



Men Are From Mars;  
Women Are From Venus

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# Venus & Mars



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# Introduction



- Remember our differences (physical & therefore mental)
  - Women have and burn 20% more fat
- Hormones
  - Women need oxytocin from stroking
  - Men need testosterone from accomplishment
- Men can only use one part of the brain at a time; women can use all parts
- Men are like sprinters & women have more stamina
- Good Intentions are not good enough
- If you walk in a woman's shoes, she will walk in yours; not vice versa

# Values



- Men's sense of self
  - Ability to achieve results
  - Mr. Fixit
    - Learn to listen without judgment or solution
- Women's sense of self
  - Feelings and quality of relationship
  - Home improvement committee
    - Give up giving unsolicited advice

# Stress



- Men
  - Go to caves to solve problems alone
  - Distractions to relax away from problems
  - Total focus on one at a time – seems distracted
  - Women feel ignored
  - Relief is from being right
- Women
  - Get together and talk about problems
  - To avoid own feeling may get involved in others
  - Men feel blamed for the problems
  - Men feel frustrated with jumping from one problem to another
  - Relief is from empathic listening

# Motivating



- Men
  - Empowered when they feel needed
  - Love motivates – regress if cannot succeed
  - Women unhappiness taken as men failure
  - Need to learn to give – happens later in life
- Women
  - Empowered when they feel cherished
  - Ask “What else?” endlessly
  - Need to learn to receive – happens later in life

# Languages



- Same words with different meaning
  - “I don’t feel heard” from a woman means:
    - I feel as though you don’t fully understand what I really mean to say, or care about what I feel. Would you show me that you are interested in what I have to say?
  - Women use generalisations
  - “It’s is not your fault” works for men
  - Listening without solutions works for women

# Languages



- Men
  - Don't talk – so women imagine the worst
  - Express information
- Women
  - Talk – so much that it confuses men
  - Express feelings
  - Get burned when they go into the men's cave



# Languages



- Men don't talk when
  - Need time to solve a problem
  - Don't have an answer
  - Upset or stressed
  - Need to find themselves
- Women talk when
  - To convey or gather info (only time when men talk)
  - Explore or discover what they want to say
  - To feel better when upset
  - To create intimacy

# Cycles



- Men

- Like rubber bands – independence & intimacy
  - Further the pull, the closer the intimacy
  - Otherwise a limp rubber band
- Women need to understand, let go, & pick up where it left off
- Men need to understand, reassure women that they will be back

# Cycles



- Women obstructing men's withdrawal
  - Chasing
    - Physical – follow to another room
    - Emotional – smothers him
    - Mental – asking too many questions
  - Punishing
    - Physical – when he comes back she rejects him
    - Emotional – when he returns, blames him
    - Mental – when he returns, she refuses to open up

# Cycles



- Women
  - Self esteem rises and falls like waves
    - Studies show 22 to 35 day cycles – men probably the same
    - Like going into a well vs. men's cave
  - At bottom is emotional housecleaning
  - If loved then, she will automatically rise again
    - No fixing needed
  - Need the negative feelings to have the positive feelings
    - Not dealing with negative feelings = PMS
  - Tendency to go into a well does not affect work, only relationships

# Cycles



- Men need to not take the blame
- Men need to understand that helping seems to make worse – need to hit bottom before rising
- There will be recurring conversations & arguments
  - Men for the right to be free and women for the right to feel upset
  - Men want space and women want understanding
- In a relationship, women feel safe to go into the well
- With more money, the same. That is why money does not fill emotional needs

# Emotional Needs



- Primary love needs

- Women

1. Caring
2. Understanding
3. Respect
4. Devotion
5. Validation
6. Reassurance

- Men

- Trust
- Acceptance
- Appreciation
- Admiration
- Approval
- Encouragement

- Unless met one will not feel loved with any other effort

# Emotional Needs



- Women mistakes

1. Improve behaviour or give unsolicited advice
  - He feels there is no Trust
2. Change or control behaviour by upset or negative feelings
  - He feels that she does not Accept him
3. Does not acknowledge what he does but complains about what he has not done
  - He feels taken for granted and she does not Appreciate him
4. Correct his behaviour like a child & tells his what to do
  - He does not feel admired
5. Expresses negative feelings indirectly – “how could you do that?”
  - He feels her Approval of him is taken away
6. When he take decisions or initiatives, she criticises or corrects him
  - He does not feel Encouraged to do things

# Emotional Needs



- Men mistakes

1. Does not listen or is easily distracted
  - She does not feel he Cares
2. Takes feelings literally and corrects or gives advice
  - She feels he does not Understand her
3. Listens but gets angry for upsetting and bringing him down
  - She feels he does not Respect her feelings
4. Minimises her needs over work or the children
  - She feels he is not Devoted to her
5. When she is upset he explains why he is right and she should not be upset
  - She feels unsupported because he does not Validate her feelings
6. After listening he says nothing or walks away
  - She feels insecure because she does not get the Validation she needs



# Emotional Needs



- Depression
  - Women
    - Isolation; doing much with nothing in return
    - Need oxytocin
  - Men
    - Unneeded
    - Need testosterone

# Arguments



- If communication is the most important in a relationship, arguments are the most destructive
- Negotiate or discuss pros & cons but don't argue
- Out of a relationship it is easier to be objective, in one it gets personal
- Couples start arguing about one thing and then argue about the way they are arguing
- It is usually the 'how' and not the 'what' we are saying
- Arguments for money, children, etc are negotiations – pain comes from the feeling of not satisfying primary love needs
- Support & communication is very important at difficult times

# Arguments



- Avoiding hurt – temporary relief
  - Fight (Mars) – best defense is offence
  - Flight (Mars) – withdraw into cave
  - Fake (Venus) – pretend there is not problem
  - Fold (Venus) – take blame or responsibility
- Most arguments are a result of:
  - Men feeling that the woman disapproves of his point of view
  - Women disapproves of the way the man is talking to her

# Arguments



- Women unknowing start arguments by not being direct when they share their feelings
- Men unknowing start arguments by invalidating women's feelings or point of view
- Men are prone to argue when they have made a mistake or let down the woman they love

# Scoring



- Men
  - Keep score points on the size of the gift/act thus concentrate on getting the big things
  - Have a tendency to give penalty points
- Women
  - Give 1 point to each gift/act
  - Have a tendency to subtract his points from hers to give him zero, if too uneven
- People stop giving when the score is uneven
  - downward spiral
- See separate scoring list

# Communicate difficult Feelings



- Love Letter Technique
  - Write a Love Letter
  - Write a Response Letter
  - Share both with the person

# Communicate difficult Feelings



- Writing a Love Letter
  - Address the letter to the person
  - Anger
  - Sadness
  - Fear
  - Regret
  - Love
  - Sign off
  - Write a response that you would like to hear in the PS

# Communicate difficult Feelings



- Cover all primary aspects of emotional pain - anger, sadness, fear & regret
- Thus tells the complete truth
- Negative emotional reactions are not real feelings but a cover up defense system
  - Anger hides hurt, sadness, fear or regret
  - People who cry easily need to express anger
  - Fearful people need to express anger to fear to go away
  - People who feel sorry or guilty need anger before they feel self love



# Communicate difficult Feelings



- Writing a Response Letter
  - Lead in phrases
    - Thank you for ...
    - I understand ...
    - I am sorry ...
    - You deserve ...
    - I want ...
    - I love ...

# Asking for Support



- Women to men
- Women think love is never having to ask
- Men not asked think they are giving enough
- Men being asked feel unaccepted the way they are
- Men give more when appreciated

# Asking for Support



## 1. Ask for what you are already getting

- Timing
- Non demanding
- Brief
- Direct
- Correct wording – would vs. could

## 2. Practice asking for more

- Even if you know they will say no – then just say OK
- Men are willing to say yes if they have the freedom to say no
- Practice assertive asking
- Grumbling men are considering your request against his needs
  - good thing and it gets less with repetition & appreciation
- Breaking the silence after asking gets nothing

# Keeping Love Alive



- One day it is great and the next not
- When loved, old bad feelings surface to be released – let them come and go
- 90% it is feelings from the past
- Specially at 'family' times
  - Money, moving, holidays, school
- Poking your arm does not hurt; poking an open wound does
- Men go to the cave, feel sensitive, and need acceptance
- Women go to the well, lose self-esteem, and need love
- Delayed reaction responses
  - Happens when minorities are given more rights

# Keeping Love Alive



- Seasons

- Spring – new, happy, magical
- Summer – disappointment, work, not perfect
- Autumn – fruits after hard work, mature love
- Winter – old unresolved pain, cave & well
  
- Love is seasonal

# Keeping Love Alive



- Sex

- Women are like the moon

- Full moon is sexual & new moon is not

- Men are like the sun

- Rises every morning

- Children

- Boys need mistakes forgiven & rewards

- Girls need to be heard & understood

# Keeping Love Alive



- A man with a plan
- A woman with a smile

# Afterthought



- Most research shows that women and men are more alike than they are different
- Kimmel: “Women and men are not from Venus and Mars, but are both from planet Earth. We’re not opposite sexes, but neighbouring sexes—we have far more in common with each other than we have differences.”