

A Portrait of You

Do women talk more than men? A study led by Dr. Matthias Mehl, an associate professor in the Department of Psychology at the University of Arizona, shows that our perception of this gender difference cannot be proved empirically.



In order to tackle this question, Dr. Mehl used the electronically activated recorder (EAR). The EAR is a digital voice recorder that records 30 seconds every 12.5 minutes. This allows the researchers to capture 5 percent of every day. They had a sample size of 396 (210 women and 186 men).

“We found that there was no significant gender difference whatsoever,” Dr. Mehl said.

On average, women speak 16,215 words per day, and men speak 15,669 words per day, he noted.

Well, friends, I am not going to get into that debate. I am a happily married man, and I'd like to keep it that way.

But the critical concern for me is not how much we say, but that what we say is worth saying. Do our words ...

- Inform or misrepresent?
- Tear down or build up?
- Heal wounds or cut them deeper?
- Promote harmony or sow discord?
- Create comfort or cause grief?
- Ease a burden or add to anguish?
- Offer sunshine or bring gloom?
- Extend hope or inject despair?
- Radiate joy or proffer misery?
- Sparkle with love or resound with hate?
- Bounce with optimism or fall with the thud of pessimism?
- Ring with a challenge or echo discouragement?
- Manifest good humor or unveil crankiness?
- Reflect neighborliness or depict self-centeredness?
- Seek divine guidance or espouse total independence?

(more)

What we say paints a self-portrait of the inner man or woman.

Hold up the picture and study it.

Am I happy with it?

Are you?



Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear (Ephesians 4:29 ESV).

– Beecher Hunter