

| Aspect | Masculine Women with Insecurities | Healthy-Minded Feminine Women |
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| Mental Health Issues | <ul style="list-style-type: none"> - High levels of stress and anxiety - Low self-esteem - Unhealed trauma (e.g., PTSD, abuse) - Depression | <ul style="list-style-type: none"> - Balanced emotional state - Healthy self-esteem - Healed or managed trauma - Generally positive outlook - Supportive and nurturing |
| Behaviors and Patterns | <ul style="list-style-type: none"> - Controlling and domineering - Defensive and confrontational - Critical and judgmental - Projecting insecurities onto others - Poor emotional regulation - Difficulty with vulnerability | <ul style="list-style-type: none"> - Supportive and nurturing - Open and communicative - Encouraging and empathetic - Validating others' feelings and experiences - Good emotional regulation - Comfortable with vulnerability |
| Impact on Partners | <ul style="list-style-type: none"> - Creates tension and | <ul style="list-style-type: none"> - Fosters a healthy, |

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| | <p>conflict in the relationship</p> <ul style="list-style-type: none"> - Partners may feel controlled or undervalued - Difficulty in maintaining intimacy - Increased likelihood of arguments and misunderstandings | <p>supportive partnership</p> <ul style="list-style-type: none"> - Partners feel valued and respected - Builds strong emotional and physical intimacy - Effective conflict resolution and communication |
| Impact on Kids | <ul style="list-style-type: none"> - Kids may feel unheard and invalidated - Can create a stressful and unstable home environment - Kids may develop similar insecurities and behavioral issues - Risk of repeating dysfunctional | <ul style="list-style-type: none"> - Kids feel supported and understood - Provides a stable and loving home environment - Encourages healthy emotional development - Models healthy relationships and emotional intelligence |

| | patterns | |
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| Impact on Friends | <ul style="list-style-type: none"> - Friends may feel judged or criticized - Difficulty maintaining long-term friendships - Friends may distance themselves to avoid conflict - Struggles with mutual support and empathy | <ul style="list-style-type: none"> - Friends feel accepted and supported - Builds and maintains strong, lasting friendships - Attracts and retains positive, supportive friends - Easily offers and receives support and empathy |