

NAVIGATING INTERNALIZED MISOGYNY

A ZINE BY GABBY QUINNETT

What is Internalised Misogyny?

How does it affect women?

Internalized Misogyny in your life

Combatting Internalised Misogyny



Defining Internalized Misogyny

Often described as "the internalization of negative and limiting attitudes about women that are prevalent in society", showing itself as the "devaluing of women, distrust of women, and gender bias in favor of men" (Szymanski, 2014).

Misogyny is simply defined as the hatred of women.

*"Formed from the Greek roots misein ('to hate') and gynē ('women')"**

Experienced as women not placing the amount of trust in other women as they do in men, even viewing women as less trustworthy or having little ability to lead properly.

Links to internalized oppression are also prevalent when discussing this topic. Usually defined as negative and self-defeating attitudes towards oneself built from an oppressive environment (Fiegt, 2018).

How has internalized misogyny reared its ugly head in your life?

Do you believe this to be an issue to fix or to leave alone?

* Source: Merriam-Webster.



Effects on Women's Lives

We are exposed to misogynistic projections everywhere we go, media is often a guilty culprit. Think back to movies with female characters who proclaim they're "Not like Other Girls".* This proclamation rejects association with feminine qualities, deeming it as lesser.

Not only does internalized misogyny affect our media but it affects the ones who produce it. Anne Hathaway discusses in an interview that she felt more negatively towards working with female directors- focusing on what was wrong with their project. The complete opposite occurred when working with men (Ivie, 2017).



Director Sofia Coppola on the set of *The Beguiled*

Being in control or in charge is frequently seen as a men's only club, mentally and in industry settings. **Have you found yourself resenting women in leadership roles without good reason?** Is that judgment harsher than what male bosses might receive? (Wiess, 2016). Professional relationships can easily be strained by aspects of internalized misogyny

*Can be found in the film *Bring It On* with the main character's rejection of cheerleading, seeing it as secondary due to the feminine correlation. The main character herself projects as a tomboy, typically a woman or girl who aligns herself with behavior and appearance closer to boys (Not Like Other).

Young girls tend to experience hatred towards their own gender at young ages. We can see this situation acting out through rejections of feminine qualities, activities, or objects. Did you go through a phase that was solely about hating the color pink? Perhaps it developed differently, do or did you prefer being around male peers over female peers?

Has Internalized Misogyny Affected You?

Fighting That Internalization

Work on lifting other women up, they are not your enemies rather they're in the trenches **right alongside you**, fighting the same patriarchy you are! When interacting with men, challenge what they say about women, don't let them get away with casual sexism because it hurts you indirectly. Free yourself from the ideas of misogyny and embrace notions of femininity that you might've been suppressing. The color pink is absolutely your friend, and if not, it can still be another woman's friend, and **we should be okay with that.**



Becker, J C. "Why Do Women Endorse Hostile and Benevolent Sexism? The Role of Salient Female Subtypes and Internalization of Sexist Contents." *Sex Roles.*, vol. 62, no. 7-8, 2010, pp. 453-467. This article looked into different types of sexism women experience. While I didn't use any direct quotes from this article it helped me understand that the experiences of women are often warped around sexist encounters.

Feigt, Nicole D. *The Relationship of Gender-Based Microaggressions and Internalized Sexism on Mental Health Outcomes: A Mother-Daughter Study.* Utah State University, 2018. This article gave me more insight into how internalized misogyny acts within relationships as well as defining internalized oppression. This article brings connections between many factors of internalization and how it reacts in the world.

Ivie, Devon. "Anne Hathaway Speaks Frankly About Being 'Scared' of Trusting Female Directors." *Vulture*, Vulture, 19 Apr. 2017. From this article, I took Anne Hathaway's experience with internalized misogyny and how it affected her profession. This article expressed to me that internalized misogyny does not allow the rich and famous to escape.

Landry, A. "Self-Objectification and Well-Being: The Impact of Self-Objectification on Women's Overall Sense of Self-Worth and Life Satisfaction." *Sex Roles.*, vol. 58, no. 7/8/, 2008, pp. 458-466. This article looked into the physical effects that can come with holding misogynistic views of oneself, seen as self-objectification or body-shaming. They look deeper into connections of all aspects up the unconscious awareness of a woman.

"Misogyny." Merriam-Webster, Merriam-Webster. From this dictionary entry, I received the definition of misogyny.

Mukherjee, Priyanka. "Boys Locker Room: A Combination of Bigotry and Internalised Misogyny." *Times of India Blog*, 9 May 2020. This article discussed misogynistic situations that can pop-up within young teen environments that can spread victim-blaming and out lashings of internalized misogyny. This article shows that often no spaces are safe from one's views of women, internalized or not.

"Not Like Other Girls." *TV Tropes*. From this article, I grabbed a trope often used to set a woman apart to make them seem different. However, it's a rejection of feminine qualities that don't send out a positive message to young female viewers.

Spengler, Rebecca. *Evil Woman: An Examination of Internalized Misogyny.* The Wright Institute, Ann Arbor, 2014. ProQuest. This article gifted is more specific knowledge about the effects and experiences of women living with internalized misogyny. The article itself studied actual women between the ages of 29 to 64.

Szymanski, Dawn M., and Christy Henrichs-beck. "Exploring Sexual Minority Women's Experiences of External and Internalized Heterosexism and Sexism and their Links to Coping and Distress." *Sex Roles.*, vol. 70, no. 1-2, 2014, pp. 28-42. From this article, I took multiple definitions of internalized misogyny/sexism. This article also points out internalized oppression and its connections with misogyny.

Weiss, Suzannah. "6 Ways Internalized Misogyny Creeps Into Your Workplace." *Bustle*, Bustle, 30 Jan. 2016. From this website I received information about the workplace and how misogyny, both patient and misogynistic can affect conditions experienced.