



## Exercise: The Masculine & Feminine Balance

Rate yourself on a scale of 1-10 for each of the following areas of your life: work, friendships, relationships, and your alone time/your relationship with yourself.

It might be helpful to think of it in terms of what percentage of your time do you spend in activities at one end of the scale or the other.

Go with your first gut reaction without over thinking the exercise.



## **Work**

Logical 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Emotional

Head 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Heart

Provider 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Receiver

Linear 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Creative/Abstract

Independent 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Collaborative

Analyzer 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Intuitive

Leader 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Supporter

Action Oriented 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Passive

Focused 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Scattered

Completion 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Process

Initiator 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Surrender

Protector 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Nurturer

Wants respect 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Cherished



## **Friendships**

Logical 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Emotional

Head 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Heart

Provider 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Receiver

Linear 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Creative/Abstract

Independent 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Collaborative

Analyzer 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Intuitive

Leader 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Supporter

Action Oriented 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Passive

Focused 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Scattered

Completion 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Process

Initiator 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Surrender

Protector 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Nurturer

Wants respect 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Cherished



## **Relationships**

Logical 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Emotional

Head 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Heart

Provider 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Receiver

Linear 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Creative/Abstract

Independent 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Collaborative

Analyzer 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Intuitive

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Initiator 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Surrender

Protector 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Nurturer

Wants respect 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Cherished



**Alone Time/Your Relationship with Yourself**

Logical 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Emotional

Head 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Heart

Provider 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Receiver

Linear 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Creative/Abstract

Independent 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Collaborative

Analyzer 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Intuitive

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Completion 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Process

Initiator 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Surrender

Protector 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Nurturer

Wants respect 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Cherished



## **AVERAGES**

Add up the numbers you chose for the qualities in each section and divide by 13 (number of qualities) and circle the corresponding number below. We will take a look at how you rated yourself later.

### **Work**

Masculine 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Feminine

### **Friendships**

Masculine 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Feminine

### **Relationships**

Masculine 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Feminine

### **Alone Time/Relationship with Yourself**

Masculine 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Feminine