

Communicating with a professional was such a help when I was stuck, deeply unhappy and depressed.

## UNDERSTANDING MEN

When I finally went to see psychologist Glen A.P. I was in a disturbed state. I told him I had a list of seven things I wanted his help with. My words burst out:

“I don’t understand men. I even feared men until my mid-twenties. I am having marriage problems and want to know what to do about my marriage. I also went to work for my husband, the business failed and I don’t know what to do about getting a new job. I want to know when I am being selfish and when I am not. I think I must be very intolerant and impatient. Perhaps I am stupid? I can also turn anything into a sexual symbol, why am I like that?”

Glen listened to me, gave me an IQ test and began to talk to me for several visits.

“If I offer advice while my husband is doing something like changing a tire he flies off at me and won’t listen even though my suggestion is helpful.” I said at one visit.

Glen replied with a story

“In mankind’s early days, in days of early cave dwellers, men and woman each developed differently. In the beginning men and women lived separately. During these times a woman would only accept sexual advances from a man once a month at time of her ovulation when she was sexually available. A man learned to bring gifts of food to entice a woman to have sex with him. There was a lot of competition for desirable available women. Men began to regularly hunt for food so they could seek out any women who were available. The women soon learned that if they wanted to have food or a piece of nice venison to eat they would have to offer sex more often. As time passed women realized that if they were always sexually available except perhaps during their monthly cycle, they would be able to attract and keep a man as a hunter partner receiving plenty to eat in exchange.

“As time passed men and women began to live as couples and then later in community groups. A pattern developed where women stayed in camp tending their children while men spent most days foraging or hunting game. Men learned to be intently focused and silent to in order to track and spot prey and direct their clubs and arrows to successfully make a kill. As dark descended at close of a day’s hunting trip men would gather around a fire talking about their activity. If food was plentiful the community would stay in one place. Women could tend their children while minding the cooking fire or making clothes since they no longer needed to fend for themselves. Watching and stirring the food or turning a spit while keeping an eye out to protect their children from danger kept women busy all the while chatting with other women.

“Over time as a result men developed the mental ability for one pointed focus. Women learned to be able to multi task. Specialized functions developed in men and women’s brains according to skills they had learned. Men generally can only concentrate and focus on one thing at a time. They developed logical left brain strength as a result. Women on the other hand can pay attention to several things at once and developed right brain intuitive skills.”

As Glen spoke I caught on immediately. “Ah hah!” Don’t interrupt my husband while he is doing something. Wait until he has finished what he is doing before offering my suggestions.

Nana  
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