

3. Write what you believe are the qualities and characteristics of your gender. Be careful not to write your ideal.

Example: “A man is strong, powerful, rich...” etc.

Instructions: Now repeat these exercises and replace them with your “ideal”.

4. Write down your list of ideal qualities and characteristics of the opposite sex.

5. Write down the ideal role and interaction you would like to have with and finally.

6. Write down the ideal qualities of your gender (what defines a man or woman).
