

Womanliness as a masquerade

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Every direction in which psycho-analytic research has pointed seems in its turn to have attracted the interest of Ernest Jones, and now that of recent years investigation has slowly spread to the development of the sexual life of women, we find as a matter of course one by him among the most important contributions to the subject. As always, he throws great light on his material, with his peculiar gift both clarifying the knowledge we had already and also adding to it fresh observations of his own.

In his paper on The Early Development of Female Sexuality[1] he sketches out a rough scheme of types of female development, which he first divides into heterosexual and homosexual, subsequently subdividing the latter homosexual group into two types. He acknowledges the roughly schematic nature of his classification and postulates a number of intermediate types. It is with one of these intermediate types that I am to-day concerned. In daily life types of men and women are constantly met with who, while mainly heterosexual in their development, plainly display strong features of the other sex. This has been judged to be an expression of the bisexuality inherent in us all; and analysis has shown that what appears as homosexual or heterosexual character-traits, or sexual manifestations, is the end-result of the interplay of conflicts and not necessarily evidence of a radical or fundamental tendency. The difference between homosexual and heterosexual development results from differences in the degree of anxiety, with the corresponding effect this has on development. Ferenczi pointed out a similar reaction in behaviour,[2] namely, that homosexual men exaggerate their heterosexuality as a 'defence' against their homosexuality. I shall attempt to show that women who wish for masculinity may put on a mask of womanliness to avert anxiety and the retribution feared from men.

It is with a particular type of intellectual woman that I have to deal. Not long ago intellectual pursuits for women were associated almost exclusively with an overtly masculine type of woman, who in

1 This JOURNAL, Vol. VIII, 1927.

2 The Nosology of Male Homosexuality, *Contributions to Psycho-Analysis* (1916).

pronounced cases made no secret of the wish or claim to be a man. This has now changed. Of all the women engaged in professional work to-day, it would be hard to say whether the greater number are more feminine than masculine in their mode of life and character. In University life, in scientific professions and in business, one constantly meets women who seem to fulfil every criterion of complete feminine development. They are excellent wives and mothers, capable housewives; they maintain social life and assist culture; they have no lack of feminine interests, e.g. in their personal appearance, and when called upon they can still find time to play the part of devoted and disinterested mother-substitutes among a wide circle of relatives and friends. At the same time they fulfil the duties of their profession at least as well as the average man. It is really a puzzle to know how to classify this type psychologically.

Some time ago, in the course of an analysis of a woman of this kind, I came upon some interesting discoveries. She conformed in almost every particular to the description just given; her excellent relations with her husband included a very intimate affectionate attachment between them and full and frequent sexual enjoyment; she prided herself on her proficiency as a housewife. She had followed her profession with marked success all her life. She had a high degree of adaptation to reality and managed to sustain good and appropriate relations with almost everyone, with whom she came in contact.

Certain reactions in her life showed, however, that her stability was not as flawless as it appeared; one of these will illustrate my theme. She was an American woman engaged in work of a propagandist nature, which consisted principally in speaking and writing. All her life a certain degree of anxiety, sometimes very severe, was experienced after every public performance, such as speaking to an audience. In spite of her unquestionable success and ability, both intellectual and practical, and her capacity for managing an audience and dealing with discussions, etc., she would be excited and apprehensive all night after, with misgivings whether she had done anything inappropriate, and obsessed by a need for reassurance. This need for reassurance led her compulsively on any such occasion to seek some attention or complimentary notice from a man or men at the close of the proceedings in which she had taken part or been the principal figure; and it soon became evident that the men chosen for the purpose were always unmistakable father-figures, although often not persons whose judgement on her performance would in reality carry much weight. There

were clearly two types of reassurance sought from these father-figures : first, direct reassurance of the nature of compliments about her performance ; secondly, and more important, indirect reassurance of the nature of sexual attentions from these men. To speak broadly, analysis of her behaviour after her performance showed that she was attempting to obtain sexual advances from the particular type of men by means of flirting and coquetting with them in a more or less veiled manner. The extraordinary incongruity of this attitude with her highly impersonal and objective attitude during her intellectual performance, which it succeeded so rapidly in time, was a problem. Analysis showed that the Œdipus situation of rivalry with the mother was extremely acute and had never been satisfactorily solved. I shall come back to this later. But beside the conflict in regard to the mother, the rivalry with the father was also very great. Her intellectual work, which took the form of speaking and writing, was based on an evident identification with her father, who had first been a literary man and later had taken to political life ; her adolescence had been characterized by conscious "revolt against him, with rivalry and contempt of him. Dreams and phantasies of this nature, castrating the husband, were frequently uncovered by analysis. She had quite conscious feelings of rivalry and claims to superiority over many of the ' father-figures ' whose favour she would then woo after her own performances! She bitterly resented any assumption that she was not equal to them, and (in private) would reject the idea of being subject to their judgement or criticism. In this she corresponded clearly to one type Ernest Jones has sketched: his first group of homosexual women who, while taking no interest in other women, wish for ' recognition ' of their masculinity from men and claim to be the equals of men, or in other words, to be men themselves. Her resentment, however, was not openly expressed; publicly she acknowledged her condition of womanhood.

Analysis, then revealed that the explanation of her compulsive ogling and coquetting—which actually she was herself hardly aware of till analysis made it manifest—was as follows : it was an unconscious attempt to ward off the anxiety which would ensue on account of the reprisals she anticipated from the father-figures after her intellectual performance. The exhibition in public of her intellectual proficiency, which was in itself carried through successfully, signified an exhibition of

herself in possession of the father's penis, having castrated him. The display once over, she was seized by horrible dread of the retribution the father would then exact. Obviously it was a step towards propitiating the avenger to endeavour to offer herself to him sexually. This phantasy, it then appeared, had been very common in her childhood and youth, which had been spent in the Southern States of America; if a negro came to attack her, she planned to defend herself by making him kiss her and make love to her (ultimately so that she could then deliver him over to justice). But there was a further determinant of the obsessive behaviour. In a dream which had a rather similar content to this childhood phantasy, she was in terror alone in the house ; then a negro came in and found her washing clothes, with her sleeves rolled up and arms exposed. She resisted him, with the secret intention of attracting him sexually, and he began to admire her arms and to caress them and her breasts. The meaning was that she had killed father and mother and obtained everything for herself (alone in the house), became terrified of their retribution {expected shots through the window}, and defended herself by taking on a menial rôle (washing clothes) and by *washing off* dirt, and sweat, guilt and blood, everything she had obtained by the deed, and 'disguising herself' as merely a castrated woman. In that guise the man found no stolen property on her which he need attack her to recover and, further, found her attractive as an object of love. Thus the aim of the compulsion was not merely to secure reassurance by evoking friendly feelings towards her in the man ; it was chiefly to make sure of safety by masquerading as guiltless and innocent. It was a compulsive reversal of her intellectual performance; and the two together formed the * double-action * of an obsessive act, just as her life as a whole consisted alternately of masculine and feminine activities.

Before this dream she had had dreams of people putting masks on their faces in order to avert disaster. One of these dreams was of a high tower on a hill being pushed over and falling down on the inhabitants of a village below, but the people put on masks and escaped injury !

Womanliness therefore could be assumed and worn as a mask, both, to hide the possession of masculinity and to avert the reprisals expected if she was found to possess it—much as a thief will turn out his pockets and ask to be searched to prove that he has not the stolen goods. The reader may now ask how I define womanliness or where I draw the line between genuine womanliness and the 'masquerade'. My suggestion is not, however, that there is any such difference ; whether radical or superficial, they are the same thing. The capacity for womanliness was there in this woman—and one might even say it exists in the most

completely homosexual woman—but owing to her conflicts it did not represent her main development, and was used far more as a device for avoiding anxiety than as a primary mode of sexual enjoyment.

I will give some brief particulars to illustrate this. She had married late', at twenty-nine; she had had great anxiety about defloration, and had had the hymen stretched or slit before the wedding by a woman doctor. Her attitude to sexual intercourse before marriage was a set determination to obtain and experience the enjoyment and pleasure which she knew some women have in it, and the orgasm. She was afraid of impotence in exactly the same way as a man. This was partly a determination to surpass certain mother-figures who were frigid, but on deeper levels it was a determination not to be beaten by the man.³ In effect, sexual enjoyment was full and frequent, with complete orgasm ; but the fact emerged that the gratification it brought was of the nature of a reassurance and restitution of something lost, and not ultimately pure enjoyment. The man's love gave her back her self-esteem. During analysis, while the hostile castrating impulses towards the husband were in process of coming to light, the desire for intercourse very much abated, and she became for periods relatively frigid.. The mask of womanliness was being peeled away, and she was revealed either as castrated, (lifeless, incapable of pleasure), or as wishing to castrate (therefore afraid to receive the penis or welcome it by gratification). Once, while for a period her husband had had a love-affair with another woman, she had detected a very intense identification with him in regard "to the rival woman. It is striking that she had had no homosexual experiences (since before puberty with a younger sister); but it appeared during analysis that this lack was compensated for by frequent homosexual dreams with intense orgasm.

In every-day life one may observe the mask of femininity taking curious forms. One capable housewife of my acquaintance is a woman. of great ability, and can herself attend to typically masculine matters. But when, e.g. any builder or upholsterer, is called in, she has a compulsion to hide all her technical knowledge from him and. show deference to the workman, making her suggestions in an innocent and artless manner, as if they were ' lucky guesses '. She has confessed to me that even with the butcher and baker, whom, she rules in reality with a

³ I have found this attitude in several women analysands and the self-ordained defloration in nearly all of them (five cases). In the light of Freud's ' Taboo of Virginity ', this latter symptomatic act is instructive.

rod of iron, she cannot openly take up a firm straightforward stand; she feels herself as it were 'acting a part', she puts on the semblance of a rather uneducated, foolish and bewildered woman, yet in the end always making her point. In all other relations in life this woman is a gracious, cultured lady, competent and well-informed, and can manage her affairs by sensible rational behaviour without any subterfuges. This woman is now aged fifty, but she tells me that as a young woman she had great anxiety in dealings with men such as porters, waiters, cabmen, tradesmen, or any other potentially hostile father-figures, such as doctors, builders and lawyers; moreover, she often quarrelled with such men and had altercations with them, accusing them of defrauding her and so forth.

Another case from every-day observation is that of a clever woman, wife and mother, a University lecturer in an abstruse subject which seldom attracts women. When lecturing, not to students but to colleagues, she chooses particularly feminine clothes; Her behaviour on these occasions is also marked by an inappropriate feature : she becomes flippant' and joking, so much so that it has caused comment and rebuke. She has to treat the situation of displaying her masculinity to men as a 'game', as something *not real*, as a 'joke'. She cannot treat herself and her subject seriously, cannot seriously contemplate herself as on equal terms with men ; moreover, the flippant attitude enables some of her sadism to escape, hence the offence it causes.

Many other instances could be quoted, and I have met with a similar mechanism in the analysis of manifest homosexual men. In one such man with severe inhibition and anxiety, homosexual activities really took second place, the source of greatest sexual gratification being actually masturbation under special conditions, namely, while looking at himself in a mirror dressed in a particular way. The excitation was produced by the sight of himself with hair parted in the centre, wearing a bow tie. These extraordinary 'fetishes' turned out to represent a *disguise of himself* as his sister; the hair and bow were taken from her. His conscious attitude was a desire to *be* a woman, but his manifest relations with men had never been stable. Unconsciously the homosexual relation proved to be entirely sadistic and based on masculine rivalry. Phantasies of sadism and '*possession of a penis*' could be indulged only while' reassurance against anxiety was being obtained from the mirror that he was safely 'disguised as a woman'.

To return to the case I first described. Underneath her apparently satisfactory heterosexuality it is clear that this woman displayed well-known manifestations of .

the castration complex. Horney was the first among others to point out the sources of that complex in the Œdipus situation ; my belief is that the fact that womanliness may be assumed as a mask may contribute further in this direction to the analysis of female development. With that in view I will now sketch the early libido–development in this case.

But before this I must give some account of her relations with women. She was conscious of rivalry of almost any woman who had either good looks or intellectual pretensions. She was conscious of L flashes of hatred against almost any woman with, whom she had much to do, but where permanent or close relations with women were concerned she was none the less able to establish a very satisfactory footing. Unconsciously she did this almost entirely by means of feeling herself superior in some way to them {her relations with her inferiors were uniformly excellent}. Her proficiency as a housewife largely had its root in this. By it she surpassed her mother, won her approval and proved her superiority among rival ' feminine' women. Her intellectual attainments undoubtedly had in part the same object. They too proved her superiority to her mother; it seemed probable that since she reached womanhood her rivalry with women had been more acute in regard to intellectual things than in regard to beauty, since she could usually take refuge in her superior brains where beauty was concerned.

The analysis showed that the origin of all these reactions, both to men and to women, lay in the reaction to the parents during the oral–biting sadistic, phase. These reactions took the form of the phantasies sketched by Melanie Klein [4] in her Congress paper, 1927. In consequence of disappointment or frustration during sucking or weaning, coupled with experiences during the primal scene which is interpreted in oral terms, extremely intense sadism develops towards both parents.[5] The desire to bite off the nipple shifts, and desires to destroy, penetrate and disembowel the mother and devour her and the contents of her body succeed it. These contents include the father's penis, her faeces and her children—all her possessions and love–objects, imagined as

4 Early Stages of the Œdipus Conflict', this JOURNAL, Vol. IX, 1928.

5 Ernest Jones, op cit., p. 469, regards an intensification of the oral sadistic stage as the central feature of homosexual development in women.

within her body.[6] The desire to bite off the nipple is also shifted, as we know, on to the desire to castrate the father by biting off his penis. Both parents are rivals at this stage, both possess desired objects; the sadism is directed against both and the revenge of both is feared. 1 But, as always with girls, the mother is the more hated, and consequently the more feared. She will execute the punishment that fits the crime—destroy the girl's body, her beauty, her children, her capacity for having children, mutilate her, devour her, torture her and kill her. In this appalling predicament the girl's only safety lies in placating the mother and atoning for her crime. She must retire from rivalry, with the mother, and if she can, endeavour to restore to her what she has stolen. As we know, she identifies herself with the father; and then she uses the masculinity she thus obtains by *putting it at the service of the mother*. She becomes the father, and takes his place ; so she can 'restore' him to the mother. This position was very clear in many typical situations in my patient's life. She delighted in using her great practical ability to aid or assist weaker and more helpless women and could maintain this attitude successfully so long as rivalry did not emerge too strongly. But this restitution could be made on one condition only; it must procure her a lavish return in the form of gratitude and 'recognition'. The recognition desired was supposed by her to be owing for her self-sacrifices; more unconsciously what she claimed was—recognition of her *supremacy* in *having* the penis to give back. If her supremacy were not acknowledged, then rivalry became at once acute; if gratitude and recognition were withheld, her sadism broke out in full force and she would be subject (in private) to paroxysms of oral-sadistic fury, exactly like a raging infant.

In regard to the father, resentment against him arose in two ways: (1) during the primal scene he took from the mother the milk, etc., which the child missed; (2) at the same time he gave to the mother the penis or children instead of to her. Therefore all that he had or took should be taken from him by her; he was castrated and reduced to nothingness, like the mother. Fear of him, though never so acute as of the mother, remained; partly, too, because his vengeance for the death and destruction of the mother was expected. So he too must be placated and appeased. This was done by masquerading in a feminine guise for him, thus showing him her 'love' and guiltlessness

6 As it was not essential to my argument, I have omitted all reference to the further development of the relation to children.

towards him. It is significant that this woman's mask, though transparent to other women, was successful with men, and served its purpose very well. Many men were attracted in this way, and gave her reassurance by showing her favour. Closer examination showed that these men were of the type who themselves fear the ultra-womanly woman. They prefer a woman who herself, has male attributes, for to them her claims on them are less.

At the primal scene the talisman which both parents possess and which she lacks is the father's penis; hence her rage, also her dread and helplessness. [7] By depriving the father of it and possessing it herself she obtains the talisman—the invincible sword, the 'organ of sadism.'; he becomes powerless and helpless (her gentle husband), but she still guards herself from attack by wearing towards him the mask of womanly subservience, and under that screen, performing many of his masculine functions herself—'for him'—(her practical ability and management). Likewise with the mother: having robbed her of the penis, destroyed her and reduced her to pitiful inferiority, she triumphs over her, but again secretly.; outwardly she acknowledges and admires the virtues of 'feminine' women. But the task of guarding herself against the woman's retribution is harder than with the man; her efforts to placate and make reparation by restoring and using the penis in the mother's service were never enough; this device was worked to death, and sometimes it almost worked her to death.

It appeared, therefore, that this woman had saved herself from the intolerable anxiety resulting from her sadistic fury against both parents by creating in phantasy a situation in which she became supreme and no harm could be done to her. The essence of the phantasy was her *supremacy* over the parent-objects; by it her sadism was gratified, she triumphed over them. By this same supremacy she also succeeded in averting their revenges; the means she adopted for this were reaction-formations and concealment of her hostility. Thus she could gratify her id-impulses, her narcissistic ego and her super-ego at one and the same time. The phantasy was the main-spring of her whole life and character, and she came within a narrow margin of carrying it through to complete perfection. But its weak point was the megalomaniac character, under all the disguises, of the necessity for supremacy. When this supremacy was seriously disturbed during

7 Cf. M. N. Searl, 'Danger Situations of the Immature Ego', Oxford Congress, 1929.

analysis, she fell into an abyss of anxiety, rage and abject depression ; before the analysis, into illness.

I should like to say a word about Ernest Jones' type of homosexual woman whose aim. is to obtain 'recognition' of her masculinity from men. The question arises whether the need for recognition in this type is connected with the mechanism of the same need, operating differently (recognition for services performed), in the case I have described. In my case direct recognition of the possession of the penis was not claimed openly; it was claimed for the reaction– formations, though only the possession of the penis made them possible. Indirectly, therefore, recognition was none the less claimed for the penis. This indirectness was due to apprehension lest her possession of a penis *should he* ' recognized ', in other words ' found out'. One can see that with less anxiety my patient too would have openly claimed recognition from men for her possession of a penis, and in private she did in fact, like Ernest Jones' cases, bitterly resent any lack of this direct recognition. It is clear that in his cases the primary sadism obtains more gratification; the father has been castrated and shall even acknowledge his defeat. But how then is the anxiety averted by these women? In regard to the mother, this is done of course by denying her existence. To judge from indications in analyses I have carried but, I conclude that, first, as Jones implies, this claim is simply a displacement of the original sadistic claim that the desired object, nipple, milk, penis, should be instantly surrendered; secondarily, the need for recognition is largely a need for absolution. Now the mother has been relegated to limbo ; no relations with her are possible. Her existence appears to be denied, though in truth it is only too much feared. So the guilt of having triumphed over both can only be absolved by the father; if he sanctions her possession of the penis by acknowledging it, she is safe. By *giving* her recognition, he *gives* her the penis and to her instead of the mother; then she has it, and she may have it, and all is well. ' Recognition ' is always in part reassurance, sanction, love; further, it renders her supreme again. Little as he may know it, to her the man has admitted his defeat. Thus in its content such a woman's phantasy–relation to the father is similar to the normal Œdipus one ; the difference, is that it "rests on a basis of sadism. The mother she has indeed killed, but she is thereby excluded from enjoying much that the mother had, and what she does obtain from the father she has still in great measure to extort and extract.

These conclusions compel one once more to face the question; what is the essential nature of fully-developed femininity? What is *das ewig Weibliche*? The conception of womanliness as a mask, behind which man suspects some hidden danger, throws a little light on the enigma. Fully-developed heterosexual womanhood is founded, as Helene Deutsch and Ernest Jones have stated, on the oral-sucking stage. The sole gratification of a primary order in it is that of receiving the (nipple, milk) penis, semen, child from the father. For the rest it depends upon reaction-formations. The acceptance of 'castration', the humility, the admiration of men, come partly from the over-estimation of the object on the oral-sucking plane; but chiefly from the renunciation (lesser intensity) of sadistic castration-wishes deriving from the later oral-biting level. 'I must not take, I must not even ask; it must be *given* me'. The capacity for self-sacrifice, devotion, self-abnegation expresses efforts to restore and make good, whether to mother or to father figures, what has been taken from them. It is also what Radó has called a 'narcissistic insurance' of the highest value.

It becomes clear how the attainment of full heterosexuality coincides with that of genitality. And once more we see, as Abraham first stated, that genitality implies attainment of a *post-ambivalent* state. Both the 'normal' woman and the homosexual desire the father's penis and rebel against frustration (or castration); but one of the differences between them lies in the difference in the degree of sadism and of the power of dealing both with it and with the anxiety it gives rise to in the two types of women.