

Communication is key

Do we women really talk more?



RELATIONSHIPS
With Joanne Wilson

I HAVEN'T spoken to my wife in years – I don't want to interrupt her.

"6pm this Sunday?

Ok.

Alex Surf Club?

Yep.

Ok."

You've just read a typical bloke's text message exchange. Compare this with, "Hey girlfriend (emoji), I hope you're having a great day. It's soooo warm and I'm super excited to be wearing those new white sandals (emoji) I showed you online. Would it suit you to go to the Alex Surf Club for a drink at 6pm this Sunday? If not, maybe we could go some other place you'd prefer. Let me know emoji emoji emoji."

I know many of you were fascinated by the wonderful complementary differences between male and female brains last week. Now it's time to 'talk turkey' about the hot topic of the daily word output comparison between men and women. You may well be thinking why would I even question this and shall I just sign this off now as written by Captain Obvious?

Oh no. I'm female and it seems my love of 'chit chat chatty wat' began early. Girls learn their first words and produce sentences earlier than boys of the same age who are busy working on their fluidity in spatial skills instead.

Typical words we ladies use are "sort of, sometimes, kind of, like, maybe etc." These are process words that can create dramas with men when trying to have a conversation. Men are likely to be more direct with "when will you, always, never, absolutely."

A conversation is a means to an end for a guy, while her brain is designed to see talking as an end in itself. Women tend to talk more about people, relationships, their feelings or children. Men talk about work, decision making, recent conquests or experiences, current events, sports and technology.

We do know the circuits in a woman's brain between the emotional processing and memory centres are large, active and closely connected to the language centres in her brain. The circuits in a man's brain are stronger between the spatial and action areas.

A woman also has more white matter which facilitates the swing back and forth and the need to think out loud. Personally, I don't want to leave anything out because it all contributes to my understanding.

Women tend to "external talk" more and men "internal talk" more. In general, men speak the language of facts, actions and results; women speak the language of feelings and emotions. He's made to separate words, emotions and memories; she's designed to link them all up. This isn't our social conditioning, it's anatomical. Women bond as they are having a conversation and give support while they are listening. Men have a conversation as a way of getting facts in order to solve problems and accomplish tasks.

Men mentally index their thoughts; women externally pour out their thoughts.

Big tip here fellas: simply be that bucket to catch it. Ladies, if



Men mentally index their thoughts while women externally pour out their thoughts.

PHOTO: PEXELS

“ In general, men speak the language of facts, actions and results; women speak the language of feelings and emotions. ”

he's mentioned something and walks away, he's probably thought it through quite a few times so you might need to respectfully let him know you've got a few more words to add.

Observe a tribe of chicks over a few champers and there's barely a breath taken for hours. One interesting point, however, is that in public mixed gender forums, it's been found that women tend to talk less. Some analysis in the business world have found that to the detriment of everyone involved — their ideas, insights and perspectives are less likely to be heard. Now that's a whole new topic.

After all my words, I'm sorry to say, the answer is

inconclusive. There does not seem to be any solid scientific research backing up the claim that women speak two to three times more words, of which I'm sure you'd decided.

It's not really word amount that counts but rather how the thoughts process into words differently in men and women. Rather than gender, it seems the real deciding factor on word output, speed and volume is your:

- uniqueness,
- the context of the conversation,
- the environment,
- how familiar you are with the subject matter; and
- emotional investment.

Why not have a chat about it?

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