



# Misogyny and the Evolved Nest

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[EvolvedNest.org](http://EvolvedNest.org), [KindredMedia.org](http://KindredMedia.org)

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# Historical Shifts toward Female Oppression

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## Shift to unequal societies

- Herding cultures
  - Move from matrilinear to patrilinear (Bird-David)
- Plow cultures

## Patriarchy

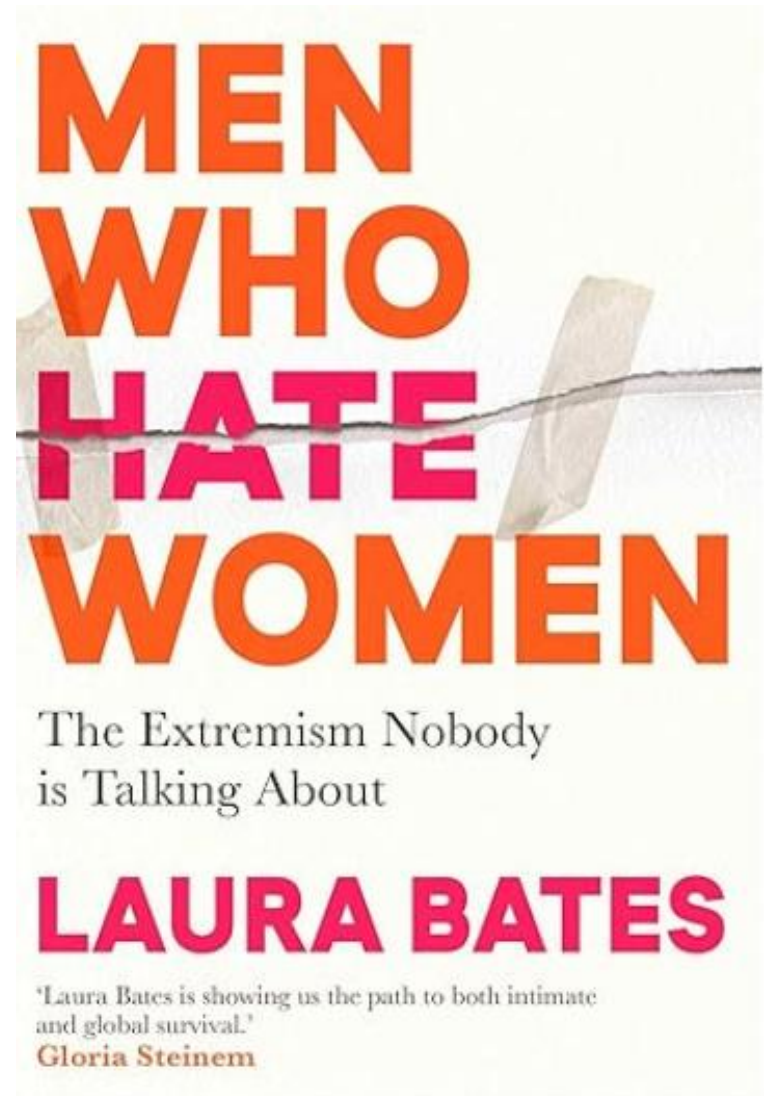
- Institutions
- Religious justification of female inferiority
  - Misogyny

# Definitions of Misogyny

- Hatred of, contempt for, or prejudice against women or girls
- Can be institutional
- Can include the rejection of feminine qualities in males
- The Canadian Museum of Human Rights includes more groups in its definition: “*Hateful or controlling attitudes toward women, trans and nonbinary folks, especially as expressed in harmful prejudices, barriers and behaviours.*”

TODAY:  
Misogyny is  
increasing

- Manosphere
- Incels
- Male separatists  
(Men Going Their Own  
Way; MGTOW)



# Gender Wellbeing (High Income Nations)

**Females**

**Males**

School readiness

Reading scores

Math scores trend

Science scores trend

Grade Point Average

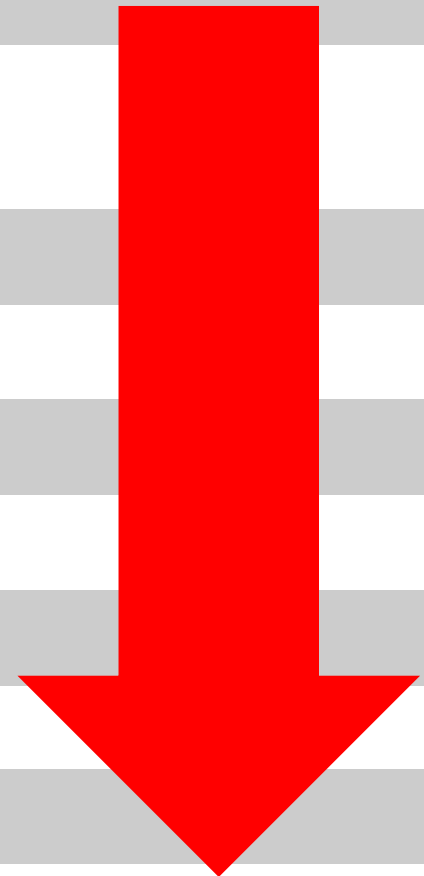
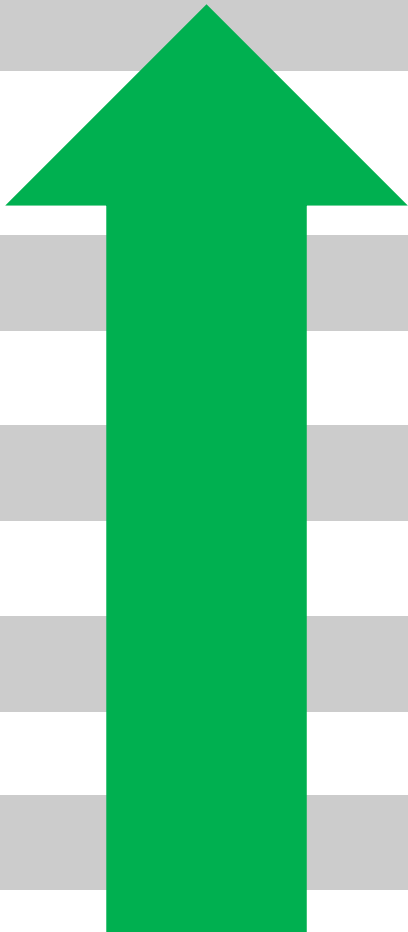
High school graduation

College attendance

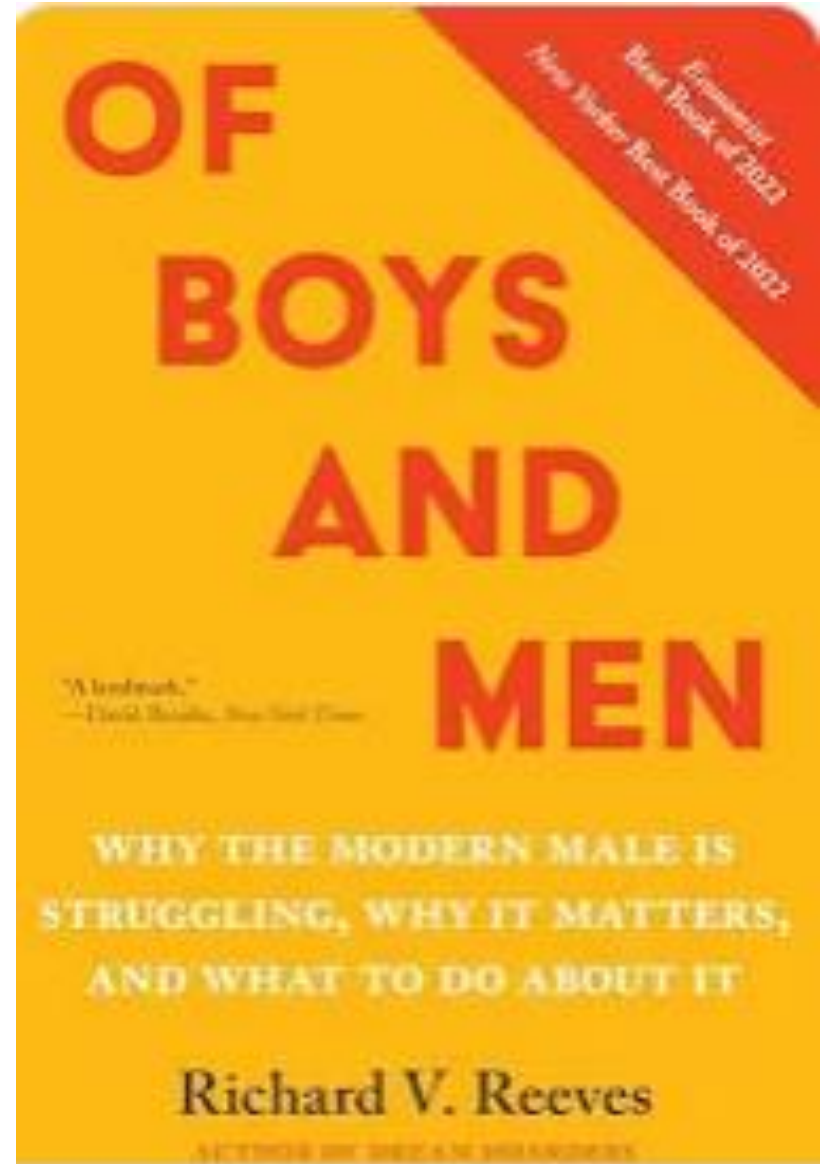
College graduation


Education generally

Employment trend



Misogyny  
emerges  
from men's  
frustrations





**Misogyny masks  
a deeper  
problem**



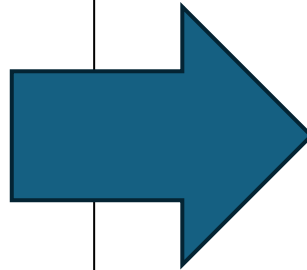
Patriarchy broke our communal Evolved Nest

- Set of social and ecological circumstances typically inherited by members of a given species (Oyama et al. 2001)
- One of many inheritances
- Mostly > 75 million years old
- Provisioned by a community
- **Love in action**
- Baseline for raising human beings
- **Cultural commons for human nature**
- Caregivers co-construct
  - Emotions & cognition **TOGETHER** (intertwined)
  - **Implicit self** (social & moral)
  - **Social worldview**

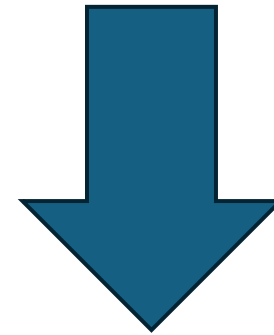


# Patriarchy Put All Children at Risk

- **Isolated women** in household.
  - Disruption of communal child raising and female coalitionary control of male provisioning



**Professional motherhood**  
Intense mother-child relationship instead of communal attachment



Today, mothers leave the home to work, **during pregnancy and shortly after birthing**

# “Life Before Birth”

A pregnant woman with long dark hair, wearing a light blue long-sleeved shirt and grey leggings, is shown in profile from the waist up. She is smiling and gently holding her pregnant belly with both hands. The background is a softly lit room with a white crib and a window with sheer curtains.

“a chronically stressful and thereby growth-inhibiting intrauterine context produces an immature amygdala–HPA regulatory system with **poor capacities for not only autoregulation** of dysregulated states but also **difficulty in entering into states of dyadic interactive regulation with the mother.**”

(Nathanielsz, 1998)

# Stress in pregnancy

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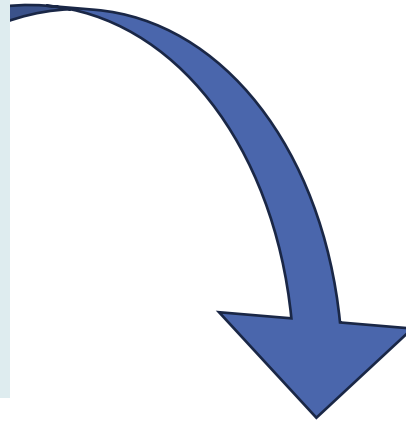
Creates a more “difficult temperament” (first 2 months): more crying, fussing, and negative facial expressions (De Weerth, van Hees, & Buitelaar, 2003)

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“Temperament at birth is a result of **epigenetic mechanisms** that have evolved prenatally and continue to be epigenetically shaped or misshaped by the postnatal socioemotional environment.” (Schoore, 2017, p. 10)

# EPIGENETIC FRAMEWORK

Genes plus  
+ early life experience  
+ hormonal exposure  
+ trauma and injury  
+ learning and memory



These form the epigenetic framework **“that determines risk and resilience to disease between the sexes.”**

(Kigar and Auger (2013, p. 1147).



# Male Babies Need More Support

Boys' greater emotional reactivity suggested that *boys have greater difficulty self-regulating their affective states and that they need to rely more on maternal regulatory input than do girls.*

Boys . . . are more demanding social partners, have more difficult times regulating their affective states, and may need more of their mothers support to help them regulate affect.

(Tronick, 2007, p. 340)

# Male Newborn Separation Distress

“Exposing newborn male . . . to **separation stress** causes an acute strong increase of cortisol and can therefore be regarded as a severe stressor”

**Repeated separation** results in hyperactive behavior, and “**changes [in] prefronto-limbic pathways, i.e. regions that are dysfunctional in a variety of mental disorders**” (p. 862).

**Long-term: “impairments in behavioral flexibility, emotion processing and different aspects of executive control,** which are mediated by the orbitofrontal and/or medial prefrontal cortex” (Kunzler, Braun, & Bock, 2015, p. 866).



# Day Care Settings

**“[Male] infants may experience a double stressor, first in utero and then in the extrauterine environment of early childcare with its additional challenges of large group sizes, excessive noise, and multiple caregivers.”**

(Schore, 2017, p. 21)



One of the most  
important  
discoveries in all  
of science

The enduring impact of  
early maternal care  
and the role of  
epigenetic  
modifications of the  
genome during critical  
periods in early brain  
development in health  
and disease.

*Leckman, J.F., & March, J.S. (2011).  
Developmental neuroscience comes  
of age. Journal of Child Psychology and  
Psychiatry, 52, 333–338.*





## How do boys differ from girls in early years?

- Less built-in resilience
- Slower maturation overall
  - Stress-regulating circuits
- More vulnerable to social trauma
- More vulnerable to endocrine disruptors (toxins)

### **THUS, HIGHER LIKELIHOOD OF:**

- Autism
- Early onset schizophrenia
- Attention Deficit Hyperactivity
- Antisocial behavior
- Addiction
- Reactivity, aggression & violence

Allan  
Schoore,  
1994,  
2017,  
2019

# Disrupted Development with Early Stress

- Stress response
- Immune system
- Endocrine systems
- Neurotransmitters (number, function)
- Emotions and emotion systems
- Corpus callosum and brain hemispheric integration



Early Life  
Stress  
undermines  
development

Gaps or lesions in brain systems from early trauma, abuse, neglect, or undercare

# WHAT HAPPENS **PSYCHOLOGICALLY** WITH EARLY TOXIC STRESS?

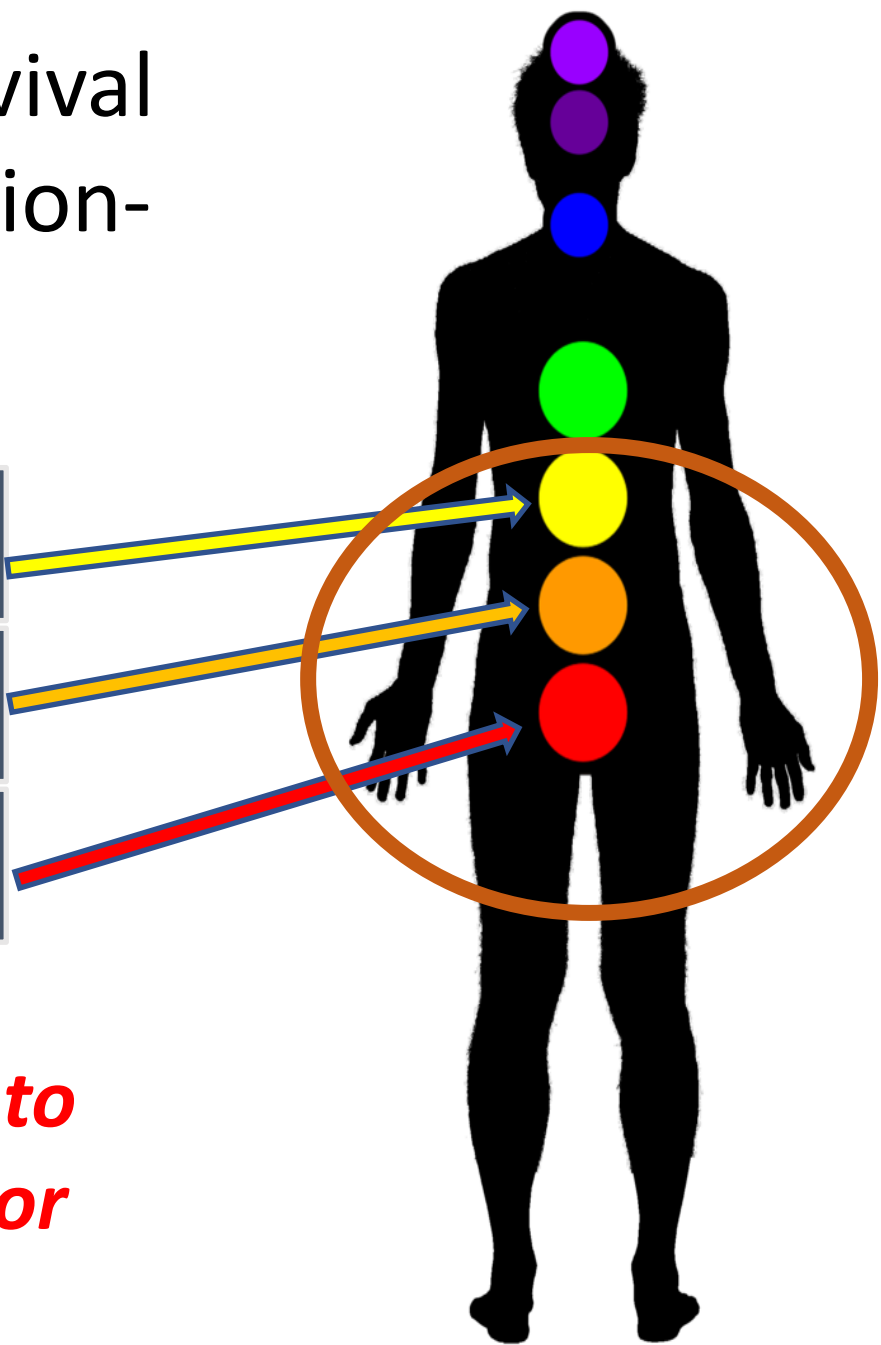
- Distrust of own body
- Impaired sense of self
- Live **AGAINST** instead of **WITH** others
- Socially disagreeable (oppositional or withdrawing)
- Distrust of others -> anxiety, cynicism, demonization

# Getting stuck in Survival Systems of Domination- Submission

Self-doubt

Numbness

Insecurity



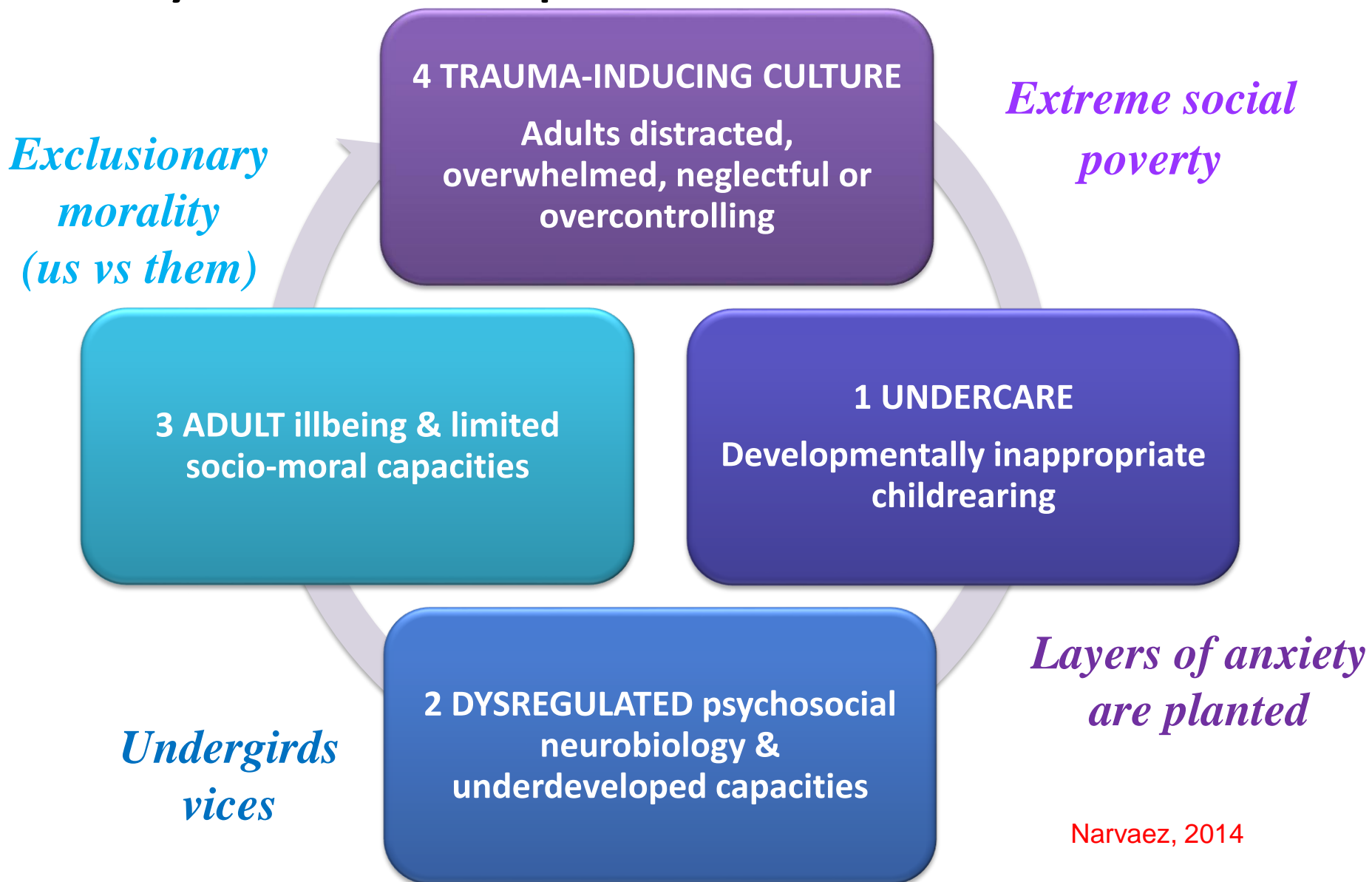
*Easily triggered into  
fear, panic, rage, or  
dissociation*

# What happens when 'you feel bad'?



Women tend to 'internalize,' blame the self.  
**Men tend to 'externalize,' they find something else to blame.** [Women, immigrants, minorities]

# Patriarchy's Trauma-Inducing Pathway: Cycle of Competitive Detachment




# Our Wellness-Promoting Heritage:

## Cycle of Connected Cooperative Companionship







“The **most important** childhood predictor of adult life-satisfaction is the **child’s emotional health**, followed by the **child’s conduct**. The **LEAST POWERFUL** predictor is the child’s intellectual development.”

(p. F720, Layard, Clark, Cornaglia, Powdthavee, & Vernoit, 2014)

*(Maturana; Montagu; Schore; Stern; Trevarthen; Tomkins)*

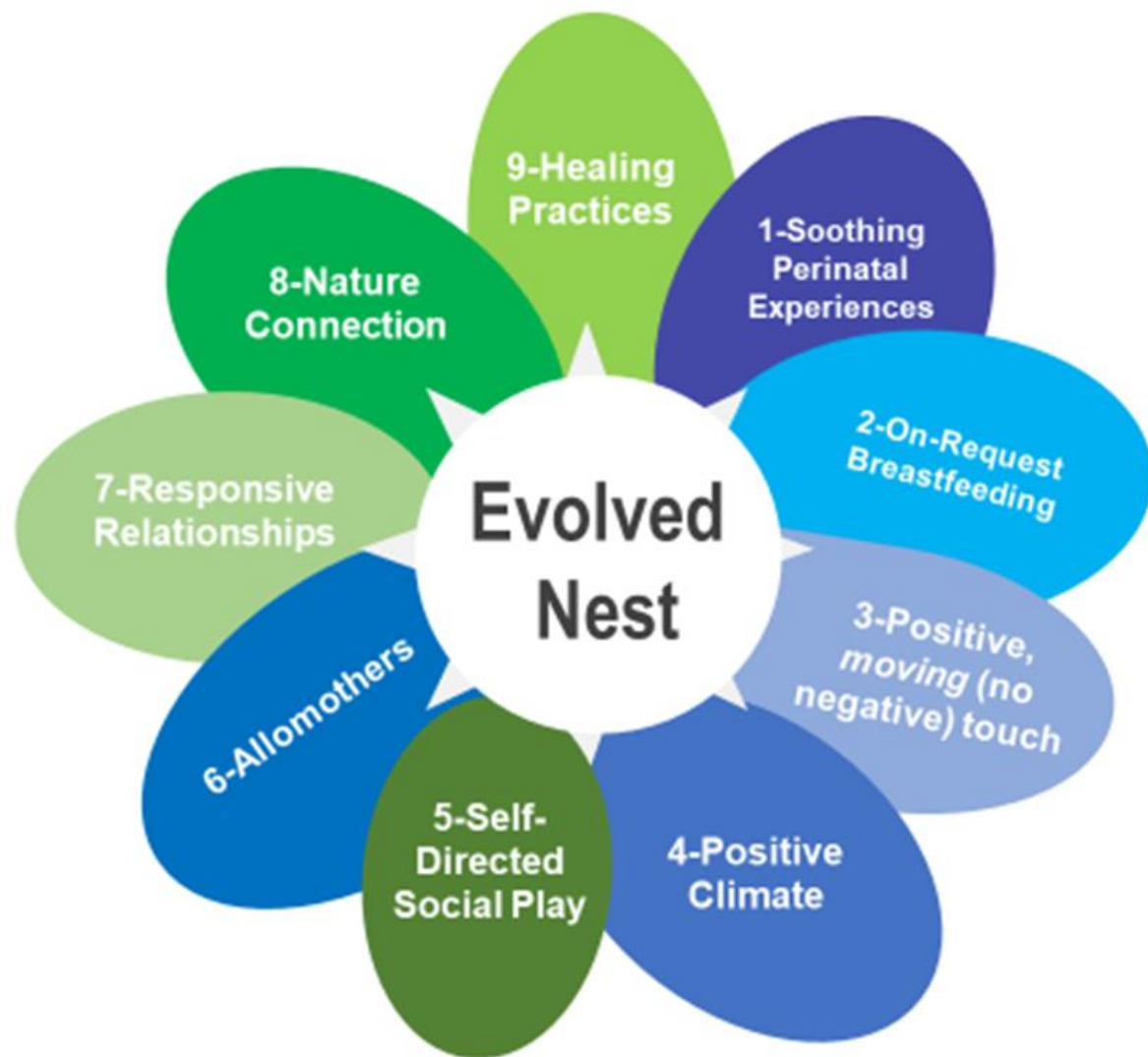




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c[between 1900 and 1920] Melchers, Gari, 1860-1932, artist [Public domain]





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