

Questions Exploring Gender, Roles, and Power

Power

Where do you experience personal power in your life? (be sure to establish examples of experiencing personal power). Tell me about the areas of your life where you notice you have less personal power?

If you were the superhero in your family what special powers would you possess? How would you use them and why?

Tell me about relationships where you experience less power/more power/balance? What is that like for you? If you could do so without negative consequence, would you change anything?

Tell me about a time when you disagreed with your partner. What was that like? Would you say that is what typically happens when you disagree? If not, why did you choose to share that example? Would you change anything about how as a couple you deal with conflicts?

Gender and Roles

Imagine there is a store like “Build a Bear” where you could build your perfect partner. What would you select? Why? How does this measure up to what you are or have experienced?

If you were an artist how would you paint yourself? (appearance, pose, setting, etc.)

Tell me about your family. What roles do family members typically assume? (you can have the person map out who does household chores, who works in and outside of the home, who handles the finances, who makes decisions, etc.). What is that like for you? If you could do so without negative consequence, would you change anything? If you think back to the start of your relationship, is that what you envisioned it would be like?

What do you believe others expect of you given your gender identity? What do you expect of yourself? What do you expect of your partner/spouse/children? Where do those messages come from?

Blended power and gender exploration

Imagine you are gaming and you have to select the character you will play. What will you look like? What clothing will you wear? What powers or skills will you have?

Imagine you can create your own world. What would it be like (appearance, social norms, rules/laws, etc.). Who would you invite to live there with you? What would the social norms be/rules be/laws be? What would happen if someone broke the rules/laws in your world?