How Women Think and Feel
Survey from "For Men Only: A Straightforward Guide"
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Question 1:

Which scenario best describes how you experience thoughts and emotions? {Choose One Answer}

a) I find myself dealing with multiple thoughts and emotions in a short period of time; it's like having multiple windows open and running on my computer desktop at the same time

b) I mostly process thoughts and emotions sequentially, focusing on one thing at a time; it's like having only one window open at a time on the computer

Question 2:

On those occasions when you have multiple emotional "windows" open, how readily can you usually dismiss negative thoughts and emotions that are bothering you? {Choose One Answer}

a) I can do it easily

b) I can do it, but it takes effort

c) I can do it with effort, but those thoughts/feelings sometimes pop back up until whatever is causing them is resolved

d) I usually can't dismiss them entirely; until whatever is causing them is resolved, those feelings are "open" and running in the background

Question 3:

Some women say that emotions from experiences in the recent or even distant past (particularly negative ones) sometimes rise up in their minds. These may be triggered, or may seem to arise from nowhere. How often do you experience this? {Choose One Answer}

a) Never

b) Rarely

c) Very often—it's common in my day-to-day life

Question 4:

If you had to choose between these two bad choices, would you rather endure: {Choose One Answer}

a) Financial struggles

b) Struggles arising from insecurity or lack of closeness in your relationship

Question 5:

Put yourself in this scenario: Your husband/significant other has a very well-paying job that requires a lot of hours and emotional attention away from home. You enjoy a comfortable lifestyle and all the enrichment opportunities for the kids that come with it, but you and the children often do feel distant from your husband/significant other, and when you two are together there is often discord. Now suppose that your husband/significant other was offered a different job that he'd enjoy, that would allow much more time with family—but it would also mean a substantial pay cut and some lifestyle adjustments for your family. Which best describes your likely feelings in this scenario? {Choose One Answer}

a) I'd prefer he continue with the current job. It's a tough balance, but the high salary allows us to meet lots of other priorities.

b) I'd prefer he consider the new job despite the lower income; it's more important to have him around and emotionally close—both for me and the kids

c) I'm totally neutral

Question 6:

Under what circumstances do you think about your relationship, whether it is going well, or how your husband/significant other feels about you? {Choose One Answer}

a) Never

b) Only when we are in a really difficult season of our relationship

c) It's occasionally in the back of my mind

d) It's something I'm conscious of most of the time

Question 7:

Suppose you and your husband/significant other are in the middle of an emotional conflict, and he eventually says, "I don't want to talk about this right now." If he were to add a reassurance, such as, "I want you to know that we're OK," would that make you more or less likely to be able to give him space? {Choose One Answer}

a) Much more likely

b) More likely

c) Less likely

d) It would have no relevance

Question 8:

In an emotional conflict, if your husband/significant other initiates a step to reassure you of his love, how much does it help diminish any turmoil you are feeling? {Choose One Answer}

a) Not at all

b) Some

c) Quite a lot

Question 9:

When you are feeling insecure about his love or the relationship, which of the following are true about your feelings? {Choose All Correct Answers}

a) I need reassurance

b) I might become quite preoccupied until I get that reassurance

c) I withdraw emotionally

d) I become depressed

e) It affects other areas of my life

f) It confirms my suspicion that I'm not very lovable or not worthy of his love

g) I feel like I'm not valued in his eyes

h) Nothing helps, I just need time to process alone

i) I never feel insecure about his love or the relationship

Question 10:

Suppose you had a fairly serious conflict with someone important to you, and have been dealing with strong emotions about it all day. That evening, you start to tell your husband/significant other what happened and how you

feel about it. After listening for a little bit, he jumps in with a reasonable suggestion for fixing the problem. How is this most likely to make you feel? {Choose One Answer}

a) Great, because now I know what to do

b) I'm interested in his suggestion and want to discuss it more

c) I appreciate his suggestion, but at the moment what I really need is for him to show emotional support by listening more

d) Actually, I really don't need or want his suggestion; at the moment what I really need is for him to show emotional support by listening more

e) I need his emotional support, and am actively hurt that he's not listening to me

f) I'm upset and hurt, because not only is he not showing emotional support, it actually seems like he jumped in with the suggestion to cut me off, so he didn't have to listen anymore

Question 11:

Consider times when you have actually been in the type of situation described in the previous question. Setting aside how you feel about your husband/significant other's emotional support, how useful or valuable are his actual suggestions? {Choose One Answer}

a) Very helpful: I usually would not have come up with the appropriate solutions on my own

b) Helpful: he usually makes good suggestions that help me think through my options

c) Not helpful at all: we tend to think very differently

d) Not helpful at all: he usually doesn't listen enough to have all the necessary details to provide the best solution

e) Not helpful at all: he tends not to think things through

Question 12:

Women forty-five and younger: Regardless of how you think you look, do you have a deep need or desire to know that your husband/significant other finds you beautiful? Which answer most closely describes you? {Choose One Answer}

a) Yes, I do have that need, even when I don't show it. On the inside, I'm still like that little girl who wants to hear that she's beautiful

b) No, I don't have that need. I'm happy if my husband/significant other finds me beautiful but I don't need to know that he does.

Question 13:

All women: Regardless of how you think you look, do you have a deep need or desire to know that your husband/significant other finds you beautiful? Which answer most closely describes you? {Choose One Answer}

a) Yes

b) No

Question 14:

How beneficial is it to you when your husband/significant other tells you that he finds you beautiful? {Choose One Answer}

a) Great; it makes my day

b) It makes me feel good

c) It's nice but I don't care that much

d) It makes no difference to me

Question 15:

What is the frequency of how often you want to pursue having sex compared to your husband? I want it: {Choose One Answer} [Answered by married or previously-married women]

a) More often

b) Less often

c) Exactly the same

Question 16:

Note: Questions 16-17 should be answered only by women who said they wanted less sex than their husbands.

Beyond any differences in your actual sex drive, why do you tend to want less sex than your husband? {Choose All Correct Answers}

a) It's not that I don't want to be with him—it's just that at the end of a long day it is sometimes hard to make the transition to wanting physical intimacy at that moment

b) I may be less receptive when we are at odds or I don't feel close to him right then: I don't want to be intimate with someone I don't feel close to

c) I may be less receptive when I do not feel supported throughout the day

d) I'm sometimes simply too tired or stressed

e) I sometimes have competing interests—for example, at the end of a long day, a bath, a magazine and my pillow seem really appealing, too

f) I don't feel good about my body or myself and would be embarrassed to be with him

g) I don't want to do some of the things I know he wants me to do, so its better to avoid the whole situation

h) He's not good at it; it's boring

i) His "equipment" isn't big enough

j) He's not attractive or desirable

Question 17:

If you could magically change your sex drive and/or some of the reasons you don't want sex as much as your husband does, would you? {Choose One Answer}

a) Yes

b) No

Question 18:

Are there things that your husband can do to increase the chances that you will want to make love more frequently? Please rate the helpfulness of each of the following statements. {Choose One Answer For Each Statement}

a) Maintain or increase his level of emotional attention to me

b) Create a context where he often shows me little gestures of love throughout the day

c) Engage in caring listening and conversation regularly

d) Help bear the burdens of household chores and tasks, or support my outside endeavors

e) Ask me how he can help me before the end of the day

f) Plan a romantic event right before he wants to have sex

Question 19:

Imagine you are sitting with your husband/significant other in a train station and a woman with a great body walks in and stands in a nearby line. Your husband/significant other glances at her several times and appears quite distracted by her. How does this make you feel? {Choose One Answer}

a) It doesn't bother me; guys will be guys

b) I find it annoying, but it doesn't hurt my feelings

c) I find it painful and wish he'd stop

Question 20:

Continuing with this same scenario... Now imagine that you could magically see inside your husband/significant other's head. If you were to find out that his thoughts were lingering on that woman's body, would you find it hurtful? {Choose One Answer}

a) Yes

b) No

Question 21:

Is this statement true or false? "My husband/significant other is incredibly important to me, and no-one and nothing else on earth can take his unique place in my life." {Choose One Answer}

a) True

b) False

Question 22:

Is this statement true or false? "Although I may not always show it well, I do deeply need, respect and desire my husband/significant other." {Choose One Answer}

a) True

b) False

Question 23:

What's the most important thing you wish your husband/significant other knew, but feel you haven't been able to explain in a way he understands: