



Christian Mentoring

JOHN MALLISON MINISTRIES

WOMEN ARE NATURAL MENTORS (MENTOREES)

"Men go into their caves and **women talk...**"

In his superb guide for understanding male/female relationships, **MEN ARE FROM MARS, WOMEN ARE FROM VENUS**, John Gray says, "One of the biggest differences between men and women is how they cope with stress.

"When a **Martian** gets upset **he never talks about what is bothering him**. He **would never burden another Martian** with his problem unless his friend's assistance was necessary to solve the problem. Instead he **becomes very quiet and goes to his private cave to think** about his problem, mulling it over to find a solution. When he has found a solution, he feels much better and comes out of his cave.

"**If he can't find a solution then he does something to forget his problems**, like reading the news or playing a game. By disengaging his mind from the problems of his day, gradually he can relax. If his stress is really great it takes getting involved with something even more challenging, like racing his car, competing in a contest or climbing a mountain.

"When a **Venusian** becomes upset by her day, to find relief she **seeks out someone she trusts and then talks** in great detail about the problems of her day. When Venusians **share feelings** of being overwhelmed, they **suddenly feel better**. This is the Venusian way.

"**On Venus sharing your problems** with another actually is considered **a sign of love and trust** and not a burden. **Venusians are not ashamed of having problems**. Their egos are dependent not on looking competent but rather on being in loving relationships. They openly share feelings of being overwhelmed, confused, hopeless, and exhausted.

"A Venusian feels good about herself when she has loving friends with whom to share her feelings and problems. A Martian feels good when he can solve his problems on his own in his cave. These secrets of feeling good are still applicable today."

In most situations in which women openly share with one another, they just need to become a little more intentional for those times to become useful mentoring experiences.

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