



The Masculine-Feminine Continuum Profile

Use this tool to become more aware of how you and others tend to operate along the masculine-feminine continuum. On each dimension, place an “x” where you tend to operate; if it is a range, mark where your “center of gravity” is. Place different symbols to note where others operate – your boss, co-worker, significant other, etc. This can give you greater understanding and more choices for working with others more effectively.

How you TALK

What is most natural and comfortable for you when speaking?

Confidence

Humility

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10

How you handle CONFLICT

How do you handle confrontation or conflict?

Aggression

Avoidance

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10

How you INFLUENCE

How do you get others to do what you think is important?

Dominance

Persuasion

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10



How you MOTIVATE

What energizes you and how do you motivate others?

Competition

Collaboration

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10

How you MAKE DECISIONS

What aspect of a problem or project do you focus on first?

Goal

Process

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10

How you STRUCTURE things

How do you set up organizations, teams and space?

Hierarchy

Network

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10

How you use HUMOR

How do you express your sense of humor?

Teasing

Self-deprecation

M10 M9 M8 M7 M6 M5 M4 M3 M2 M1 / F1 F2 F3 F4 F5 F6 F7 F8 F9 F10