



*The MISSION of GRE, Inc. is to improve the health and quality of life and relationships for men and their loved ones.*

## **The Woman Rules™**

Are you beginning to see how the Woman Rules have affected you and your relationships? Whether you are a man or a woman you have been much more influenced by these Rules than you probably realize. Now, I would like you to take some time to write every Woman Rule you can think of. Same as The Man Rules, the Woman Rules are not good or bad. They simply are.

Let's do the list. This is the beginning of seeing even more of The Water. Push yourself to get at least 15! Having difficulty? Talk to the women in your life about the Rules. Listen to them.

### **Your Woman Rules**

*In the spaces provided below write down all of the Woman Rules you can think of. If you get stuck remember these tips:*

- Think about the Rules you learned from your parents/caregivers, school, neighborhood/community, the media, and workplace. If you are having trouble, think of them in the following areas: **Self, Relationships, Activities, Power, Sexuality, and Spirituality.**

**1. Be thin. Always.**

**2. \_\_\_\_\_**



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