Born to Be Different?
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Some years ago, when my children were very young, I cut a cartoon out of a magazine and taped it to my refrigerator. It showed a young couple welcoming friends over for Christmas. The hosts rather proudly announce that instead of dolls, they have given their little daughter her own set of tools. And sure enough, the second panel shows their little girl playing in her room, a wrench in one hand and a hammer in the other. But she’s making the wrench say, “Would you like to go to the prom, Barbie?” and the hammer answer, “Oh, Ken! I’d love to!”

Oh my, did that cartoon strike a chord. I grew up with *Ms.* magazine and the National Organization of Women and a firm belief that gender differences were *learned*, not inborn. Other parents may have believed that pink and baby dolls and kindergarten teaching were for girls, and blue and trucks and engineering were for boys, but by golly, my kids were going to be different. They were going to be raised free of all that harmful gender indoctrination. They were just going to be *people*.

I don’t remember exactly when I began to suspect I was wrong. Maybe it was when my three-year-old son, raised in a “no weapons” household, bit his toast into a gun shape and tried to shoot the cat. Maybe it was when his younger brother nearly levitated out of his car seat, joyously crowing “backhoe!” upon spotting his first piece of earth-moving equipment. Maybe it was when my little daughter first lined up her stuffed animals and began teaching them their ABC’s and bandaging their boo-boos.

It wasn’t that my sons couldn’t be sweet and sensitive, or that my daughter wasn’t sometimes rowdy and boisterous. But I had to rethink my earlier assumptions. Despite my best efforts not to impose gender-specific expectations on them, my boys and my girl were, well, different. *Really* different.

Slowly and hesitantly, medical and psychological researchers have begun confirming my observations. The notion that the differences between the sexes (beyond the obvious anatomical ones) are biologically based is fraught1 with controversy. Such beliefs can easily be misinterpreted and used as the basis for harmful, oppressive stereotypes. They can be overstated and exaggerated into blanket statements about what men and women “can” and “can’t” do; about what the genders are “good” and “bad” at. And yet, the unavoidable fact is that studies are making it ever clearer that, as groups, men and women differ in almost every measurable aspect. Learning about those differences helps us understand why men and women are simultaneously so attracted and fascinated, and yet so frequently stymied and frustrated, by the opposite sex. To dig into what it really means to be masculine and feminine helps to depersonalize our responses to one another’s behavior—to avoid the “*My* perceptions and behaviors are normal; *yours* don’t make sense” trap. Our differences are deep-rooted, hard-wired, and present from the moment of conception.

To begin with, let’s look at something as basic as the anatomy of the brain. Typically, men have larger skulls and brains than women. But the sexes score equally well on intelligence tests. This apparent contradiction is explained by the fact that our brains are apportioned differently. Women have about 15 percent more “gray matter” than men. Gray matter, made
up of nerve cells and the branches that connect them, allows the quick transference of thought from one part of the brain to another. This high concentration of gray matter helps explain women’s ability to look at many sides of an argument at once, and to do several tasks (or hold several conversations) simultaneously.

Men’s brains, on the other hand, have a more generous portion of “white matter.” White matter, which is made up of neurons, actually inhibits the spread of information. It allows men to concentrate very narrowly on a specific task, without being distracted by thoughts that might conflict with the job at hand. In addition, men’s larger skulls contain more cerebrospinal fluid, which cushions the brain. Scientists theorize that this reflects men’s history of engaging in warfare and rough sports, activities which bring with them a high likelihood of having one’s head banged about.

Our brains’ very different makeup leads to our very different methods of interacting with the world around us. Simon Baron-Cohen, author of *The Essential Difference: Men, Women and the Extreme Male Brain*, has labeled the classic female mental process as “empathizing.” He defines empathizing as “the drive to identify another person’s emotions and thoughts, and to respond to these with an appropriate emotion.” Empathizers are constantly measuring and responding to the surrounding emotional temperature. They are concerned about showing sensitivity to the people around them. This empathetic quality can be observed in virtually all aspects of women’s lives: from the choice of typically female-dominated careers (nursing, elementary school teaching, social work) to reading matter popular mainly with women (romantic fiction, articles about relationships, advice columns about how people can get along better) to women’s interaction with one another (which typically involves intimate discussion of relationships with friends and family, and sympathy for each others’ concerns). So powerful is the empathizing mindset that it even affects how the typical female memory works. Ask a woman when a particular event happened, and she often pinpoints it in terms of an occurrence that had emotional content: “That was the summer my sister broke her leg,” or “That was around the time Gene and Mary got into such an awful argument.” Likewise, she is likely to bring her empathetic mind to bear on geography. She’ll remember a particular address not as 11th and Market Streets but being “near the restaurant where we went on our anniversary,” or “around the corner from Liz’s old apartment.”

In contrast, Baron-Cohen calls the typical male mindset “systemizing,” which he defines as “the drive to analyze and explore a system, to extract underlying rules that govern the behavior of a system.” A systemizer is less interested in how people feel than in how things work. Again, the systematic brain influences virtually all aspects of the typical man’s life. Male-dominated professions (such as engineering, computer programming, auto repair, and mathematics) rely heavily on systems, formulas, and patterns, and very little on the ability to intuit another person’s thoughts or emotions. Reading material most popular with men includes science fiction and history, as well as factual “how-to” magazines on such topics as computers, photography, home repair, and woodworking. When they get together with male friends, men are far less likely to engage in intimate conversation than they are to share an activity: watching or playing sports, working on a car, bowling, golfing, or fishing. Men’s conversation is peppered with dates and addresses, illustrating their comfort with systems: “Back in 1996 when I was living in Boston…” or “The best way to the new stadium is to go all the way out Walnut Street to 33rd and then get on the bypass…”

One final way that men and women differ is in their typical responses to problem-solving. Ironically, it may be this very activity—intended on both sides to eliminate problems—that creates the most conflict between partners of the opposite sex. To a woman, the process of
solving a problem is all-important. Talking about a problem is a means of deepening the intimacy between her and her partner. The very anatomy of her brain, as well as her accompanying empathetic mindset, makes her want to consider all sides of a question and to explore various possible solutions. To have a partner who is willing to explore a problem with her is deeply satisfying. She interprets that willingness as an expression of the other’s love and concern.

But men have an almost completely opposite approach when it comes to dealing with a problem. Everything in their mental makeup tells them to focus narrowly on the issue, solve it, and get it out of the way. The ability to fix a problem quickly and efficiently is, to them, a demonstration of their power and competence. When a man hears his female partner begin to describe a problem, his strongest impulse is to listen briefly and then tell her what to do about it. From his perspective, he has made a helpful and loving gesture; from hers, he’s short-circuited a conversation that could have deepened and strengthened their relationship.

The challenge that confronts men and women is to put aside ideas of “better” and “worse” when it comes to their many differences. Our diverse brain development, our ways of interacting with the world, and our modes of dealing with problems all have their strong points. In some circumstances, a typically feminine approach may be more effective; in others, a classically masculine mode may have the advantage. Our differences aren’t going to disappear: my daughter, now a middle-scholer, regularly tells me she loves me, while her teenage brothers express their affection by grabbing me in a headlock. Learning to understand and appreciate one another’s gender-specific qualities is the key to more rich and rewarding lives together.

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