

HOW STRESSED ARE YOU ABOUT YOUR MASCULINITY?

These are yes or no questions

1. I worry I am not in good physical condition. _____
2. I find it difficult to tell a romantic partner I love her/him. _____
3. I worry about being outperformed at work by a woman. _____
4. It is difficult to ask for directions when I am lost. _____
5. I worry about being unemployed. _____
6. I worry about not being able to find a sexual partner. _____
7. Having a female boss makes me feel uncomfortable. _____
8. Having my lover say s/he is not satisfied makes me feel like a failure. _____
9. Letting a woman take control of the situation makes me feel less of a man. _____
10. If I don't have enough money, I feel like a failure. _____
11. Being perceived by someone as gay would make me angry and feel weak. _____
12. Telling someone I feel hurt by what they said is very difficult for me. _____
13. Being in a relationship with someone who makes more money than me makes me feel weak. _____
14. Working with people who seem more ambitious than me hurts my self-esteem. _____
15. Finding out I lack skills to succeed is depressing. _____
16. Losing in a sports competition is embarrassing and makes me feel weak. _____
17. Admitting I am afraid of something makes me feel less of a man. _____
18. Being with a partner who is more successful than me is challenging. _____
19. Talking with a feminist is upsetting. _____
20. Being unable to perform sexually shows weakness. _____
21. Being perceived as having feminine traits means a person is not a real man. _____
22. Having your friends see you cry is awful. _____
23. Being outperformed in a game by a female friend is very embarrassing. _____
24. Having people say you are indecisive shows weakness. _____
25. Being too tired for sex when your lover initiates it is lame. _____
26. Appearing less athletic than a friend makes me lose face. _____
27. Talking with a woman who is crying is very uncomfortable. _____

28. Needing others to support you financially is embarrassing. _____
29. Having others say I am too emotional shows weakness. _____
30. Being unable to become sexually aroused when I want a person makes me feel less of a man. _____
31. Being compared to strong tough men makes me feel less of a man. _____
32. Comforting a male friend who is upset makes me very uncomfortable. _____
33. Admitting to friends that you sew, or cook makes me weak. _____
34. Working with people who are smarter than I am makes me feel less than. _____
35. Getting passed over for a promotion or prize is defeating. _____
36. Knowing you cannot hold your liquor as well as others shows weakness. _____
37. Having your male friend put his arm around your shoulder makes me concerned about what others think. _____
38. Being with a romantic partner who is much taller than me makes me feel small inside. _____
39. Staying at home to care for someone who is sick is not for men. _____
40. Getting fired from a job makes me feel like I have no purpose. _____
41. Standing up for women to other men makes me feel anxious. _____
42. It shows strength when men brag to other men about sexual conquests. _____
43. When a woman is sexually assaulted by a man, she must have led the guy on. _____
44. I feel comfortable being around powerful, smart women. _____
45. I think nurturing is a women's thing and it is not a job for men. _____
46. If I see a guy wearing feminine clothing It makes me uncomfortable and irritated. _____
47. Asking for consent to touch someone is ridiculous, I can tell when someone wants me to touch them. _____
48. I keep count of how many people I have had sex with and the more the better. _____
49. I like to make most of the decisions, it makes me feel stronger and in control. _____
50. If another guy I know is successful it makes me feel insecure. _____

This test is designed to help you see areas where traditional masculine conditioning is and has affected you, your thinking, and the way you treat and interact with others. This can show you the areas where you still need to work on dismantling the messaging and modeling you have been exposed to.