



100 Examples of Quiet (Casual) Misogyny

1. Dismissing a woman's feelings or opinions as *irrational*.
2. Throwing a tantrum or becoming hostile when you feel "emasculated" or challenged by a woman.
3. Centering *your feelings about* your partner's feelings, and leaving her feelings unattended.
4. Asserting your opinion as fact, with limited/no actual data or objective support to back it up (your opinion is not objective support).
5. Deciding whether or not a woman's opinions or reactions are valid, before you decide if you'll take accountability or provide empathy.
6. Refusing to be influenced by a woman.
7. Not learning to be conscious of, or regulate, your emotions.
8. Having to be "right" to avoid feeling less powerful than a woman.
9. Watching a woman exhaust herself with work or activities for you, your family or the kids, while you leisure.
10. Refusing to help with things or activities that you don't think are necessary (or suggesting she just stop those activities because they aren't important *to you*).
11. Dismissing a woman's goals, either because it doesn't earn a lot of money, or in spite of it making money.
12. Not celebrating a woman's successes.
13. Refusing to go to couples therapy when she's asked you to go, because you don't *need* it.
14. Saying she's better at something you don't want to do, to get out of doing it.
15. Refusing to clean or do house tasks because you don't use something or didn't make the mess, or because you view domestic labor as "women's work."
16. Redirecting your kids to "ask mom," to get out of having to enforce a boundary and navigate their reaction, or directing a daughter to step in if mom isn't there.
17. Taking up hobbies that require a lot of expense or time and not reciprocating that time/expense for her to do the same.
18. Asking her to make a list of every day chores or items needed before going to do/get them when you share a home.
19. Getting chronically defensive when she gives you feedback or makes a request.

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20. Expecting a woman to have desire for you when you don't do anything to cultivate desire and erotic energy, expecting a woman to have sex with you (period), or guilt/manipulating/coercing a woman into sex. (This is actually loud misogyny).
21. Refusing to wear a condom, saying you will - and then slipping it off (Stealthing is sexual assault), deciding agreements about safer sex and contraception are less important than your pleasure, or demanding a partner have (or not have) an abortion. (This is actually loud misogyny).
22. Expecting your partner to read your mind, instead of being clear about your wants and needs, because you assume women are more emotionally attuned or expect her to attune to you because she's a woman.
23. You don't take accountability for your emotions, and you blame-shift (DARVO) or say things like "you made me feel" this way or that way.
24. You only share your feelings about something that's going on for you, only when she's brought up something that's bothering her, shifting the narrative away from her pain and making it about you.
25. Centering your family of origin's needs over your partner needs, chronically, and without agreement - expecting her to disappear her identity, needs, or boundaries to fit in with your family.
26. Enlisting your partner to be responsible for managing the relationships you have with your own family or hers.
27. Not knowing what size clothes or shoes your kids wear, because their mom takes care of those things..
28. Assuming your partner will take your kids to their events, or be the person to pick them up from school when they are sick or there is a school issue, without explicit agreement.
29. Refusing to make meals for both of you, while feeding yourself (or asking her if she wants anything), when you're together.
30. Claiming you can't/won't participate in the domestic duties or childcare activities, because your partner is "critical" of how you do things.
31. Complaining that she sets the standards for things, without having a mature conversation or coming to a mutual agreement on the standard.
32. Only doing the parts of a household task you want to do or that are easy, leaving the rest for her to finish.
33. You don't ask a woman any questions about her inner experience, opinions or feelings.

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34. Refusing to participate in any activities she's passionate about, unless you also like to do that thing too (or you do participate, but you do so petulantly or hold it over her head later).
35. Minimizing a woman's physical pain or fatigue.
36. Telling a woman she babies children or pets, when she shows them developmentally appropriate nurturance.
37. Trying to get a woman to change her behavior, instead of leading with an expression of your vulnerabilities (i.e., exhibit controlling behavior).
38. Reap the rewards of being seen as a good father in public over your kids or pets, but don't participate in their day to day emotional and care tasks behind closed doors..
39. Deciding your approach to finances is best, and not equally considering her financial insights, priorities or needs.
40. Assuming the way you prioritize things is the correct/only way to move through life together.
41. Telling your partner to calm down, it's just jokes, when one of your friends or other male relatives says misogynistic things about women.
42. Reducing women to their physical appearance and objectifying them rather than valuing them as individuals.
43. Explaining something to a woman in a condescending or patronizing manner, assuming she has less knowledge on the topic (mansplaining).
44. Expecting gratitude for performing basic tasks or acts of kindness, reinforcing a sense of entitlement.
45. Criticizing women for their appearance or changes in appearance, such as weight gain or aging, implying that their worth is tied to physical attractiveness.
46. Ignoring or selectively listening to women's opinions, diminishing the importance of their contributions to discussions.
47. Under the guise of "happy wife, happy life," placating your partner's request, but not following through on it.
48. Expecting your partner to come up with all of the ideas on how the two of you should spend time together.
49. Demanding that your partner answer your texts or calls, because you should be able to get a hold of them when you need them.
50. Refusing to be sexual with your partner during pregnancy or after children, because now you see her as a *mother*.

51. Criticizing or judging a woman's desire to be sexy after she's had children.
52. Not participating in meal prep during the holidays or family events, while your partner does it all.
53. Seeing tasks/chores around the house that need attending, but waiting for your partner to ask you to do it or do it herself.
54. Not seeing the things that need to be done around the house, because it's her job to notice those things.
55. Putting down female artists, athletes or musicians, or consuming media that exhibits or supports misogynistic views.
56. Breaking or obfuscating your fidelity agreements, because *men have needs*, or because *men are sexual creatures*.
57. Voting for politicians that endorse anti-abortion policies and expecting the women in your life to agree to disagree on politics.
58. Saying things like "men have it bad too" when she brings up gender based experiences that are negative.
59. Telling her it isn't fair for you to have to listen to her feelings about misogyny, sexism or sexual violence, or infidelity (or be mistrusted), because you're not like *those* guys.
60. Calling her a nag, rolling your eyes or some other passive aggressive gesture when she repeatedly asks you to follow through on something.
61. Telling her she's no fun anymore, when she is expressing to you something that upset her.
62. Excusing the violence of other men, because they are top athletes, artists or other men of power, or "good guys" otherwise.
63. Calling women "females," "whores" or otherwise slutshaming them, or demanding they dress modestly..
64. Asserting she is cold or mean, or being bitchy, if she's not giving you the pleasant attunement or attention you seek.
65. Suggesting that she or other women should have picked better men, when they describe the ways men have treated them poorly in the past.
66. Telling a woman her standards about something are too high.
67. Making jokes about or requesting the "husband stitch" while your partner is pregnant (or joking about that to other men, or demanding she not have an epidural (or believe your preferences for her birth plan should supersede hers).
68. Complaining that your sex life has plummeted while she's pregnant or has recently given birth.



69. Relying on female relatives to help your partner with preparing for a new baby or taking care of her/baby after it's born.
70. Refusing to educate yourself on current parenting research and styles to be able to have a constructive conversation about how you will raise your child/ren together (whether or not you are together).
71. Wanting her to stay home with the kids, but then negging her about being a gold digger, having it easy, or "not working."
72. Refusing to create protected time for you both to have individual hobbies and self-care routines, and then mocking her when her whole personality is about the kids and your family.
73. Assuming her life as a stay at home mom/domestic engineer is "easier" than your job (even if your job involves manual labor).
74. Getting annoyed when she has her period "again."
75. You go to therapy and then start weaponizing therapy language (or your therapist's words) to manipulate her, or you stop couples therapy when you're held accountable because your partner and female therapist are "ganging up on you."
76. Thinking, saying or doing anything to keep a woman "in check."
77. Believing she is supposed to "submit" to you (in any context that is not consensual kink play).
78. Requiring her to make all the decisions (due to your passivity or lack of involvement) then questioning her decisions or calling her "bossy."
79. Initiating sex by grabbing her breasts, butt or vulva out of the blue (especially if she's told you she doesn't like it or it doesn't turn her on).
80. Grabbing/groping her breasts, butt or vulva as you walk past her for no reason other than you can.
81. Claiming something you said or did wasn't sexist or misogynistic (or otherwise problematic) because you didn't mean it to be.
82. You expect her to educate you about the effects of sexual trauma because you don't know anything about that.
83. Asking her why she didn't report the sexual abuse or harassment she experienced because she "should" have.
84. Getting aggressive or threatening to beat up anyone who looks at her, or getting upset with her if other people check her out.
85. Calling the vulva a vagina, even after being corrected.

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86. Assume or assert she hates men or is man bashing when she holds men accountable or talks about sexism or feminism.
87. Not equally prioritizing a woman's pleasure during sex.
88. Making her orgasms or pleasure about you (being a "good" lover) or getting angry at a woman if she doesn't have an orgasm.
89. Dismissing her behavior as attention-seeking.
90. Talking about your partner or other women's vaginas as *ran-through* or *loose*.
91. Introducing your partner with the wrong (less accomplished) title or credentials, or using the prefix Miss/Ms./Mrs. instead of Dr. if she has a doctorate.
92. Insisting that men are designed to lead, and women are designed to submit.
93. Believing you have the right to surveil your partner or know where she is at all times, and with whom.
94. Believing men should be respected, but have conflated respect with obeyed, and expect a woman to agree with you or defer to you to show "respect."
95. You refuse to buy menstrual products for a woman..
96. Making crude or rude comments about labia shape or size, or how vaginas smell.
97. Claiming your partner (or other women) slept their way to the top, or only got the job or success because of special treatment (affirmative action).
98. Repeatedly interrupting your partner or other women, but not men.
99. Minimizing the importance of a woman speaking her truth, or questioning her motives for doing so.
100. Putting down the activities a woman likes, and inferring they are silly, or expecting women to limit their social lives to activities that are maternal, gender-specific or involve caring for others, while you can enjoy a wide variety of activities.

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