

DISCUSSION & REVIEW QUESTIONS:

- At the beginning of the video, Ms. Armstrong shares with us that, "...I've come to realize that a key to a happy relationship with the opposite sex is to recognize that we have two natures. One I call "human animal" and the other "human spirit." How, exactly, do you think recognizing the two natures is key to a happy relationship? Why do you think that people have these two natures- what purpose does it serve to have two natures?
- We later learn that, "For the masculine, survival depends upon one's ability to produce results. So the masculine will feel safe and secure when they have the greatest opportunity to produce results." Why do you think that this is the case? What are some examples you can think of that reflect this truth that men need to feel productive?
- In contrast to the masculine, Ms. Armstrong then informs us that, "The feminine on the other hand, experiences safety and security when she feels connected, when she's getting the attention and the interest that she needs from the people around her that give her a nearly constant sense of being connected and therefore safe and secure." Why do you think that this is the case? What are some examples you can think of that reflect this truth that women need to feel connected?
- Ms. Armstrong then points out that, "...by understanding these ways that we antagonize each other's instincts, we can behave in a way that instead brings out the best in each other." What exactly does she mean by this? What are some ways that the sexes antagonize each other's instincts? What are some ways that they can overcome such antagonizing?
- Ms. Armstrong further concludes that, "By understanding the differences in the way that men and women think, communicate, process information, and solve problems, men and women can learn to bring out the best in each other instead of causing an attack of human animal." It is often noted by those who study such topics that 'men tend to focus on doing, while women tend to focus on being.' What are some other differences between the fundamental nature of the sexes that are important to be aware of and react to in order for them to harmoniously cooperate with each other? Why is it so important to work towards bringing out the best in each other rather than antagonizing the 'human animal' nature of the opposite sex? What else is necessary for the opposite sexes to effectively relate to and exist with each other?

EXTEND THE LEARNING:

CASE STUDY: Cell phone addiction

INSTRUCTIONS: Read the article “The Amazing Thing That Happened When I Locked My Cell Phone In My Car,” then answer the questions that follow.

- What happened to Mrs. Kindred that clearly caused what Ms. Armstrong would characterize as ‘tension?’ Besides not being a man and not wearing camouflage, what made Mrs. Kindred ‘stick out’ at the gas station restaurant?
- Was Mrs. Kindred worried more about ‘doing’ or about ‘being?’ What was the root cause of her ‘tension?’ What nature and instincts were being triggered by this situation? Do you think that Mrs. Kindred’s husband would have had a similar reaction to the same situation? Why or why not?
- Mrs. Kindred recalls being angry, essentially, at not having access to social media, email, and other means of communicating via her phone. In what ways does her ‘tale of woe’ reflect Ms. Armstrong’s assertion that women need to feel connected to feel safe and secure? Do you think she is addicted to her phone, or to feeling hyper-connected to the world? Explain.



QUIZ

UNDERSTANDING MEN AND WOMEN

1. The reason why men and women see things differently is:

- a. Because they are not only biologically different: Men and women have different needs for feeling safe and secure.
- b. Because other than being biologically different they are exactly the same: their needs have become different because society and culture made them think differently.
- c. Men and women do not think differently: the human animal in them causes them to lash out at each other.

2. According to Alison Armstrong:

- a. Human Animal is the elevated part of us (our bad instinct) and Human Spirit is the primitive part of us (our good instinct).
- b. Human Spirit is the elevated part of us (our best selves) and Human Animal is the primitive part of us (our instinct).
- c. Human Animal is our primal instinct and Human Spirit is our need to feel safe and secure.

3. Generally, women will feel safe and secure when they:

- a. Produce results and feel safe and trusted.
- b. Feel connected and get the attention and interest they need from people around them.
- c. Watch television and relax without any interruption.
- d. Get nice gifts.

4. The instincts that antagonizes the opposite sex highlighted in this course are:

- a. Men are often single focused causing women to feel ignored.
- b. Men often need space causing women to be aggressive.
- c. Women are often accurate in details causing men to need their space.
- d. Women are often single focused causing men to feel ignored.

5. If a woman hears her husband telling a story that is inaccurate, she should immediately correct him and make sure that all the details are factually based.

- a. True
- b. False



QUIZ - ANSWER KEY

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http://www.huffingtonpost.com/teresa-kindred/cell-phone-addiction_b_8786500.html

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THE BLOG

The Amazing Thing That Happened When I Locked My Cell Phone In My Car

[Teresa Kindred](#) Blogger at NanaHood.com Author of several books and public speaker at women's events.
Wife, mom, nana and dog lover.

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This morning I had a list of things to do that stretched from one end of a football field to the other. I grabbed my phone, my list, my purse and the dog, and headed out before 8 a.m.. I dropped the dog at the groomers and decided to stop for gas and a coffee. That's when my day went astray.

As I got out of my car I remembered my daughter telling me to lock the car manually because a friend of hers had her car broken into when she used the automatic key chain to lock her car. It seems burglars have the ability to block the lock, and so even if you think you locked it, you haven't. The second I hit the lock and shut the door I had a sinking "Oh no" feeling. I looked back in my car and sure enough, there were the keys, my phone, my list and my purse.

Now what? I had seven dollars in my pocket. That didn't give me many options. I bought a large coffee and asked the girl behind the counter if I could use her phone. She had to ask her boss, but the boss said yes and I called my husband. He ignored my first call (he was at work and it was a strange number) and it went to voice mail. I tried again. This time he answered.

He listened to my tail of woe and told me to call OnStar.

"I can't," I said.

"Why not?"

"Because I canceled it."

"Why did you do that?"

"I did it to save money. Can we talk about why I did it later? Just please call them and have it turned back on so I can get out of here."

"Ok, sit tight."

What else was I going to do but sit tight? The gas station had a restaurant attached to it so I found a table close to the door and sat down to wait. I felt a tad bit out of place. It must have been hunting season. Not only was I not a man, I wasn't wearing camouflage and wolfing down sausage and biscuits. I stuck out like pole dancer at a church social. I listened to stories about the size of racks (I think they were talking about antlers, but really not sure) and tales of the big one that got away.

A lady tapped me on the shoulder. "Are your keys locked in your car?"

"Yes," I said.

"Your husband's on the phone."

She handed me a portable phone and left.

"Is OnStar going to let me in my car?"

"No, they don't let people in unless they are calling from inside their car. You could be a burglar. I'm calling the boys and they'll bring you the spare set."

I went back to sipping coffee and listening to hunters telling stories while I waited. I was so mad the steam coming off the top of my coffee could have been coming out of my ears. How could I have been so stupid?

And then it hit me. I wasn't really mad about being locked out of my car (although that was an inconvenience) I was mad that my cell phone was locked in my car. I couldn't scroll Facebook or other social media. I couldn't check my email. I couldn't even call someone or text without asking to borrow a phone. Without my cell phone I felt like I was sitting in that restaurant stark naked and I didn't like it one bit.

I started thinking about how attached I was to my phone. It goes with me everywhere. I'm never without it. I even take it to the bathroom. Once I dropped it in the toilet and that was not good, but since then I've been more careful to keep the phone in my hand and not my back pocket. I make pictures of recipes and look at it while I cook in my kitchen. I am NEVER without my phone.

I looked around at the camouflage men. They weren't looking at phones. They were either looking at each other or their food. The waitress was working and looking at her customers. Wow! They were making eye contact with other human beings and not playing on their phones. How did they do that?

Cell Phone Addicts Anonymous

The first step in solving a problem is admitting you have one and I do. I am addicted to my cell phone. Some where there is a recovery group for cell phone addicts, or if there isn't one, there will be soon. I suppose I should join but I really don't have the time or inclination.

For almost an hour I sat at a table and people watched just like I used to in the old days before cell phones. I saw some interesting characters, heard some great hunting stories, even ran into some friends I hadn't seen in ages who offered to take me home but I declined because my sons were on the way.

When my sons arrived with my keys I thanked them and unlocked my car. My list of things to do was still there, and so was my purse. I waved goodbye to my boys and put the keys in the ignition but before I started the car I checked my cell phone.

After all, I might have missed a call or a message.