



Quiz: How feminine are you in your relationships with men?

The first step to improving your interpersonal skills with men 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 men based on universal truths or on your personal experiences? How would your life be better today if you could change how you relate to men? 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 father.
- Yes_ No_ I believe that my career is more important than my relationships.
- Yes_ No_ I am intimidated by men.
- Yes_ No_ I think I intimidate men.
- Yes_ No_ I do not respect men.
- Yes_ No_ I rarely value or reciprocate what men have to offer.
- Yes_ No_ I am often disappointed by men.
- Yes_ No_ I allow men to help me, even if I don't like them.
- Yes_ No_ I like being "one of the guys."
- Yes_ No_ I prefer to be in control of the relationship.
- Yes_ No_ I am afraid to be in a relationship with a man.
- Yes_ No_ It is challenging for me to express my emotions.
- Yes_ No_ It is difficult for me to look men in the eyes.
- Yes_ No_ I lose my identity in relationships.
- Yes_ No_ Relationships trigger strong uncontrollable emotions in me.
- Yes_ No_ I am usually the one who makes the plans in the relationship.
- Yes_ No_ I make most of the executive decisions in the relationship.
- Yes_ No_ I have more balance in my life than my partners.
- Yes_ No_ I have felt like a mother in some of my relationships.
- Yes_ No_ I am usually more organized than my partners.
- Yes_ No_ I have a tendency to attract artistic, sensitive, feminine guys.
- Yes_ No_ I am afraid to let men 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 man.
Yes_ No_ I am distracted easily by men when they give me attention.
Yes_ No_ I prefer to dominate men sexually.
Yes_ No_ I feel nervous when men approach me.
Yes_ No_ I shut down when a man is angry or raises his voice at me.
Yes_ No_ I feel personally rejected when a man doesn't like me.
Yes_ No_ I can obsess about a man if I'm infatuated with him.
Yes_ No_ When I get into a relationship, my life revolves around the man.
Yes_ No_ I often end up in "the friend zone."
Yes_ No_ Men are not drawn to me.
Yes_ No_ When I talk to men, they seem uninterested.
Yes_ No_ Initially I am interested in a relationship, but lose my desire soon.
Yes_ No_ It is hard to put down my barriers.
Yes_ No_ I am protecting my heart.
Yes_ No_ I have trust issues with men.
Yes_ No_ I don't date because I am still hurt from a past relationship.
Yes_ No_ Men I date always cheat on me.
Yes_ No_ I don't share my truths when something negative bothers me
Yes_ No_ It is hard to let go and just go with the flow.
Yes_ No_ Men have told me that I worry and stress too much.
Yes_ No_ Men have complained that I am too serious.
Yes_ No_ Men have said that I sometimes emasculate them.
Yes_ No_ I feel abandoned when a man leaves me.
Yes_ No_ It's hard for me to live alone and be 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 men and your femininity. There are minor challenges that you still need to overcome, but you are grounded and function at a higher level in your relationships with men. If you get hurt you have the problem-solving skills to accept, integrate, and let go of negative experiences. Generally men trust and respect you. Your energy is attractive and people are drawn to your balanced presence.



10-30 YES Answers:

You have a few significant challenges with your femininity and with men. 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 men. 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 men are attracted to you but you frequently settle for less than you want or deserve. You are able to function around men, but inconsistencies in your femininity might leave you feeling like you waste too many opportunities for interpersonal growth or happiness.

30-50 Yes Answers:

When it comes to men, relationships, and you feel out of control. You are afraid to lose your identity so you push men away as a defense mechanism. There is a chance you have lower energy and experience angry and/or depressive 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 and confusing masculine and/or feminine behaviors and roles. You may have spouts of rage and are easily emotionally charged. You cry easily. You feel betrayed or let down by others and hold onto wounds of the past. You are not comfortable with your sexuality. If you are in a relationship, you worry and stress most of the time. You find yourself complaining a lot to your partner and feel as though he doesn't contribute to the relationship. You often wish that he would be a real man. You might be oblivious to your behavior and don't think you can change. You are not happy with your career, life, and love life. If you are successful, you don't feel fulfilled because you have the feeling that something is still missing.