

Men are From Mars, Women are From Venus

John Gray, Author of "Men are From Mars, Women are From Venus, lists several ways that men and women are inherently different, yet expect each other to be exactly like them. "This attitude sets us up to be disappointed again and again, and prevents us from taking the necessary time to communicate lovingly about our differences."

You may wish to show clips from the Video or read excerpts from the book "Men are from Mars, Women are from Venus", as you discuss to illustrate the following points of many of the differences between men and women.

1. Values: Men like to offer solutions directly to women, when a problem arises, while women, offer unsolicited advice. When men do this, it invalidates the women's feelings, and men do not like to be "told what to do", especially if they didn't ask for advice.
2. Stress: Men tend to pull away and silently think about what's bothering them, while women feel an instinctive need to talk about what's bothering them.

"Another major point of Gray's books are the differences in the way they react under stress. He believes that many men withdraw until they find a solution to the problem. He refers to this as "retreating into their cave." In some cases they may literally retreat, for example, to the garage or spend time with friends. The point of retreating is to take time to determine a solution. What is known is that men in their caves are not necessarily focused on the problem at hand, many times this is a "time-out" of sorts to allow them to distance themselves from the problems so their brains can focus on something else. This allows them to revisit the problem later with a fresh perspective.

This has historically been hard for women to understand because when they are stressed their natural reaction is to talk about issues in order to find a solution. This leads to a natural dynamic of the man retreating as the woman tries to grow closer. This becomes a major source of conflict between any man and woman"

3. Motivation: Men feel motivated when they feel needed, and women are motivated when they feel cherished.
4. Languages: Women express things more about feelings and men express things more literally.
5. Intimacy: A man gets close, but then inevitably needs to pull away. Women need to understand this, and understand that when he retreats, he will swing back like a rubber band.
6. Loving Attitude: Women are more like a wave and men need to learn to interpret how to be supportive.

The wave is a natural cycle for women that is centered around their abilities to give to other people. When they feel full of love and energy to give to others their wave is in a stable place. As they give to others (and don't receive the same amount of love and attention given to them in return) their wave begins to grow until it eventually crashes. This is a time when a woman feels she has nothing else to give to those in her life and she needs the love of those around her (including self love) to help come out of this dark place. Once she is rejuvenated (by getting the support she needs) she is able to pop out of this dark place and once again has love and energy to give.

When men go into their cave, they are actually going through a phase of their relationship with a woman, when they want to be left alone. Any woman who has wondered why a boyfriend is not emailing/calling/messaging/meeting her will know what it feels like to be shut out of the cave.

Women and 'the wave' is a concept [which] means that women go through periodic phases when they are unable to keep up their spirits without help and assistance from understanding men. At such times, 'the wave' crashes, and it needs to be given love and reassurance to rise up again with its usual confidence.

7. Love: Men and women usually give the kind of love they need and not what the opposite sex needs. Men primarily need Trust Acceptance, and Appreciation. Women primarily need caring, understanding and respect.

(Review Love Languages, and Golden Rule with a twist)

8. Argument: Men like to act as if they are always right, which may invalidate a woman's feelings. Women sometimes unknowingly send messages of disapproval instead of disagreement, inciting a man's defenses.

9. Score: Men think that one Big gift or sacrifice, balances many little indiscretions, but women put equal values on each loving act.

Communication Unit)