

Basics
About the
Typical
Adult *Female* Human

William Macniven-Moore, Ed.D.

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Basics About the Typical Adult Female Human
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In Loving Memory of my Sister

Diana Gay Lybarger

who spent time during my childhood teaching me to count, the alphabet and how to read. I am especially appreciative of her having taken the time to sit at my bedside to chat and answer questions I had as I recovered from Legg's Perthes disease during my middle childhood. Then, upon my recovery, she continued to connect with me to explain things she knew about life and relationships with others until she passed during my mid teenage years.

December 23, 1933 – October 21, 1955

and

With Great Gratitude for my Sister

Nina Frances Zlock

who spent hours reviewing and proof reading the multiple drafts of this booklet making grammatical corrections and suggestions (she was a former High School English teacher). Through my upper teens and adult life she has always been there for me when I needed an honest opinion or perspective on an issue.

March 4, 1928

ACKNOWLEDGEMENTS

Many individuals (26 in number) willingly contributed to bringing this booklet to its present level. Because several reviewers preferred not to be acknowledged by name, I have chosen not to list anyone by name. However, they include family members, close personal friends and professional colleagues. Reviewers of both genders ranged in age from their mid twenties to those in their senior years and across the spectrum of careers and levels of relationships. It is with heartfelt thanks that I recognize each and every one of them – albeit anonymously – for their insight, thoughts and suggestions that are clearly the product of their own life experiences.

PREFACE

Guys, ever wonder how women think?...Why they act the way they do?... Why they say the things they say?...Why they may sometimes seem or be unpredictable? Well, this booklet is an attempt to explain at least some of their thinking and behavior and its impact on our relationships with them. The booklet includes a brief background and a blend of observations and perceptions of women based upon my clinical education, clinical services and life experiences. It also includes a listing of suggestions she might have for you when sharing a home and family life. Once you have read through and become familiar with its content, you should give it to your woman and ask that she carefully read and indicate how important each item in the **Observation** and **Suggestion** sections is to her. When she has finished doing this the two of you should share and discuss her responses and clarify any issues or concerns either of you may have. This discussion should help to bring the two of you closer together in a genuine, more understanding, more supportive, more loving, long term, and caring way.

My intention in compiling these things is to provide a **tool** for a better understanding of - and communication with – your woman. This tool's *primary* purpose is to provide a structured frame of reference for discussing mutual expectations, perceptions, common issues, and possible misunderstandings that we men and our women may encounter from time to time. It is *not* intended to provide a full or complete review of those things but is intended to serve as a starting place for discussion.

My hope is that all users of the booklet will find it easy to read, and easy for women to share with their men what is truly most important to them in a relationship. The driving force behind drafting and making this booklet available is this:

The most important job in the world is being a good parent!

...And being a good parent can be, and usually is, a **significant challenge!** If a couple has a genuine, more understanding, more supportive, more loving, long term, committed and caring relationship, they will be far more likely to be **the team** needed to meet the challenges of parenting effectively. If children are *not* a part of the relationship, the process in using this booklet should be just as useful in bringing you closer and finding true meaning in your relationship.

Please recognize before reading further -- women's bodies and brains are somewhat, if not *considerably*, more complex than our own! They have to be in order for the majority of them to perform Nature's complex mandate that they assume primary responsibility for bearing and nurturing the young of our species and caring for others in need! This fact likely accounts for many of the misunderstandings you and I share in relationships with the women in our lives and likely their misunderstandings of us as their men. Not all women pursue a maternal career, whether by choice or circumstance. A few will choose a kind of career they feel is better suited to their needs, personalities, skills and/or temperaments. Or, they may choose to combine a maternal role *and* work outside the home. Ultimately this should be *her* decision if you want her to become and/or remain the woman you want and need in your life.

Ladies:

This booklet should help you to explain for your man at least some things about you that he may have difficulty understanding or, simply doesn't understand. So, I have written a *Background* and compiled a list of relatively common *Observations* and *Suggestions* found to be important for "typical" adult women in a workbook format. (I **do** recognize there are few, if any, "*typical*" women). The idea here is for you to go through the booklet and rate the importance of each of the Observations and Suggestions for you, and add *your* thoughts to help personalize your rating of each item that you would want him to know about you.

There is also space at the end of both major sections for you to add *your own* special or unique items that you feel he should know. When finished, you and your man should set aside time to sit down together and go through your responses. This time can be -- for you and for him -- a structured and organized opportunity to clarify what it is **you** need to help or enhance your relationship and what you can offer in return. This setting also provides an opportunity for him to share with you what it is **he** needs and what he can offer in return. With this better mutual understanding you are both better prepared to make and enjoy a long-term, fuller, more loving, monogamous, committed relationship with... "The one for you!"

From the moment you begin to enter your personal responses in this booklet, it becomes *your personal property* with very intimate and personal thoughts and preferences. Please be sure to keep and store it in a safe and secure place where only you will choose when and where to use or refer to it.

Guys (again):

This is not to suggest that discussing what *you* need in the relationship is off limits! However overall, we men are significantly less complicated and are generally easier to please in a relationship...(note: there are exceptions!). Indeed, this could be an ideal time for both of you to enter into your discussion in a kind of “2 – Way Sharing “...a sharing that considers what each of you currently needs and can offer. This sharing should be done on a regular or periodic basis to maintain your sense of connection! You ask, “Why?” ... Because, very few of us are who we were a year ago; 5 years ago; 20 years ago; etc. We *all* change over time and it is in ***communicating regularly*** that we can better establish, nourish and maintain our relationships in an ever changing life with that *Special One!!!* After all is said and done, it is the sense of “***Relationship***” that brings and holds most of us together as companions – even partners - and can provide for each of us a deep sense of purpose and meaning as we journey along on life’s path.

Please understand, from the moment your woman enters her responses to this booklet, it becomes ***her personal property***. As such, if you want her to be honest in her responses for discussion, you *must* respect her wishes in how she chooses to keep and store it in a safe and secure place and choose when and where to reveal or use it! She may choose to leave it with you. If she does, the content *must* remain strictly between the two of you if that is her wish. The extent to which you respect the booklet and its information as her personal property, is the extent to which you will help build the ***trust*** you need for your relationship.

To others:

The contents of this booklet might apply - at least to some degree - to same gender and transgender relationships. For these kinds of relationships each reader might consider which perspective is most comfortable for interpreting and using the *Observations* and *Suggestions* given in this booklet. Or, you can totally disregard gender identity differences and use them *without any* regard to biologic gender. Relationships are relationships. Love, Support, Understanding and Connection are *all* integral parts of the goal here...that's a ***"Relationship!"***

