

Our Male and Female Gender Fears

By Bruce Dewe, MD

Abstract

Richard Eisler PhD, psychologist, stated that "fears are different for men than women." Is this a sexist statement or do anxieties reflect the male and female stereotypes we often feel we have outgrown - but secretly feel we haven't? A kinesiology approach to this modern problem is outlined.

Gender fears

Richard Eisler PhD, psychologist at Virginia Polytechnic, states that "fears are different for men than women." The anxieties may reflect the male and female stereotypes we often feel we have outgrown - but secretly feel we haven't. Helen Crawford PhD found that men talk about their fears less than women who are more open about their intense fears. Kathleen Speeth PhD,

psychologist from Berkeley, found that even when women and men fear the same thing (e.g. homelessness) they fear it for different reasons. For women 'homelessness' symbolized being alone in the world and not prized by anybody and for men it was evidence of their lack of success - a downward slide that began with their feelings of inadequacy.

Common female fears

- a. Estrangement
 - Unable to meet loved one's emotional needs
 - Lovelessness in sex
 - Lack of commitment in a romance
- b. Unattractiveness
 - Can't change a defect
 - Loosing looks with aging
- c. Victimization
 - Being followed
 - Obscene phone calls
 - Strange noise when alone (at home).
- d. Inadequacy
 - Failing to be successful at both work and home (parenting).
 - Being taken advantage of by real estate agents, repair men, car salesmen.
- e. Heartsickness
 - Loved one's woes
 - Losing custody of her children and having another woman raise them

Common Male Fears

- a. Physical weakness
 - Not looking masculine
 - Poor performance (in sports).
- b. Emotional expression
 - Having to say "I love you"
 - Weeping
- c. Powerful women
 - Being outdone by a woman (work/sports)
 - A woman in control especially at work.
 - Not being the major breadwinner of his family
- d. Intellectual inferiority
 - Feeling less smart/ambitious
 - Looking indecisive or emotional
- e. Failure
 - Getting fired
 - Not having what it takes to succeed
 - Impotence - being sexual washout.

Finger Mode Test

for Gender Fears:

Self Mode # 6^{1/2}d

thumb to PE + EM fingers

Evaluation Phase:

1. Find the fear on line.
Use preceding table as a guide.

In our testing we do not limit ourselves to the sex related list, but recognise the male/female sides within each of us. This 'allows' males to have fears from the female list and visa versa.

2. Find the emotion at the root of the fear.
3. Find the meridian under stress.
4. Discuss awareness.

Balancing Phase:

1. F/O hold. Use ESR skills
- (Note: F/O = frontal-occipital)

Profile

Bruce A. J. Dewe MD is a Chancellor of the NZ Kinesiology Practitioner Accreditation Board, Dean of the School of Practitioner Studies with the IKC, developer of the PKP workshop series and a retired medical doctor. He is an entertaining speaker whose talks are always topical, instructive and fun.

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