



WELLNESS WORKSHEET 37

Gender Roles

In the spaces provided below, list 10 characteristics and behaviors that you associate with being male and female in our society.

Male

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Female

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Circle the numbers of 10 characteristics from the 20 that you feel best apply to yourself.

Did you choose any characteristics from your list for the other sex? If so, how many? _____

If you found most of the characteristics you chose for yourself were from your list for your own sex, are there any characteristics from the other list you wish you did have? Do you feel our society's definitions of gender roles are preventing you from behaving or developing in the ways you'd most like to?

(over)

WELLNESS WORKSHEET 37 — continued

If the characteristics you chose for yourself were a mix of both lists, what do you think your description of yourself indicates about the prevailing ideas about male and female characteristics you described for our society? How valid are they?