

Equal to the Task Chapter Review

Samantha Thomas

Exploring Gender Differences

Professor Jaye Peabody

02/01/2019

After reading chapter four of Equal to the Task, I found this chapter to be very helpful to me. This chapter helped me to better understand what I have been learning so far during this course like gender equality, gender roles, and barrier that women face today. According to my reading this chapter the author talks about effective communication as the primary vehicles for helping men and women come together in unity. The author wants us to understand how the belief of these principles can support us as we move more intentionally toward partnership.

There were three main points from this chapter that stuck out to me; Acceptance, Active Listening, and Empathic Listening. Acceptance is recognizing someone as a worthy individual entitled to their own experience or their opinions. A way that we can determine our ability to truly accept others is to observe our own responses (Ruth, Barton). Some men and women feel that it is hard to accept things or people is because they feel that they are giving up a point in a situation. One way to develop a more accepting attitude is to acknowledge that someone else's ideas and opinion make sense to them in their context.

Active Listening is a technique that is used in counseling, training, and solving disputes or conflicts. Active listening requires that the listener fully concentrate, understand, respond and then remembering what is being said. Barton explains that active listening has several different routes for communicating meaningfully with others like body language eye contact.

Empathic Listening is the highest form of listening. Empathic listening is an important element in the relationships between men and women because of their experiences that they have had in their family, church, or in society. Barton explains that empathic listening is risky, and it gets inside the other person's frame of reference.

What stood out the most to me about this chapter was the story that M. Scott Peck recounted about a monastery that had fallen on hard times. The rabbi's gift caused people to treat each other as if they were sacred and precious and began to see each other as God see them. Men and women today don't know how to treat each other, and they have a lack of understanding about how to communicate respect. Communication and communication-building can be taught and learned (S. Peck,1987). Our communication patterns are primary vehicles for expressing respect or the lack of it (G. Egan, 1976).

There were a few insights that I learned from reading chapter four but there was particularly. Feelings play a big role in communication. Emotional awareness, or the ability to understand feelings, will help us succeed when communicating with others. If a person is emotional aware, they will communicate better in my opinion. The emotions of other people and how they are feeling influences the way that they communicate. Sometimes, understanding how a person is communicating with you is more important than what is actually being said.

Also, when communicating we should also consider our own feelings. Just as other peoples feeling can affect the message they're trying to send, sometimes our feeling can get in the way of our communication as well. When you have a strong emotion or feeling, you should always pay attention to your emotions and try not to let it get in the way of your message.

I do feel that the author accomplished her purpose in this chapter, it had a lot of useful information about communication, acceptance and active and empathic listening. I would recommend his chapter to another colleague because it very helpful when it comes to communicating with male and female in the work place. Communicating is more than just

talking. To me it's more about connecting with people. One of the most powerful benefits of better communication in the work place is more engaged employees. Employees are more engaged in their work and they can better get their job done when a culture of good communication is established in the workplace.

Bibliography

Ruth Haley Barton (1960), *Equal to the task: men and women in partnership*

M. Scott Peck (1987), *The Different Drum: Community Making Peace*

Gerald Egan (1976), *Interpersonal Living: A Skill/Contract Approach to Human-Relations Training in Groups*