Gender Differences in Using Emotions According to Deborah Blum “Heart to Heart: Sex Differences In Emotions”, and Daniel Goleman “Emotional Intelligence”

There is an emotional difference between men and women and the way that each one of the genders expresses their emotions. It is a fact that women tend to be more emotional than men. They are more likely to speak about problems and all sorts of matters that are on their mind. These can lead to a lot of communication problems between the genders. The way we speak to each other in one of the tools for good communication. For good communication men and women should learn how to speak to each other and to talk about their problems. In their writing both Deborah Blum “Heart to Heart: Sex differences in Emotions”, and Daniel Goleman “Emotional Intelligence” are providing facts (as a result of different studies) and examples to the reason why women are different than men in this matter. Deborah Blum is trying to figure out where certain behaviors in men and women might have begun and she is doing that through evolutionary backtracking. Daniel Goleman is doing that by looking back at childhood, and to the separate emotional boys and girls inhabit while growing up, in order to solve relationships problems.

Both DB and DG are saying that the way parents talk to girls and boys when they are young is different and that is why women are more emotional than men. On page 462, DB is writing: “Some researches say that mothers teach their daughters how to use words well and how to share feelings far better than they teach their boys. ... Mothers tend to talk to girls more about emotional and to make up stories for their daughters that deal with resolving emotional conflict ... The one emotion that mothers do routinely discuss with their sons is anger, and, in that case, it tends to be about controlling behavior...” On page 131 DG is writing: “Parents, in general, discuss emotions -with the exception of
anger—more with their daughters than their sons. Girls are exposed to more information about emotions than boys. When mothers talk to daughters about feelings, they discuss in more detail the emotional state itself than they do with their sons—though with their sons they go into more detail about the causes and consequences of emotions like anger.” Both of them are agreeing that the way mothers talk to boys and girls when they are young effect their openness regarding their feelings and the way they will speak to each other in the future. When mothers talk to their children about emotions and teach them about expressing their feelings when young they are basically getting them to be more open and free to express their feeling when older.

Another reason for the emotional differences between men and women is coming from the way boys and girls were playing with each other when young. Boys tend to be more competitive and play only to win, while girls usually play for fun and to communicate with others. DB is giving Lever’s Research as an example on page 459: “Boys, more than girls, want competitive games with real winners. They also seem more comfortable with confrontation over the outcome of the games...Girls games turned out to be measurably shorter than boys. Lever saw boys arguing all the time over their games...Not once, though, did she see a boys’ game end due to an argument. ...Once again males let go of disagreements more easily than girls. Girls have a stronger emotional response to conflict.” DB’s attention is how the boys and the girls express of emotion effects their games. The boys’ game is longer and full with arguments. Girls’ game is shorter and more peaceful. DG is writing in page 131: “When girls play together, they do so in small, intimate groups, with an emphasis on minimizing hostility and maximizing cooperation. While boys’ games are in larger groups, with an emphasis on competition...” She is putting more attention to the way boys and girls react when someone get hurt. Girls tend to care more and help the one that got hurt and even stop the game because of it. While boys expect the boy that got hurt to stop crying about it and get out of the way so that the game will continue.

In order to have a good communicate with our opposite gender we need to know how to speak with each other and express our emotions. Women Always are the once to talk more about their feelings and the men are usually the silent ones. Both DB and DG are agreeing about this difference. They both agree that the way the two genders are growing
up as children have a big effect on the way they act when older. As for example, when young, mothers are talking more with emotions and about emotions with girls. While with boys it is more about how they need to control their emotions especially anger. DG is telling us how this is affecting the way men and women are growing up to have problems in the future in communicating, which can lead to marriage problems. DB is adding at the end on page 465: "It’s easy to say boys would be better off with more cozy, chatty relationships, the kind that girls tend to establish and maintain naturally.” But she is also adding that she don’t know how this can happen because of our society. Our society is used to act different to boys and girls. DB is not blaming the men for acting the way they are acting she is saying that this is all because they grow up.