

Emotional Differences with Men and Woman, By Craig Miller

You may wonder how men and woman became so emotionally different. If we start at the beginning, the brain of the embryos begin life "female" in nature. The brain was created with two sides that have separate functions that work together with a massive intertwining of nerve fibers allowing both sides to function beautifully together. Approximately, the seventh week of pregnancy a strong dose of the hormone, *testosterone*, covers the male fetus to masculinize the body. This hormonal covering actually alters how the brain functions. The nerve fibers that connect the two sides of the brain become damaged, making the flow of information from one side to the other, less efficient.

Although testosterone can be blamed for men taking longer to respond, especially when there is some emotional issue, men still have the ability to think and feel. It just takes longer for the message to transfer from one side of the brain to the other. In comparison, a woman maintains the original brain functioning and is able to simultaneously utilize both sides of the brain and respond more quickly to feelings and information.

Women deal with life first by relating emotionally and socially. This is why a woman's heart is crushed when the neighbor made an unkind comment about the recipe she had shared a week earlier. Sharing of the recipe was a form of connecting, reaching out, and sharing part of her. However, if the recipe was rejected, she felt rejected. This is one of the biggest differences between men and women. The man interprets giving the recipe not as a relationship but simply as the giving of information. The woman interpretes the information as sharing part of her life. Once a woman talks or cries out what she feels, she becomes more logical. The man needs to help the woman work through the situation by letting her cry and talk out how she feels about the situation. Then she will be able to move closer to the logical part.

God actually knew what He was doing when he created man and woman to function very differently. The saying "opposites attract" is truer than you may give credit. Women were created with a greater ability to perceive what is happening around them (intuition) and the ability to accurately identify needs, desires, wants, and displeasures in order to increase control over the stresses of life. Men were created with a greater ability to be effectively practical and develop a sense of trust to build security and safety with those around them. Men tend to have a greater ability to logically relate with people and things, providing a great strength to initiate rational thinking to accurately understand the reasons why situations happen.

You need those opposites to function more effectively and efficiently together. For example, when there is a decision to be made, the emotional attributes of one partner and the logical attributes of the other should work together for a more balanced decision. You do not want to make a decision solely based on emotions and later regret the decision. For the same reason, you do not want to make a decision based solely on logic without considering the personal effects of that decision. The attributes of each partner should complement each other, creating a well-functioning union. The article is an excerpt from Craig's book: *When Your Mate Has Emotionally Checked Out*

Craig Miller is a counselor with Masterpeace Counseling, in Tecumseh, MI. visit, www.mpcdd.com and a speaker, author, visit, www.feelingsbook.com