- Men's brains are generally less active than women's, men are often thinking of nothing



Women Are More Connected

- Tests show that women rate three percent higher in general intelligence than men
- Women's brains have a thicker corpus callosum with up to 30 percent more connections between the hemispheres than men
- Research also reveals that estrogen prompts nerve cells to grow more connections within the brain



Men are Good for Something

- On three-dimensional video tests, boys outstripped girls in spatial ability by a ratio of four to one and the lowest scoring boys often outclassed the best girls
- Boys who were good at math outnumbered girls by 13 to 1
- Boys can construct a block building from two-dimensional plans easier and quicker than girls, can estimate angles accurately, and can see whether a flat surface is level

Spatial Ability

Women

- Around 90 percent of women have limited spatial ability

Men

- When it comes to solving maze puzzles, men were overwhelmingly superior to women scoring 92% of the top honors against women's 8%, regardless of culture.





Women and Maps

- Many women struggle with maps and navigation
- Most men don't understand that women don't have a specific area in the brain for mental map rotation.
- Some men get irritated when woman rotates a map in her hands to find the right way to go.



Feeling and Communicating

Emotions

Women

- Vocalize and communicate feelings (speech and feeling are highly connected)
- Generally find it easier to communicate what they are feeling
- Usually need to feel good to perform well

Men

- Internalize their feelings (speech and feeling are not well connected) and act on them
- Often have a hard time communicating what they are feeling
- Usually need to perform well to feel good

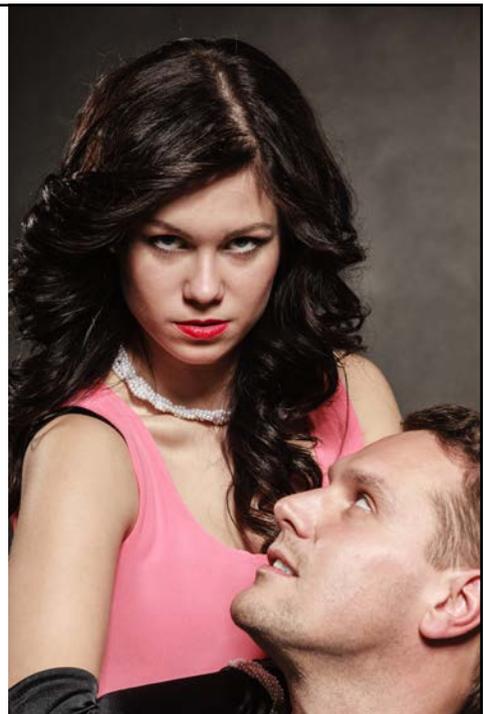
The Emotionally Stronger Sex

Women

- Are emotionally stronger than men and can emotionally overpower men
- Women appear more emotional because they express emotions more readily

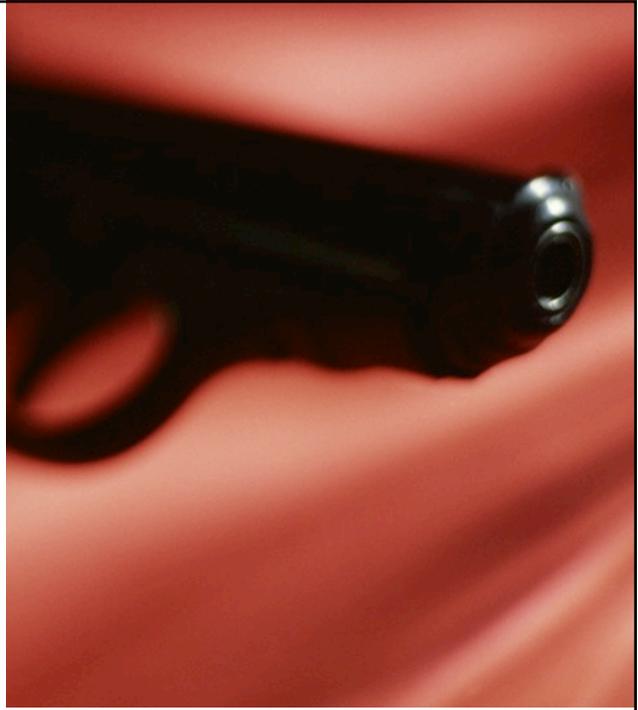
Men

- Are more emotionally vulnerable than women, which is why they build walls to protect themselves
- Men show greater biological signs of emotional stress during and after marital arguments than women do



Men and Suicide

- Men commit suicide at a higher rate than women
- The difference starts at 2:1 in teenage years and climbs upward
- Men usually commit suicide after a divorce or breakup or loss of their career or income



Getting a Man to Open Up

- A man is unlikely to show his softer side if he feels his manhood is in question
- Men are more likely to open up if they feel a woman admires them, respects them and trusts them
- Men often express that women don't care what they feel



Communication Problems

Women

- Often assume that a man will know what she wants or needs

Men

- Often ask, “Am I supposed to be a mind-reader?”



Communication

Women

- Speak an average of 6,000-8,000 words a day
- Use an additional 2,000-3,000 vocal sounds to communicate
- Use 8,000-1,000 gestures and other body language signals
- Average communication “bits” —more than 20,000

Men

- Utter an average of 2,000-4,000 words
- Use an additional 1,000-2,000 vocal sounds
- Use 2,000-3,000 body language signals
- Average communication “bits” —about 7,000
- Communication output is about 1/3 that of women



Women Are Great Talkers

- With women, speech and language have specific areas located in both sides of the brain. Having speech on both sides makes women good conversationalists.
- When women sit together to watch a movie on TV, they usually talk simultaneously about a variety of subjects, including children, men, careers, and what's happening in their lives.



The Way Men Talk

- Male brains are highly compartmentalized and have the ability to separate and store information
- Men can mentally index their problems and put them on hold
- For men, the purpose of talking is to relate the facts
- Men talk mainly inside their heads because they do not have the capacity to verbalize what they think or feel as well as women

Language and Speech



Women

- Girls start speaking earlier than boys
- Mothers, daughters and older sisters often speak on behalf of the males in their family

Men

- By the age of three boys have nearly half the vocabulary of girls
- Boys tend to mumble and have sloppier pronunciation

Women Often Think Aloud

- A woman will verbalize a series of items out loud in random order, listing all the options and possibilities
- Men are thinking, “Get to the point.”
- Men generally are slow to switch mental gears and think along a line of reasoning and can’t follow the constant change of subjects in women’s conversations



Women Use Words for Reward

- Women use words to build relationships
- Women use communication as a reward
- If a woman is talking to you a lot, she likes you. If she is not talking to you, you are in trouble.



The Silent Treatment

- It takes an average man around nine minutes of silence to realize that he is being punished
- Until then, he sees her silence as a reward — he's getting some "peace and quiet"



Women Talk, Men Feel Nagged

- Men and women are different in expression of their emotions
- This difference becomes apparent at the end of the day when a man and a woman sit together for dinner
- When she is speaking the balance of her unspoken words he feels like he's been "nagged to death"

Improving Communication

Women

- The first rule of talking to a man is make sure you have his attention (he can't listen and do something else at the same time)
- Second rule: Keep it simple! Give him only one thing at a time to think about.
- Men take turns talking, so when a man is having his turn, let him have it.

Men

- Listen with your full attention, including watching her body language and listening to her vocal tone
- Don't just listen to the words, try to understand her feelings
- Make her laugh and remember that communication is "foreplay"

More About Communications

Women

- Talking about her problems is how a woman gets relief from stress.
- But she wants to be heard, not fixed.
- Women don't want solutions, they just want to talk about things and have someone listen.

Men

- A man needs to feel that he is capable of solving his own problems and sees discussing them with someone as imposing a burden on that person.
- Don't offer a man advice unless he asks for it. Tell him you have confidence in his ability to work things out.

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