



Quiz: How masculine are you in your relationships with women?

The first step to improving your interpersonal skills with women is by exploring and understanding your psychological and emotional relationship to women. When you understand your reactions and behaviors, you can change your entire life for the better.

How did it come to be the way it is? How do you feel about it now? Are your beliefs about women based on universal truths or on your personal experiences? How would your life be better today if you could change how you relate to women? As you go through the following questions, please remember that it is important to be honest with yourself. You cannot fix a problem if you deny its existence.

Answer the following questions:

- Yes_ No_ I have issues with my mother.
- Yes_ No_ My mother's opinions about me matter.
- Yes_ No_ I am afraid of women.
- Yes_ No_ I put women on a pedestal.
- Yes_ No_ I always try to please women to a fault.
- Yes_ No_ I always try to avoid confrontation with women.
- Yes_ No_ I have many female friends who count on me to do things for them.
- Yes_ No_ Women have referred to me as the "nice guy".
- Yes_ No_ I am afraid to let women know what I like sexually.
- Yes_ No_ I am fine with having infrequent sex, even if I want more.
- Yes_ No_ I feel ashamed and/or guilty if I have edgy/dirty sex with a woman.
- Yes_ No_ I am distracted by women's sexuality.
- Yes_ No_ I prefer that a woman dominate me sexually.
- Yes_ No_ I am intimidated by beautiful women.
- Yes_ No_ I am easily distracted by beautiful women.
- Yes_ No_ I feel nervous when approaching and talking to women.
- Yes_ No_ I am afraid to be in a relationship with a woman.
- Yes_ No_ I lose my identity in relationships.
- Yes_ No_ Relationships trigger strong uncontrollable emotions in me.
- Yes_ No_ My partners seem to always control the relationship.
- Yes_ No_ I typically date partners who are more financially stable than I am.
- Yes_ No_ My partners are usually the ones that make most of the decisions.
- Yes_ No_ My partners are usually more organized than I am.



- Yes_ No_ I am more comfortable with my partner leading the relationship.
Yes_ No_ I shut down when a woman starts arguing with me.
Yes_ No_ I feel personally rejected when a woman doesn't like me.
Yes_ No_ I can obsess about a woman if I'm infatuated with her.
Yes_ No_ When I get into a relationship, my life revolves around the woman.
Yes_ No_ I always end up in "the friend zone."
Yes_ No_ Women are not drawn to me.
Yes_ No_ When I talk to women they seem uninterested.
Yes_ No_ Women have told me that they do not trust me.
Yes_ No_ I never seem to close the deal as far as getting a date.
Yes_ No_ I don't date because I am still hurt from a past relationship.
Yes_ No_ Women I date always cheat on me.
Yes_ No_ I don't share my truths when my partner bothers me.
Yes_ No_ I am passive in relationships and just go with the flow.
Yes_ No_ Women have told me to grow up or be a "real man."
Yes_ No_ Women have complained that I am not present.
Yes_ No_ Women have told me that they've had better lovers.
Yes_ No_ I feel abandoned when a woman leaves me.
Yes_ No_ It's hard for me to live by myself.
Yes_ No_ It's hard for me to walk away from relationships.
Yes_ No_ I stop socializing with my friends when I get into relationships.
Yes_ No_ I stop taking care of myself when I get into relationships.

Evaluating your score:

0-10 YES Answers:

You have a relatively healthy relationship with women and your masculinity. There are minor challenges that you still need to overcome, but you are grounded and function at a higher level in your relationships with women. If you get hurt you have the problem-solving skills to accept, integrate, and let go of negative experiences. Generally women trust and respect you. Your energy is attractive and people are drawn to your balanced presence.

10-30 YES Answers:

You have had challenges with your masculinity and with women. Your equilibrium is thrown off when you enter a relationship. It can take you long to process and accept your circumstances for what they are. There is a good chance that you experienced some challenges balancing masculinity and femininity while



growing up. You go back and forth between your feminine and masculine energies in your relationships in a detrimental way. Introspection and self-discovery are imperative to move through these obstacles. You are aware of your challenges, but you have your good moments when relating to women. Some of your relationships have been healthier than others, but you're self-aware enough to realize that you can improve this area of your life significantly. Some women are attracted to you but you frequently settle for less than you want or deserve. You are able to function around women, but inconsistencies in your masculinity might leave you feeling like you waste too many opportunities for interpersonal growth or happiness.

30-50 YES Answers:

When it comes to women, relationships, and your personal energy, you lean significantly toward the feminine. You feel overwhelmed in relationships. You completely lose yourself and are afraid to be abandoned and alone. There is a chance you have lower energy and experience depressive and/or angry states of mind. You may have experienced some type of trauma or emotional abuse in a relationship. Growing up, your caregivers may have displayed inconsistent, unhealthy masculine and/or feminine traits. You may have spouts of rage and become emotionally charged too easily. You may cry much too easily. You feel victimized by others and hold onto wounds of the past. You are not comfortable with your sexuality. If you are in a relationship, you feel needy and clingy. In conversations you can be scattered and unfocused. You may be oblivious to your behavior and don't think you can change. You are not happy with your career or direction in life, and rely on relationships to fill the void. You rarely get what you want.