

Notes from *The Queen's Code* by Alison Armstrong

Allow men to finish their sentences

Be careful of comparing men to your idea of the perfect person (an idealized woman)

Notice what your criticisms are about men and how often they occur

Notice when/if you punish men for their 'misbehavior' and how you do it

"What if there's a good reason for *his* behavior?"

When men are put on the defensive they can only defend themselves, b/c they are single focused, they can not 'protect' their woman if they are defending themselves

Diminishing / Castrating (to deprive of strength, power, or efficiency; to weaken. Synonymous to emasculate) men is how women bring out the worst in men

Over time, when a man is castrated in a relationship, in a family, in an organization – even in a society – he will respond to women in a way that is opposite of his nature.

Some of his reactions will be to keep his distance instead of seeking intimacy, to compete w/ the woman, to relate to a woman (or women) from a place of fear instead of love. When castrated he experiences rage or fury.

How Women Emasculate Men

- Withhold appreciation
- Withhold admiration
- Withhold participation
- Withhold sex
- Don't let them impress you
- Compare unfavorably – be impressed by someone else
- Don't trust them
- Assume insincerity

- Don't need them for anything important to you
- Be disinterested in their passions
- Complain
- Mothering a man/ checking on him over and over / treating him like a five year old
- Expect them to act the same as girls/women
- Don't let them help you
- Demean their earning abilities
- Blow off their suggestions and ideas
- Ignore them
- Criticize them
- Interrupt them
- Rolled eyes
- Tsk or scoffing sounds
- Be impatient
- Take over something you gave them to do
- Demean their virility
- Shut down their storytelling

Women may be objectified b/c of a man feeling overwhelmed by her power / emasculated and then attempt to become in control again. A man may objectify a woman further when she emasculates his noticing her beauty, for example, and misinterprets it as objectification.

"Everything about women can overwhelm men. Because of how sensitive they are to women. Because of how fascinated and nurtured and enlivened and inspired they are by women. Because of how men need women."

Men are nurtured—literally fed energy—merely by being in the presence of a contented woman. They do not need to pay attention to her for it to matter that she is there. If she is happy, they are getting recharged.

Do not justify having emasculated a man. When you catch yourself rationalizing your behavior, stop and apologize. Then move on, don't go on and on w/ the apology. He will recover himself. Though he is vulnerable, he is not fragile.

GIVE UP CASTRATING/EMASCULATING MEN FOREVER. It frees up space for your self and leads to more connections with men.

OBJECTIFICATION:

- Reduces a multi-dimensional being to a simple thing
- Makes it/them seem more manageable
- Happens when a man is overwhelmed, feels out of control—feels emasculated
- Men can feel overwhelmed by beauty, sexuality, intellect, humor, anger, demands, etc.
- But being objectified ticks us off in the extreme—causing emasculation
- Vicious cycle!

"I am saying 'masculine' and 'feminine' because these characteristics are caused by testosterone and estrogen rather than by gender. While men tend to be more masculine and women more feminine, that is not always the case. Women can be single focused. It may wear them out, though, since they naturally have a fraction of the testosterone men have."

"The point for now is that estrogen creates a different configuration in the brain. This configuration causes what we call 'Diffuse Awareness.' I said it was virtually the opposite of 'single focus' because the feminine brain does not focus at all. Rather, the feminine consciousness is spread in every direction." We notice the socks on the floor, they step over them.

To a man NOTHING is worth doing. But MUCH is worth PROVIDING.

Men, by nature, are providers. They want to provide for those they care about. Notice what your partner provides for you, how it makes you feel and what it allows you to do. Identify the things you'd like to happen / be done by your partner, identify what that would provide for you (feelings and what you could then do) and let them know what it will provide when asking for what you want.

Allow men to provide for you. "Learning to be a brilliant, gracious receiver, in the face of everything you think it means, will require a series of transformations."

"I think the point of the feminist movement was to establish men and women as equals. With equal opportunities, equal respect and equal appreciation for our contributions to each other and our society. What if there is a world of difference between depending upon men to provide and allowing men to provide? Between the ability to do something yourself, and constantly needing to prove that ability? Men are not compelled to provide for women because they think women are

unable to do it for themselves. They respect and count on how capable we are. They simply want to provide. It gives men their purpose. What I am trying to say is ... that if they already know how smart you are, how capable you are, how competent you are, maybe you do not have to prove it all the time by not letting them provide for you."

You don't need to compete.

"The Queen's Code is about partnership. One of the biggest benefits of the feminist movement is the opportunity to be equal partners. But women will never truly be liberated, and free to be queens, until we are free of our misconceptions about our partners. Including the idea that we think the same, speak the same, and are motivated by the same things."

SEX:

"Wanting to have sex is still too puny. It almost never makes sex happen often enough or reliably enough. Healthy sex lives are too important to a vital union to depend upon sexual desire."

"It would work better if sex was based on 'providing,' which is a kind of commitment to your partner, instead of physically 'wanting'."

When you have sex based upon what it will provide for your partner, your attention is now on the benefit to your partner and your union instead of on something as unreliable as physical impulse.

Wanting to have sex is caused primarily by hormones and sexual tension.

Sexual Tension is a function of unfamiliarity or emotional distance.

Men and women both get hurt by thinking wanting is personal.

They feel rejected when their partner doesn't want to.

Wanting to have sex is an insufficient basis for a sex life.

Individuals need sex more than wanting will insure.

Unions need sex more than wanting will insure.

"Providing" is a more empowering context for a sex life.

Share what sex provides for you, as individuals and as a union.

Being specific is necessary and valuable (and a turn on!).

Share with your partner your "pumpkin hours" - the carriage turns back into a pumpkin and is not ride-able (the times in which a request for sex will cause resentment due to the sacrifice it will require, e.g. when you haven't slept enough, pre-menstrual, when focused on a project, when emotionally upset etc.) Know these times to avoid initiating during these "hours" in order to avoid anyone taking rejection personally or feeling angry b/c of the insensitivity and inconsiderateness of the other.

Make sure your partner knows what your signals are when you are trying to initiate sex. Tell them so they read them correctly.

"Fill up your own tank" by doing things for your self that make you feel good and open to sex physically and emotionally (e.g. take a hot bath, dance, swim, go to the beach, paint your nails, take a nap etc.) in order to be available to your partner fully. And identify ways your partner can support you in filling your tank and know how you can do the same for him.

Every man and woman has words, phrases and ways of being touched that will take them from zero to sixty in a mere moment. Knowing your partner's 'Jump Starts' gives you the ability to cause wanting for them. Knowing your own Jump Starts, and sharing them, gives your partner the guaranteed ability to get you going.

Book recommendation: *The Female Brain*. It was written by a neuropsychiatrist, Dr. Louanne Brizendine

Dessert: a pleasurable activity that's welcome almost anytime and may get sex started, but is not expected to.

End Game: what happens in the minutes and days after sex that expresses love and/or appreciation, leaving the partners happy to provide and participate again.

A man relates to his own needs as critical and urgent i.e. if hungry and you are cooking dinner he will begin munching on things b/c he is hungry now, not out of disrespect.

Because a man interprets his own needs as critical and urgent, he will relate the same to yours, wanting to provide you with what you are saying you need right away i.e. if you say you are hungry, he will try to get you to food asap and with bigger needs like the bathroom being painted he will defend himself if he can not meet that need immediately by telling you how long it will take for that need to be met.

If what you actually need is different from the task you are asking him to complete (i.e. taking out the trash provides you with feeling supported and stress free b/c a mess is gone), you have to tell him, using exactly that word "need". And more. You have to tie it together with being Single Focused, providing, and playing for points.

HOW TO TELL A MAN WHAT YOU NEED:

Ask for a time to talk "about something I need today/tomorrow/next week."

Keep your voice warm (but not falsely light) so he doesn't think he's in trouble.

If his body tenses up, come right out and say, "Don't worry, you're not in trouble."

Tell him how many minutes you think it will take and don't underestimate to make it seem easier.

Make an appointment. (This is because he's Single Focused and you want him focused on what you tell him. Don't attempt a 'Needs Conversation' while he's focused on anything else, like driving, dressing, eating, reading, etc.!

When it's time to talk, thank him for what a great Provider he is.

(Men play for points – this lets him know he's in a game he can win.)

Tell him what you NEED. Use that word and be specific:

When you need it, exactly, including how often if it's an ongoing need.

What it would look like. Don't assume he'll interpret words the same as you.

Tell him what receiving this would Provide for you. Be specific:

What you'll be able to be/do/accomplish/handle.

How it will make you feel and why that matters.

Ask "The Partner Question": Is there anything you need to give me what I need?

(And open your mind; it probably isn't what you'd require.)

Ask: Is there a particular way I can show my appreciation for you giving me this? (And open your mind ...)

NEEDS OF MEN:

In general, men relate to their needs as 'critical and urgent.' But there are really three categories of needs. First is what we call '**Survival Needs**', meaning that he will die eventually without them. Those are food, water, sleep and sex.

The second type of needs are the ones without which his quality of life will deteriorate rapidly. I am referring to the activities that fill his Tanks. Remember those? Without things like his car time, or his golf game, or time with his friends and loved ones, plus alone time, a man will lose specific capacities. He will not be able to be peaceful or kind or see the big picture, for example. While these needs will not be considered life threatening, a man will relate to them as important.

Be able to identify the difference between a want and a need: There is always a consequence when we do not get what we need. In our well being or our ability to function the way our commitments require.

When people have conflicting needs, what they normally do is judge the importance of their need over another's. In other words, one person's need gets invalidated. Unfortunately, invalidating what a man needs makes a woman an obstacle and an adversary. His instinct will be to attack her verbally, because his needs are 'critical and urgent.' Obviously, this will destroy harmony and partnership.

But women can invalidate their own needs as quickly. Because we already have a weak relationship to getting them met. This keeps her from being her best self, creates resentment in the long-term, and is deadly to being in love.

If you're living by the Queen's Code, you honor and protect both needs as completely valid and important. And play 'Let's Make a Deal.'

People get the greatest joy from providing what matters most. No one wants to provide merely the best option. Especially men. And we often decide what is on the 'menu' without even asking. They never have a chance to give us our heart's desire.

Find out what your hearts desire is by finishing this sentence: 'If I had it all my way'"

The process goes like this: The person who is the most upset by the situation goes first. They start by finishing the sentence, 'If I had it all my way' They must describe all their way in complete detail. When that is done, they go on to say what all their way would provide for them.

After the first person has said everything, and the second feels they understand it fully, the second person takes his or her turn.

After both sides have fully expressed their heart's desire, and what that would provide for them, the creative problem solving begins.

"Won't we end up in a fight?"

If either of you thinks the other person is against them, you will. But if you are openly protecting and advocating for your partner's needs, they will not feel like they have to defend them. A man can focus on making his needs clear, understanding yours, and solving the problem. By being on the same team, you can put your heads together to accomplish the best for both of you. The solutions are often works of genius.

They are certainly a victory of human spirit. Which is why you have to write the new deals down.

The second category, **'quality of life' needs**, women often relate to as "it would be nice..." A Queen pays attention to what her needs being met gives her, so she can be something for others. By looking at everything we need in terms of what it would allow us to be or do or give to others, we're more likely to get what we need instead of self-sacrificing. That's being the Queen instead of the Mother. And looking at your needs, from what they would allow you to be in the future, will put you in the point-of-view to receive them instead of demand them.

Ask your self who you want to be/ how you want to feel or show up and determine what you need to do for yourself to feel, be and show up in this way. And go do those things!

Women ask for too little. And demand too much.

The two possible responses to a demand are resisting or submitting.

The **third category is needs they have given up on getting.**

It could be something they need from their job. When they give up on it, they cannot put all their heart into it anymore. If they give up on something they need from their partner, the loss of confidence will have them be less passionate and generous in the relationship. Until they are unwilling to live without that need. At that point, they are compelled to go find it.

The easiest way you can tell if someone has given up on getting something from you is to ask them.

A provider thinks "I'm no good to anyone until I get..."

"Help" is another word of the 'Hero's Language'.

Men are happier to help and give assistance especially when preventative. They would rather not have to "save" due to lack of preparation (in a stressful last minute situation not an emergency). Saving someone from impending disaster almost always requires more energy than preventing it. A man will resent that extra expenditure and want to make sure it isn't required again. Men enjoy solving problems but don't want to solve the same one over and over.

Ask for help sooner!

If a man offers advice after a situation of "saving", take it. Taking a man's advice shows him that he is appreciated and trusted.

Men combine their values with the information they trust to form an opinion. This is why two men with the same information could have different opinions – by having different values that they apply to that information. Forming an opinion is a conscious and committed act.

A man vigorously defends his opinions because they are always an expression of himself. He is not merely defending a thought. He is defending himself. Understanding what an opinion is made of is the key to understanding how to listen to men.

'Listen to Learn,' as opposed to the way people normally listen to another's opinions, which is to agree or disagree. It is about the result you want. If you listen to someone expressing her or his opinion to see whether you agree or disagree, the results are predictable. If you agree, as a woman, you will feel more connected and safe. You will be compelled to tell them you agree in order that they feel the connection too.

As women, if we are disagreeing with the opinion being expressed, we mostly want whomever to stop talking about it. Because with each word, women feel more distance from the other person. And that makes women feel anxious and disconnected.

If you disagree with a man present it respectfully and do not interrupt them. When someone is stating an opinion, catch yourself in the mode of agreeing and disagreeing. It will be there because it is the human default. Then switch to thinking a question in your mind: 'What matters to this person?' Or: 'What are they showing me is important to them?' Either question will do. Listen for their values, that expression of who they are.

Listening to Learn creates understanding and intimacy.

If you say 'I have a problem' to a man, he perks up. By definition, problems have solutions. They are finite. If you say, 'I have an issue,' you will see his shoulders fall and the energy drain out of him. 'Issues' seem interminable to them.

When what he provides never amounts to more than the energy he spends, a man says, 'I can't win.' And men have been defeated by women's 'issues' for decades. Give him a problem, and truly let him solve it, and he will be happy. But spare him an issue.

"Hero" is the final word of the "Hero's Language".

To acknowledge a man as our hero requires recognition of his truly noble intentions. See the hero in every man. Ask yourself, "How is this man a hero?"

"I'm contemplating telling my boss he's my hero. For lots of reasons. And every time I think of it, I feel naked and I get a weird feeling, like my stomach is sunk in. There's a funny space below my sternum. It feels strange and kind of scary." "Yes, dear. That space is what we feel when we're being feminine. I call it an 'unoccupied space' and it's the source of women's magic."