



REAL

Relational Solutions

Backgrounder

What is Psychological Patriarchy?

Psychological patriarchy is based on the contempt by the masculine forces in our culture for the feminine. This contempt can occur between the sexes, between members of the same sex, between parent and child, between nations or races, even within an individual.

The 3 Rings of Psychological Patriarchy

1. The Great Divide

- We are all made up of masculine and feminine qualities

2. The Dance of Contempt

- The relationship between these two halves is unequal.
- “Masculine” qualities are exalted
- “Feminine” qualities are devalued
- This inequality perpetuates the dynamic of “better than/less than” between grandiosity and shame

3. The Conspiracy of Silence

- The dance of contempt must remain a secret
- Whoever inhabits the “feminine” side of the dynamic is subject to an *empathic reversal* — hyper-empathy for his/her partner while experiencing no empathy towards self.
- This person carries the disowned vulnerability of the “masculine” other, covertly protecting his/her fragility while being mistreated