

THE SHORT COURSE: Male to Female Communication Patterns

1. Men use words to communicate ideas.
2. Women use words to communicate feelings.
3. Men are problem oriented.
4. Women are pain oriented.
5. Men bring up problems for problem-solving and encouragement.
6. Women bring up problems for sharing and empathy (coping).
7. Men want to be understood for their ideas and problems.
8. Women want to be understood for their feelings and experiences.
9. Men want you to understand their frustration so you will see how hard a problem they have to overcome. A man will become more and more angry when you do NOT acknowledge the severity of the problem. Therefore, acknowledge his problem as being severe early and often. His goal is to get you to either praise him for facing and overcoming such a tough problem or to encourage him that he can overcome it. His method to get you to understand him is to get you to see his problem as unsolvable or horrible. Deep down he wants to feel like a hero or warrior and to get encouraged and appreciated for his problem-solving.
10. Arguing about what men said will drive women crazy as they believe a man's words convey feelings, and the man will deny they said what the woman repeats verbatim. The man denies it because he did NOT mean the feelings the woman attaches to the words. The man meant an idea NOT a feeling so is being truthful when he says he did NOT say what he said when it is interpreted to mean a feeling. Again, a man will say whatever to communicate an idea but will deny he said the words he used when those words are interpreted to mean an feeling.
11. Women want you to feel their pain so you will acknowledge and comfort them. A woman will get more and more vicious with her words until you acknowledge her pain. Therefore, acknowledge her pain early and often. Her goal is more to be understood than to hurt. Her method to get you to understand she is in pain is to make you in pain too. Deep down she really just wants to feel connected and to get hugged (comforted, empathy, coping).
12. Arguing about what women said will drive men crazy as they believe women's words convey ideas, and the women will deny they said what the man repeats verbatim. The woman denies it because she did NOT mean the ideas the man attaches to the words. The woman meant a feeling NOT an idea so is being truthful when she says she did NOT say what she said when what she said is interpreted to be about an idea. Again, a woman will say whatever to communicate a feeling but will deny she said the words she used when those words are interpreted to mean an idea.
13. When a man attacks his spouse it is to receive agreement and support of his ideas.
14. When a woman attacks her spouse it is to receive acknowledgement of her pain and then comfort.
15. A woman gets connection (a basic need for sanity and happiness) by believing others understand her feelings and are willing to comfort her (empathize). She can then choose to cope well.
16. A man gets connection (a basic need for sanity and happiness) by believing others understand his problems and are willing to encourage him. He can then choose to problem-solve well.
17. Men should first acknowledge a woman's pain by listening and hearing her out. Then the man should offer comfort and support. The support is empathy and the comfort is touching that is NOT sexual. Simply, think of comfort and convenience when thinking of women.
18. Women should acknowledge a man's problem by listening and hearing him out. Then the woman should encourage him to seek problem-solving from a source the man respects to deal with such a tough problem or congratulate him for overcoming the problem on his own. Simply, think of problem-solving and goal-completion when thinking of men.
19. Men should realize when they are arguing with a woman, but have no idea what the argument is about, that it is really about the woman NOT being listened to and comforted (helped to cope).
20. Women should realize when they are arguing with a man, but have no idea what the argument is about, that it is about the man NOT being understood and encouraged (helped to problem-solve).
21. For men: (1) listen to the problem, (2) name the problem, (3) encourage problem-solving.
22. For women: (1) listen to the feeling, (2) name the feeling, (3) comfort the feeling (help to cope).