



Women's Reality: An Emerging Female System

By Anne Wilson Schaefer

Download now

Read Online 

Women's Reality: An Emerging Female System By Anne Wilson Schaefer

Defines the Female System as an emerging reality--a system in which women are valued, first-class citizens. Now with a new foreword by Carol S. Pearson.

 [Download Women's Reality: An Emerging Female System ...pdf](#)

 [Read Online Women's Reality: An Emerging Female System ...pdf](#)

Women's Reality: An Emerging Female System

By Anne Wilson Schaef

Women's Reality: An Emerging Female System By Anne Wilson Schaef

Defines the Female System as an emerging reality--a system in which women are valued, first-class citizens. Now with a new foreword by Carol S. Pearson.

Women's Reality: An Emerging Female System By Anne Wilson Schaef Bibliography

- Sales Rank: #448227 in Books
- Published on: 1992-01-03
- Released on: 1992-01-03
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .44" w x 5.31" l, .38 pounds
- Binding: Paperback
- 192 pages

 [Download Women's Reality: An Emerging Female System ...pdf](#)

 [Read Online Women's Reality: An Emerging Female System ...pdf](#)

Download and Read Free Online Women's Reality: An Emerging Female System By Anne Wilson Schaeff

Editorial Review

Review

"Women's Reality "is one of the few books that is supportive of women's changing roles without putting men down. It allows men and women to see each other as friends rather than enemies."--Jed Diamond, author of "Looking for Love in All the Wrong Places""A brilliant dissection of the psycho-sexual differences between male and female experience. It should be required reading in every women's studies course."--Rosemary Ruether, author of "Women-Church""Superb....The power of naming is an awesome one. It has been held almost exclusively by men. In our time, women are increasingly reclaiming this power in order to name their own truths. For this very fundamental task, "Women's Reality" is a superb tool. It is conceptually clear, insightful throughout--and kind. Men need this as much as women do."--Bonnie Kreps, author of "Subversive Thoughts, Authentic Passions"

About the Author

Anne Wilson Schaeff, Ph.D., is the bestselling author of *Meditations for Women Who Do Too Much*, *Women's Reality*, and *Co-Dependence*, among others. Schaeff specializes in work with women's issues and addictions and has developed her own approach to healing which she calls Living in Process. Her focus now is helping people, societies, and the planet make a paradigm shift.

Excerpt. © Reprinted by permission. All rights reserved.

Chapter One

Fitting in: The White Male System and Other Systems in Our Culture

The White Male System and the Way the World Isn't

When working with clients, therapists have traditionally taken one of two approaches: the *intrapsychic* or the *interpersonal*. In the former, the therapist focuses on what goes on *inside* the person, emphasizing the importance of dreams, fantasies, defense mechanisms, fixations, and the like. Of special significance are the first five years of a client's life; these are seen as having shaped the person and determined what she or he would be and become in the future.

Many practitioners now feel that the intrapsychic approach is sorely lacking. The information gained by that methodology may be useful, but it is just not enough. True, a therapist can work with an individual's insides and make great strides, but it is also necessary to work with her or his *outsides*--specifically, to become aware of and/or involved with the significant others in the client's life. After all, no one lives in a vacuum! The interpersonal approach, then, focuses on the system in which the client lives *and* on the system which is the client herself or himself.

As a practicing psychotherapist, I myself have used both approaches--the intrapsychic and the interpersonal--with my clients, depending on their needs and my perceptions. Both have worked at different times; both have helped people to become living, loving, capable individuals. Still, I have never been entirely satisfied with either approach or the combination of the two. Something is missing from each one--something which I have grown to feel is essential not only to the therapeutic process but also to getting along in the world on a

day-to-day basis.

What is missing is an understanding and awareness of what I have chosen to call the White Male System. It is crucial to be able to define this system and deal with it simply because it surrounds us and permeates our lives. Its myths, beliefs, rituals, procedures, and outcomes affect everything we think, feel, and do.

Let me explain what I mean by the White Male System. It is the system in which we live, and in it, the power and influence are held by white males. This system did not happen overnight, nor was it the result of the machinations of only a few individuals; we all not only let it occur but participated in its development. Nevertheless, the White Male System is just that: a system. We all live in it, but it is not reality. It is not the way the world is. Unfortunately, some of us do not recognize that it is a system and think it *is* reality or the way the world is.

The White Male System--and it is important to keep in mind that I am referring to a *system* here and not pointing a finger at specific individuals within it--controls almost every aspect of our culture. It makes our laws, runs our economy, sets our salaries, and decides when and if we will go to war or remain at home. It decides what is knowledge and how it is to be taught. Like any other system, it has both positive and negative qualities. But because it is only a system, it can be clarified, examined, and changed, both from within and without.

There are other systems within our culture. The Black System, the Chicano System, the Asian American System, and the Native American System are completely enveloped in and frequently overshadowed by the White Male System. As, of course, is the Female System, which includes women from the other ethnic systems as well as white women.

There are a few white men who do not fit into the White Male System. They form a small but growing group which is frequently perceived as a sanctuary by white men who do not want to acknowledge their sexism. Whenever I mention the existence of this group during a lecture, I can almost see the men in the room rushing to crowd into it. If they can just get into that circle, they can be "different" and not have to face themselves. I wait until they are comfortably crowded in before saying, "Of course, at this point in history that group is largely homosexual." They then quickly rush right out again! I use this statement for effect, and while it is not necessarily accurate, it *does* encourage men to realize that there is more to sexism than meets the eye. This keeps the focus where it should be and is also an amusing process to observe.

Saying that you are not sexist--or that you do not want to be, or would rather not admit that you are--is not the same as doing something about your sexism. To give a parallel example, this is much like what many of us white liberals did during the civil rights movement. We needed our Black friends to tell us that we were different. We needed to hear that we were not like everyone else, that we were not discriminatory and racist. Once we heard that, we could avoid having to deal with our racism, which was real no matter how hard we tried to ignore it or cover it up.

I had two Black colleagues who simply refused to tell me what I wanted to hear. I finally learned that the issue was not one of *whether* I was racist, but of *how* I was racist. As soon as I was able to acknowledge this--with my friends' help--then and only then could I begin to work on my own racist attitudes and behaviors. Similarly, because we all live in a white male culture, the question is not one of *whether* we are sexist, but of *how* we are sexist. (This is true for women as well as men, by the way.)

Before we can deal with our sexism, we must learn to distance ourselves from the White Male System. We must learn to step back, take a long look at it, and see it for what it really is.

Users Review

From reader reviews:

Jane Garner:

This Women's Reality: An Emerging Female System book is simply not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this publication incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This kind of Women's Reality: An Emerging Female System without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't possibly be worry Women's Reality: An Emerging Female System can bring if you are and not make your bag space or bookshelves' turn into full because you can have it in your lovely laptop even cellphone. This Women's Reality: An Emerging Female System having very good arrangement in word as well as layout, so you will not experience uninterested in reading.

Mark Cabrera:

Here thing why that Women's Reality: An Emerging Female System are different and dependable to be yours. First of all reading through a book is good but it really depends in the content than it which is the content is as tasty as food or not. Women's Reality: An Emerging Female System giving you information deeper and different ways, you can find any publication out there but there is no reserve that similar with Women's Reality: An Emerging Female System. It gives you thrill looking at journey, its open up your own personal eyes about the thing in which happened in the world which is maybe can be happened around you. It is easy to bring everywhere like in playground, café, or even in your means home by train. In case you are having difficulties in bringing the published book maybe the form of Women's Reality: An Emerging Female System in e-book can be your substitute.

Clarence Duncan:

A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book Women's Reality: An Emerging Female System it is extremely good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book features high quality.

Thomas O'Brien:

That reserve can make you to feel relax. This kind of book Women's Reality: An Emerging Female System was bright colored and of course has pictures on the website. As we know that book Women's Reality: An Emerging Female System has many kinds or genre. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and believe that you are the character on there. Therefore , not at all

of book are usually make you bored, any it offers up you feel happy, fun and rest. Try to choose the best book for you personally and try to like reading in which.

Download and Read Online Women's Reality: An Emerging Female System By Anne Wilson Schaef #9YD5MW8LTSK

Read Women's Reality: An Emerging Female System By Anne Wilson Schaef for online ebook

Women's Reality: An Emerging Female System By Anne Wilson Schaef Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Women's Reality: An Emerging Female System By Anne Wilson Schaef books to read online.

Online Women's Reality: An Emerging Female System By Anne Wilson Schaef ebook PDF download

Women's Reality: An Emerging Female System By Anne Wilson Schaef Doc

Women's Reality: An Emerging Female System By Anne Wilson Schaef Mobipocket

Women's Reality: An Emerging Female System By Anne Wilson Schaef EPub