

Stephanie: The battle of the sexes. This is Stay Happily Married, Episode number 214.

Announcer: Welcome to Stay Happily Married. Your source for weekly updates on the latest tips and advice to build a happy and healthy marriage.

Stephanie: I'm Stephanie Lockwood, and I'm your host today. Welcome to the show. Is it possible for a woman's feminine wiles to improve a relationship? Relationships today are far different than they were 100, 50, or even 20 years ago. Our society has evolved so much in the past several decades that traditional gender roles, those that had been assumed since the dawn of time, have all been but discarded. With new roles for men and women, new challenges keep cropping up. We all know that there are biological and emotional differences between the sexes, which can cause relationship problems on their own, but what about the battle of the sexes?

We hear about the battle of the sexes in the workplace, but we really don't consider whether it overflows into our personal life. Does it have an impact on the ways men and women interact with each other, the relationship choices and ultimately, our society? Who better to answer those questions than Kongit Farrell, a strategic life and relationship coach. She worked with Pacific Clinics for four years as a mental health therapist for clients with severe and persistent mental illness. Kongit is the author of "She's Worth the Chase! Ten Qualities Gamma Males Adore in the Women They Pursue and Marry," and currently devotes her time to building her practice in Los Angeles. Welcome to the show, Kongit. I'm so glad you could join us.

Kongit: Thank you so much for having me. I'm so excited to be here today.

Stephanie: Good. We're very glad to have you. Our ways of life are very familiar to us now, but it's important to note that we weren't where we are today without the efforts of pioneers and feminism. Could you tell me a little bit about how the feminist movement changed the playing field?

Kongit: There's a couple of ways, of course, and I'm most concerned and I'm interested in how it affects relationships. For the first time in the history of humanity, when the feminist movement occurred and women moved out of their domestic roles and into the workplace and into the world, into actualizing themselves as individuals, they also began to compete against men for resources. This is the first time that's ever happened in the history of humanity because it's been a man versus man fighting to secure resources that he even provides for his family. This is the first time there was an actual split between men and women, and they began to compete with each other for resources. It's kind of deep when you think about it. It led to what I would say is an unconscious and/or underlying antagonism in our [inaudible 03:17], this whole notion of, "There's a battle between the sexes," sprung up after this movement.

Stephanie: This antagonism between the sexes, how does it affect current relationships that are going on between men and women?

Kongit: I think, again, it's like an unconscious underlying thing. You go into the workplace and you're competing with men for jobs and you put on your battle hat and you think, "It's me against the world." Then you might have a date later on, and if you're not conscious of this "I'm battling men in the workplace for resources," then you go out on dates, it might spill over a little bit there. Unconsciously, you may be thinking, as you're on a date, "What is he trying to do for me? What is his agenda? Is he going to try to prove that he's better than me?" All of these competitive ideas. That's extremely damaging when you're looking to build a healthy and harmonious relationship with someone that you're looking to as a life partner.

A foundation of antagonism isn't what you want. I see that a lot in my practice and working with clients. We talk for a few minutes and I just say, "What's going on in your relationship?" I scratch the surface, and then I come up with these beliefs here. "Men are dogs. Women are gold diggers, this, and they're out to get me." It's so disconnected and antagonistic. That was a starting point for the research and then, working backward, I was like, "Ah ha, these other social issues come into play as well."

Stephanie: What kinds of problems does this baggage cause in relationships? Are there specific issues that you can attribute to the battle of the sexes that manifest themselves in ways that cause these couples to seek you out, and that you see these patterns within these partners?

Kongit: The first glaring one is that there are a lot less relationships. The antagonism, the distrust leads to people being very reluctant to engage relationships in the first place. Any substantive relationship, they avoid it and go for a nice dance and emotionally detached. Relationship is a big part of this, too, and, of course, ignorance, just to an understanding of the human animal. Example, when our [inaudible 06:02] are jeopardized. We have more to risk by having casual sex and just in terms of biology, we could get pregnant. Pregnancy, it's a wonderful gift and a blessing, but it's also something of a temporary disability that women go through. When you don't have a supportive partner, or don't have a support system there to help you with the process, getting pregnant can be a big setback in your life, versus men don't have a biological consequence for pregnancy.

Women who are aware of that can be a little more discerning about their mates and wanting to select mates who have resources. They're seeking to protect their eggs, to make sure that they have [inaudible 06:57] when they go through this process, this natural process. A lot of times these women are looked at in this light. They're called "gold diggers," but why would it be bad for a female to be intelligent and selective about her mates and consciously select a mate with resources to be there to provide for her when she's going through this physical disability period called pregnancy? If you look at it from a biological perspective, you would say, "Maybe she's not a gold digger, maybe she's just an intelligent female animal. That kind of ignorance just to the biological processes of the human animal contributes to this reticence.

I find that, a lot of times in coaching, the first step is [inaudible 07:51] patient, who are you as a female, or a male animal? Also with the opposite sex, too. What is a male

animal? What is a female animal? When you understand who individuals are also as animals, there's a light that goes off. "Ah, maybe she's not a gold digger. Maybe, she's just being an intelligent female animal." Then there opens the door for relationship building.

Stephanie: Naturally, stereotyping is wrong and in many cases stereotypes are incorrect anyways. What you're saying is that it's a subconscious bias that actually causes these problems. We've been talking about how those problems affect relationships and marriage, but now I'm curious, how do these issues affect single people and society as a whole?

Kongit: First, I think I like to point out that stereotyping in and of itself is probably not bad, it's a natural process. We're categorizing animals. It's like a mental shortcut that we need. We can't hyper-analyze every single thing that happens in a day, so it's a shortcut. What we have to do, though, is be very careful about the meaning we assign to the stereotypes that we give because some stereotypes can be very [inaudible 09:07]. And then we can make a whole bunch of thought mistakes, and those mistakes can lead to poor relationships. Again, the gold digger example, it's like a stereotype, but it's rooted in a certain ignorance. Once you learn the reasons behind them, behavior sheds a light.

You're just careful about it, your stereotypes. You can have them. How this is playing out for American culture, which is glorified and kind of frightened about is that it's eroding our country and, I mean, the economic perspective because there are fewer marriages, there are more single parents. It's harder to raise children. It's harder to survive on one person's income, so there are all these one parent households that are at the poverty level essentially. Our economy is struggling and I believe this could be removed if there were more marriages, if men and women were committed to the institution. If they were more [inaudible 10:20] with each other, it would mean an improvement for families in our country. It would mean an improvement for the economic situation in our country, and I'm waiting for more politicians and theorists to see this correlation and understand that having a culture that doesn't... It's a tricky thing.

I don't want to condemn what happened in the feminist movement. It was a wonderful movement. It was just wonderful, but we have to take the next evolutionary step, which is to say, "We're great women and individuals, but we also have a logical role as women and wives and mothers, and we need to figure out how to incorporate the two because the whole, "Women, I can do everything on my own. I can raise my kids. I can work." It's exhausting, and it's not necessarily good for the kids from an economic perspective. I don't want to get political, but just keep it at an economic perspective for today. So that's a big issue. An economic hardship is a big issue for your children. It goes from the access to education that they have to the time and ability they have to pursue that education, which will, of course, lead to [inaudible 11:55] in society. It's really a complex matrix.

Stephanie: That can be hard on society as a whole, and that's where you come in. How do you help individuals and couples who come to you?

Kongit: The first, most important thing to do is educate people to one of my fundamental concepts, which is the difference between the individual and the biological self. Your individual personality, what you do in the world, that kind of thing. It's a bit more subjective, and so your logical self is, that is either female or male, and it is objective, it is [inaudible 12:39] oriented, and it's to be the same for the rest of your life. By educating people on who they are and their biological selves and their individual selves, I can give them tips and pointers and suggestions for how they can improve their relationship by improving that biological self. That biological relationship that they have with another male or female animal, so that whatever conflicts arise, just be personality based, as opposed to you're in a fundamental biological conflict with another. That's the first thing.

Usually, when I start the education process, it's not rocket science. You can look at your own body and go, "That makes sense." You can do that. Then it really changes and then when they start to put some of the suggestions in practice, lo and behold, it continues to change and rapidly improve the quality of [inaudible 13:39] relationships.

Stephanie: Essentially, you help women connect with their femininity so they can develop better relationships with their mates. The original feminist movement started a series of conflicts that both sexes had to fight their way through in the past. Is there any hope in sight, or do you believe that there will always be a battle of the sexes going on?

Kongit: I most certainly hope not.

Stephanie: It can be exhausting.

Kongit: That's a part of my life work, is to help men and women understand, "There's no battle here" The man and the woman are a part of what's called the fundamental life system. You are a part of a system, and this is the primary system that creates life, that perpetuates the human species. Why do you feel as though you need to be in conflict with your partner in [inaudible 14:35] creation, is a little strange. It's a little worrisome from an evolutionary perspective, for the preservation of our species, that the two members of the fundamental life giving system are so much in conflict and at odds with one another. I do think that there is hope. We step away from this paradigm of battle and move more into a paradigm of harmony, and I think that comes from education, understanding who the female and male animals are, from an objective level and then constructing relationships that are in harmony with the understanding of our biological selves.

That way, the conflicts then become personality conflicts. "Oh, you're in a bad mood. That's OK, honey," as opposed to these wars over who's a better nurturer and who's a better provider. We don't need to be fighting over things that we can see with our bodies. For an example, women have breasts. The breasts produce milk, the milk feeds the baby. A part of that essential character is that of a nurturer. You nurture from your breast. If that's not a part of your personality, there's going to be some conflict.

Stephanie: Exactly.

Kongit: You see what I'm saying? It's really just the re-education process. I have a lot of hope, a lot of hope.

Stephanie: You've written a book and it's called, "She's Worth the Chase! Ten Qualities Gamma Males Adore in the Women They Pursue and Marry." What exactly does this book contain, and what can we learn from it?

Kongit: It's a book that discusses biological differences that starts between males and females and how you can use that information to put your personality a little more in line with those biological characteristics in order to create more harmonious relationships. It gives specific tips and suggestions for that. It also talks a little bit more about what we were discussing about the effects of the feminist movement and the sexual revolution and what they've done to relationships in America. Of course, I don't just leave you out there with theory, I do offer specific strategies that you can use to begin to realign yourself with your biological self and it's the start of a journey, a transformative journey and a healthy relationship.

Stephanie: You've given us a lot to think about and digest today about the battle of the sexes. Is there anything else you think our listeners should know before we leave today?

Kongit: I would say, don't forget that you live in planet earth in the third dimension and always be contained within this [inaudible 17:39] call your body, and that biology and natural processes are something for you to consider when you think about things like love and sex and relationships because biology will always be a part of that. Learning about that, learning about who you are as a human animal is a wonderful starting place in a re-education for your [inaudible 18:02] for a future healthier relationship, and have hope. You're here to help. I'm here to help. Let's do this. Let's end this battle of the sexes and bring harmony again to the fundamental life giving that exists between man and woman.

Stephanie: Thank you so much for taking the time and being on the show with us today. We are glad to have you here.

Kongit: I'm so happy to be here and thank you so much for letting me talk about the book.

Stephanie: To find out more about Kongit Farrell and her practice, I Evolve Transformational Services, you can visit her website at kongitfarrell.com. That's K-O-N-G-I-T F-A-R-R-E-L-L. We're going to go ahead and put a link to that up in our show notes on the website. To book an appointment with Ms. Farrell, you can always give her office a call at 1-800-967-9416. Thank you so much for joining us today, and I hope you'll join us again next week. For more information about this show and future episodes. Feel free to visit us at stayhappilymarried.com. I'm Stephanie Lockwood. Until next time, stay happily married.

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