

Men are from Mars, Women are from Venus

Men Are from Mars, Women Are from Venus is a book written by an American author and relationship counselor **John Gray**. The book states that most of common relationship problems between men and women are a result of **fundamental psychological differences between the genders**, which the author exemplifies by means of its eponymous metaphor : that men and women are from distinct planets — men from Mars and women from Venus — and that each gender is acclimated to its own planet's society and customs, but not to those of the other. One example is men's complaint that if they offer solutions to problems that women bring up in conversation, the women are not necessarily interested in solving those problems, but want mainly to talk about them. The book asserts that each gender can be understood in terms of distinct ways they respond to stress and stressful situations.

Gray writes that men and women each monitor the **amount of give and take** in relationships, and if the balance shifts, with one person feeling they have given more than they have received, resentment can develop ; that is a time when **communication is very important in helping to bring the relationship back into balance**.

- He states that men and women view **giving and receiving love differently** as regards the **tallying of individual acts of love**. According to Gray, women use a points system that few men are aware of, where **each individual act of love gets one point, regardless of magnitude** ; men, on the other hand, assign small acts fewer points, with larger blocks of points going to what they think are big ones. To a woman, the emotional stroke delivered by **sincere attention** is as important as the value of the act. That can lead to conflict, when the man thinks his work has earned him, say, 20 points and deserves corresponding recognition, while the woman has assigned him only 1 point and recognizes him accordingly. The man tends to think he can do **one Big Thing** for her (scoring 50 points) and not do much else, assuming the woman will be satisfied with that, and she will give him kudos. Instead, the woman would rather have many little things done for her on a regular basis, because women like to think their men are thinking of them and **care for them constantly**. That approach adds up to the strokes men are looking for.

- Another major idea put forth in Gray's book regards the difference in the way the genders **react to stress**. Gray states that when men's tolerance to stressful situations is exceeded, they withdraw temporarily, “retreating into their cave”, so to speak. Often, they literally retreat : for example, to the garage, or to go **spend time with friends**. In their “caves”, men are not necessarily focused on the problem at hand ; the “time-out” lets them **distance themselves from the problem and relax**, allowing them to re-examine the problem later with a fresh perspective. Gray holds that retreating into the cave has historically been **hard for women to understand**, because when they become unduly stressed, their natural reaction is to **talk with someone close about it** EVEN IF talking doesn't provide a solution to the problem at hand. That leads to a natural dynamic where the man retreats as the woman tries to grow closer, which becomes a major source of conflict between them.

 - As a third example, the “**wave**” is a term Gray uses to describe a natural dynamic that is centered around a **woman's ability to give to other people**. He writes that when she feels full of love and energy to give to others, her wave is stable. When she gives of herself, but **doesn't receive adequate love and attention in return**, her wave becomes unbalanced, cresting and eventually crashing. Then, a woman needs the attention, listening, understanding, and **reassurance of those around her**. Gray holds that once she is rejuvenated by getting the support she needs, her wave is able to build and rise once again, with abundant love and energy to give. Men, advises Gray, should support that natural cycle by not being threatened by it or telling her why she should not feel that way.
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