

# for men only

National Survey of Women for For Men Only  
Survey Data as of: 6/7/2006  
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## Question 1:

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

Base = Respondents who answered question

405

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



79%

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.



21%

## 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}**

Base = Respondents who answered question

405

I can do it easily



19%

I can do it, but it takes effort



21.5%

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



36.3%

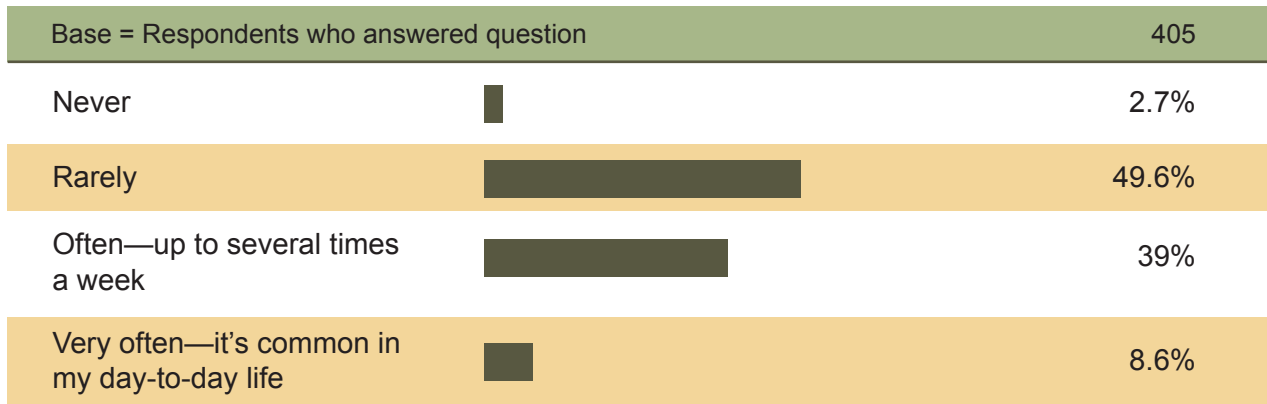
I usually can't dismiss them entirely; until whatever is causing them is resolved, those feelings are "open" and running in the background



23.2%

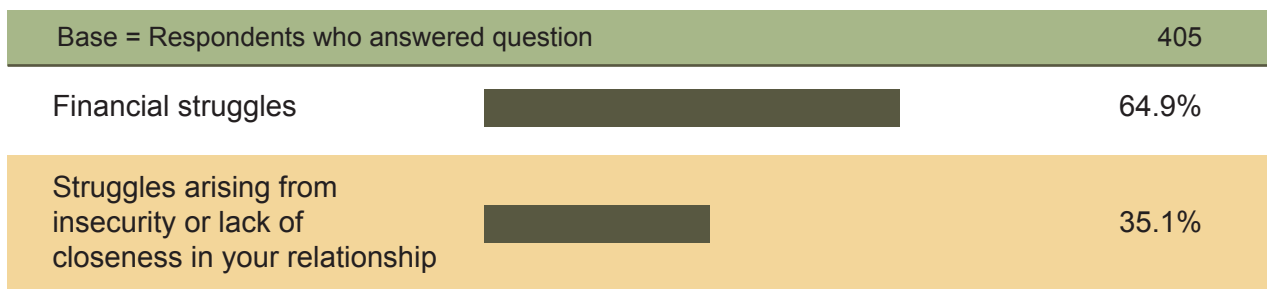
Question 3:

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}



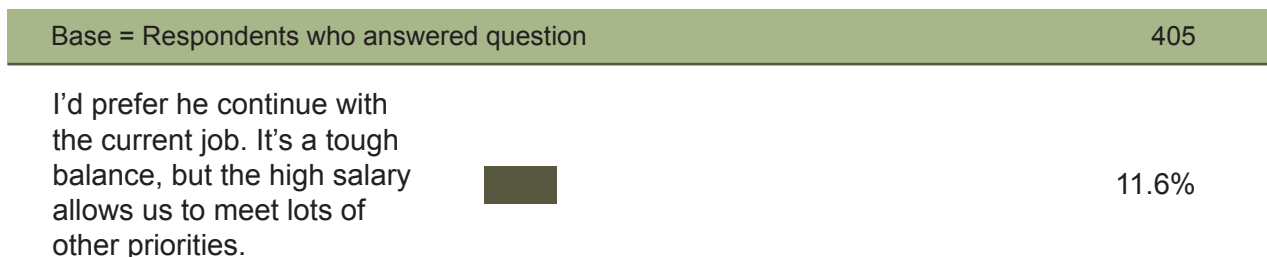
Question 4:

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



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}



|  |  |       |
|--|--|-------|
| 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 |  | 69.6% |
| I'm totally neutral  |  | 18.8% |

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}**

|   |  |       |
|---|--|-------|
| Base = Respondents who answered question                          |  | 405   |
| Never   |  | 12.1% |
| Only when we are in a really difficult season of our relationship |  | 19.5% |
| It's occasionally in the back of my mind                          |  | 25.4% |
| It's often in the back of my mind                                 |  | 24.2% |
| It's something I'm conscious of most of the time                  |  | 18.8% |





Question 7:

**Suppose you and your husband/significant other are in the middle of an emotional conflict and he eventually says he doesn't want to talk about it any further at that moment. If he were to add a reassurance that the relationship itself is okay, would that make you more or less likely to be able to give him space? {Choose One Answer}**

|  |  |       |
|--|--|-------|
| Base = Respondents who answered question |  | 405   |
| Much more likely                         |  | 43.2% |
| More likely                              |  | 43%   |
| Less likely                              |  | 2%    |
| It would have no relevance               |  | 11.9% |










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}**

| Base = Respondents who answered question |  | 405   |
|--|--|-------|
| Not at all                               |   | 4.7%  |
| Some                                     |   | 33.6% |
| Quite a lot                              |  | 54.1% |
| It solves it                             |   | 7.7%  |

Question 9:

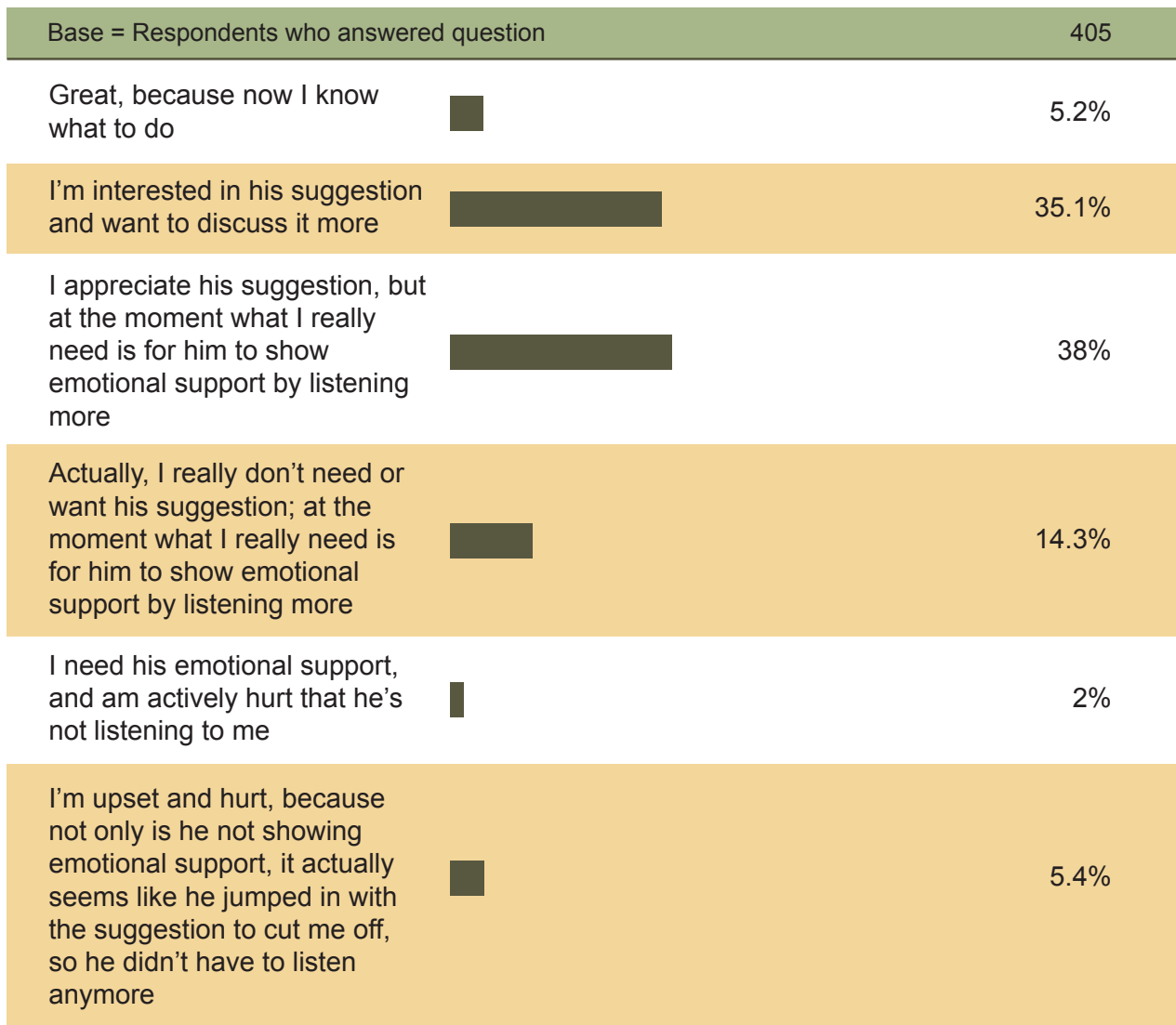
**When you are feeling insecure about his love or the relationship, which of the following are true about your feelings? {Choose All Correct Answers}**

| Base = Respondents who answered question                                     |   | 405   |
|--|---|-------|
| I need reassurance   |    | 44.4% |
| I might become quite pre-occupied until I get that reassurance               |  | 19.5% |
| I withdraw emotionally   |  | 31.6% |
| I become depressed   |  | 27.9% |
| It affects other areas of my life  |  | 34.3% |
| It confirms my suspicion that I'm not very lovable or not worthy of his love |  | 10.1% |
| I feel like I'm not valued in his eyes                                       |  | 26.4% |
| Nothing helps, I just need time to process alone                             |  | 9.4%  |
| I never feel insecure about his love or the relationship                     |  | 17.8% |

**Note:** *Because respondents could choose more than one answer, results do not add up to 100%.*

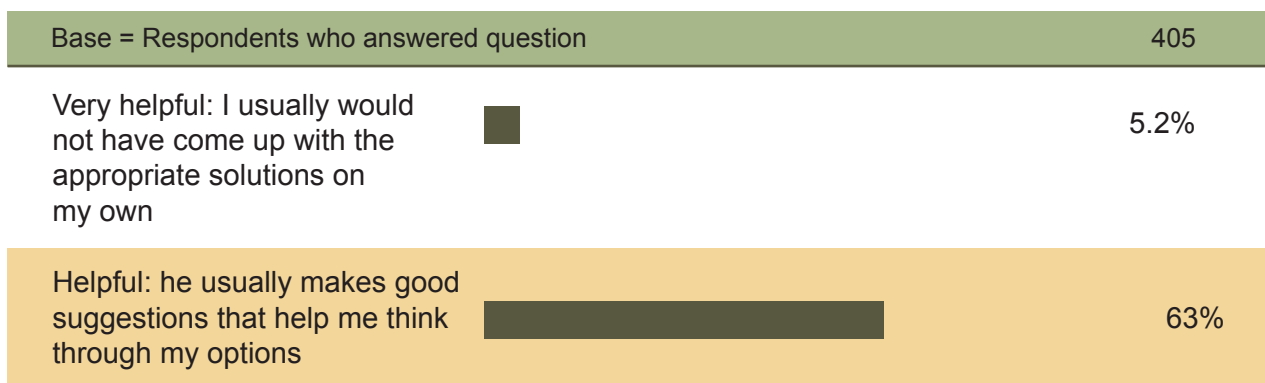
Question 10:

**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}**



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}**



|   |  |       |
|---|--|-------|
| Not very helpful or necessary: I usually think of what he suggests on my own  |  | 12.8% |
| Not helpful at all: we tend to think very differently   |  | 10.1% |
| Not helpful at all: he usually doesn't listen enough to have all the necessary details to provide the best solution |  | 7.2%  |
| Not helpful at all: he tends not to think things through  |  | 1.7%  |

Question 12:

**Many guys believe that there aren't really rational reasons when a girl's attitudes, actions, or words change from day to day. Which of the following is true of you? {Choose One Answer}**

|   |  |     |
|---|--|-----|
| Base = Respondents who answered question  |  | 405 |
| In most cases, even if a guy doesn't see it, there is a reason if I say or do things differently. And if my feelings have changed there's a reason for that, too. |  | 87% |
| There's usually no real reason if I say or do things differently from day to day.   |  | 13% |



Question 13:

**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}**

|   |  |     |
|---|--|-----|
| Base = Respondents who answered question  |  | 405 |
| 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. |  | 77% |
| 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.             |  | 23% |





Question 14:

**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}**

|  |  |       |
|--|--|-------|
| Base = Respondents who answered question |  | 405   |
| Yes                                      |  | 59.8% |
| No                                       |   | 40.2% |




Question 15:

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

|  |   |       |
|--|---|-------|
| Base = Respondents who answered question |   | 405   |
| Great; it makes my day                   |    | 27.9% |
| It makes me feel good                    |   | 61%   |
| It's nice but I don't care that much     |   | 8.4%  |
| It makes no difference to me             |  | 2.7%  |

Question 16:














**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)**

|  |   |       |
|--|---|-------|
| Base = Respondents who answered question |   | 405   |
| More often                               |  | 27.1% |
| Less often                               |  | 44.9% |
| Exactly the same                         |  | 28%   |

**Note:** We were interested to see that roughly 55% of women said they wanted sex more often or exactly the same as their husbands, which means the percent who want it less is in the minority. However, we did not have the ability to test whether the husbands of the women answering "exactly the same" were in agreement with that assessment. Therefore, we decided to deal in the book primarily with the women answering "less often," since it appears that the majority of men believe their wife to be in that category.

Question 17:

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

| Base = Respondents who answered question  |  | 182   |
|---|--|-------|
| 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 |     | 47.9% |
| 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                       |     | 29.8% |
| I may be less receptive when I do not feel supported throughout the day   |     | 17.7% |
| I'm sometimes simply too tired or stressed  |    | 59.6% |
| 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                                   |   | 34.8% |
| I don't feel good about my body or myself and would be embarrassed to be with him   |   | 16.3% |
| 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  |   | 11.3% |
| He's not good at it; it's boring  |   | 8.5%  |
| His "equipment" isn't big enough  |   | 2.8%  |
| He's not attractive or desirable  |   | 3.5%  |
| It's not enjoyable/frustrating, because I don't expect physical pleasure or don't expect to climax each time  |   | 16.3% |
| It's not enjoyable/frustrating because of physical problems or pain   |   | 9.2%  |
| I think I just have a lower sex drive than he does  |  | 60.4% |



**Note:** Questions 17-18 were answered only by women who said they wanted less sex than their husbands.; Because respondents could choose more than one answer, percentages do not total 100%.

Question 18:

**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}**

|  |       |
|--|-------|
| Base = Respondents who answered question | 182   |
| Yes                                      | 81.6% |
| No                                       | 18.4% |

**Note:** Questions 17-18 were answered only by women who said they wanted less sex than their husbands.

Question 19:

**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}**

| Statements   | Not Helpful | Helps a Little | Helps Quite a Bit | Helps a Lot |
|--|-------------|----------------|-------------------|-------------|
| Maintain or increase his level of emotional attention to me                          | 12.2%       | 14.8%          | 43.7%             | 29.3%       |
| Create a context where he often shows me little gestures of love throughout the day  | 9.2%        | 19.7%          | 34.9%             | 36.2%       |
| Engage in caring listening and conversation regularly                                | 10.9%       | 21.8%          | 37.1%             | 30.1%       |
| Help bear the burdens of household chores and tasks, or support my outside endeavors | 13.1%       | 25.8%          | 26.6%             | 34.5%       |
| Ask me how he can help me before the end of the day                                  | 15.3%       | 27.5%          | 31.4%             | 25.8%       |
| Plan a romantic event right before he wants to have sex                              | 15.7%       | 23.6%          | 29.7%             | 31%         |

Question 20:

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}

|   |  |       |
|---|--|-------|
| Base = Respondents who answered question                        |  | 405   |
| It doesn't bother me; guys will be guys                         |  | 35.3% |
| I find it annoying, but it doesn't hurt my feelings             |  | 38.3% |
| It hurts my feelings but I try not to let it bother me too much |  | 20.4% |
| I find it painful and wish he'd stop                            |  | 6.4%  |

Question 21:

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}

|  |  |     |
|--|--|-----|
| Base = Respondents who answered question |  | 405 |
| Yes                                      |  | 73% |
| No                                       |  | 27% |

Question 22:

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}

|  |  |     |
|--|--|-----|
| Base = Respondents who answered question |  | 405 |
| True                                     |  | 86% |
| False                                    |  | 14% |

**Note:** As answered by currently-married women. Among currently-married women attending religious services regularly who said their relationship was "fine" (or better), 96% answer true and 4% answer false. Raw number (including divorced and separated women) is 78.8% answering true and 21.2% answering false. Perhaps not surprisingly, nearly all "false" answers came from women who described their relationship as very shaky or on the verge of breaking up.

### Question 23:

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}

|  |     |
|--|-----|
| Base = Respondents who answered question | 405 |
| True                                     | 93% |
| False                                    | 7%  |

### Question 24:

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?

**Author's Note:** *This list is loosely categorized by type of answer, and includes answers to that question from several test surveys, as well as the professional survey. Some answers have been edited for space or deleted if repetitive, unhelpful, inappropriate or confusing. Therefore, please note that this list is not representative as to the percentage of women who answered in any given category. Read the women's verbatim answers to this question.*

### Author Note: Survey/Research Methodology

Author Note: This survey was designed with the guidance of Chuck Cowan of Analytic Focus, the former chief of survey design at the U.S. Census Bureau. The survey was conducted by Decision Analyst. The survey was of 405 women who were between the ages of 21 and 75, living in the United States, and heterosexual.

### Additional Survey Tools

- [Blank Survey for Women](#) (questions for women used for the book For Men Only)
- [Blank Survey for Men](#) (questions for men used for the book For Women Only)

### View Surveys From Other Books



If you are a print publication or media representative, and would like to arrange to receive more detail on the methodology of the survey, the demographics of the responders, or cross-tabulation data, please contact the Multnomah Publicity Department at 719-590-4999.