

GUESS THE GAZE

Look at the poses below.

Decide if it feels “Male Gaze”(MG) or “Non-Male Gaze”(NMG) and mark the box.



1

MG NMG



2

MG NMG



3

MG NMG



4

MG NMG



5

MG NMG



6

MG NMG



7

MG NMG



8

MG NMG



9

MG NMG



10

MG NMG

HOW DID YOU DO?

10 correct: You've mastered this framework. You can now spot male gaze composition in museum galleries, fashion photography, film stills, and advertising.

7-9 correct: You've got the fundamentals down. Keep practicing. The more you look, the more automatic this recognition becomes.

4-6 correct: You're building the skill. Revisit the comparison studies in Part IV, paying close attention to the specific visual cues discussed.

0-3 correct: Don't worry—this is a learnable skill, not an innate talent. Start by focusing on one element: gaze direction. Once you can reliably identify where the subject is looking, add other factors.

ANSWER KEY

Non-Male Gaze Poses

These emphasize agency, introspection, natural posture, or activity rather than display.

- 1 - contemplative seated pose, gaze away
- 2 - standing with arm on doorframe, neutral posture
- 4 - self-embracing posture, introspective
- 7 - reading, engaged in activity
- 9 - neutral standing posture, downward gaze

Male Gaze Poses

These emphasize viewer awareness, seductive posture, body display, or performative posing.

- 3 - body-forward stance with chest emphasis
- 5 - self-touching pose emphasizing vulnerability/sexual framing
- 6 - chin-on-hand pose directed toward viewer
- 8 - arched posture emphasizing torso
- 10 - reclining pose with body emphasis

HOW DID YOU DO?

10 correct: You've mastered this framework. You can now spot male gaze composition in museum galleries, fashion photography, film stills, and advertising.

7-9 correct: You've got the fundamentals down. Keep practicing. The more you look, the more automatic this recognition becomes.

4-6 correct: You're building the skill. Revisit the comparison studies in Part IV, paying close attention to the specific visual cues discussed.

0-3 correct: Don't worry—this is a learnable skill, not an innate talent. Start by focusing on one element: gaze direction. Once you can reliably identify where the subject is looking, add other factors.

Remember: The goal isn't to score perfectly. The goal is to see differently than you did before you opened this book.