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## Wonder Woman Complex

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# WONDER WOMAN

Complex



WANT MORE.  
DO MORE.  
BE MORE.

# Wonder Woman vs. The Marriage Standard

- Sarah Dawson

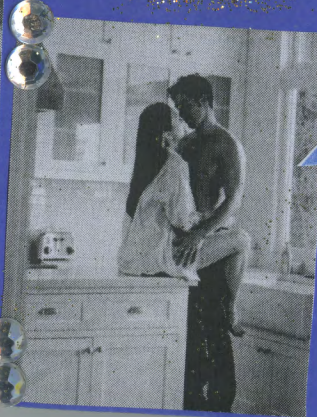


"We are the girls with anxiety disorders, filled with appointment books, five-year plans. We take ourselves very, very seriously. We are the peacemakers, the do-gooders, the givers, the savers. We are on time, overly prepared, well read, and witty, intellectually curious, always moving... We pride ourselves on getting as little sleep as possible and thrive on self-deprivation. We drink coffee, a lot of it. We are on birth control, Prozac, and multivitamins... We are relentless, judgmental with ourselves, and forgiving to others. We never want to be as passive-aggressive as our mothers, never want to marry men as uninspired as our fathers... We are the daughters of the feminists who said, "You can be anything," and we heard, "You have to be everything."

-Courtney Martin

Wonder Woman has the perfect marriage. She is beautiful and always put together, involved with her children's childcare, has frequent and exceptional sex, a flourishing career, and a husband who respects and adores her independence. This Wonder Woman wife and mother has higher expectations of marriage than generations before her; she expects marriage to be perfect. She wants to be cared for, but she doesn't want to be owned by anyone else. Maybe she even kept her own last name, and didn't wear an engagement ring.

The real woman does not have the perfect marriage. There are days when she is too tired to do her hair, she can't always see her kids because she works so hard at her job, her husband does not help out around the house, and sex only happens when the kids are at sleepovers and she isn't exhausted from the work week. This woman is still beautiful, and her marriage is still valuable; it just isn't perfect in the way that society expects. The marriage standard of today is a villain in the way that it convinces women that their marriage has to be perfect, or it is not worthy. The real woman, unlike Wonder Woman, must realize that she cannot do it all, but it does not make her efforts any less extraordinary.



"Stop trying to be so good at everything."

"We have more options today, but we've also raised our expectations of marriage."

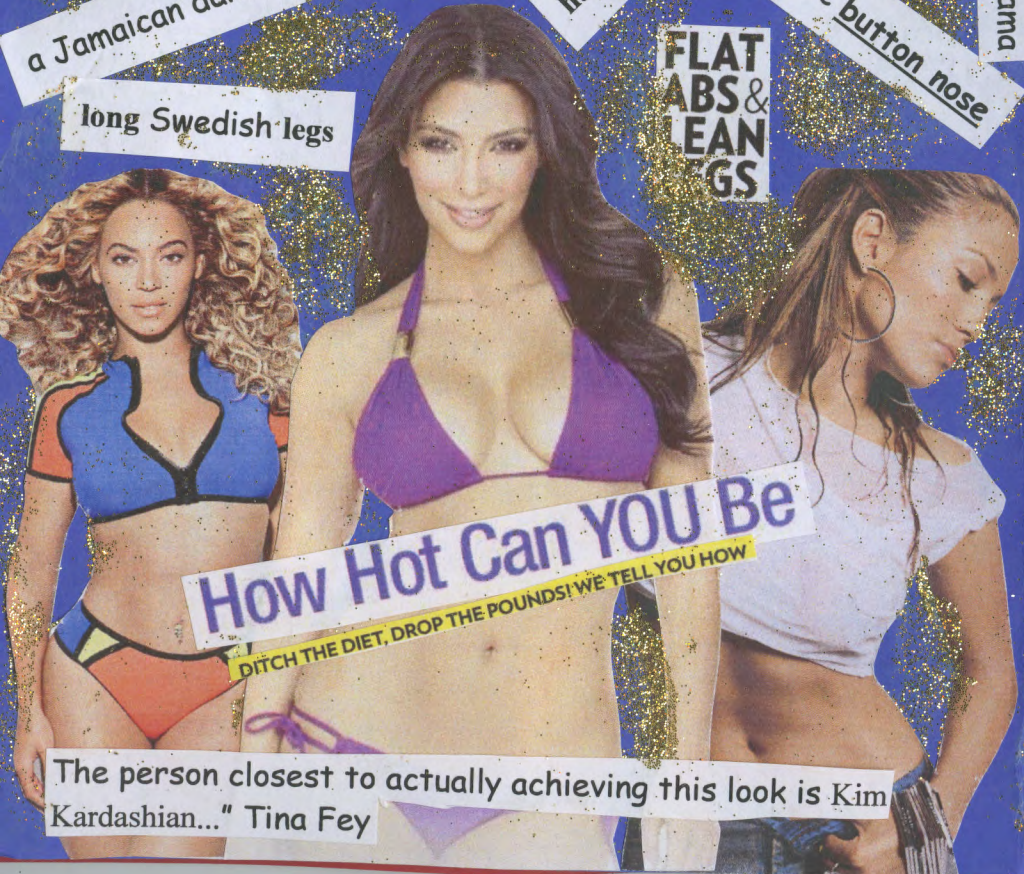
-Deborah Spar

Now every girl is expected to have  
 and doll tits  
 the hips of a nine-year-old boy

# WONDER WOMAN VS. REAL BEAUTY



small Japanese feet  
 Caucasian blue eyes  
 full spanish lips  
 a Jamaican dance hall ass  
 long Swedish legs  
 hairless Asian skin with a California TAN  
 the arms of Michelle Obama  
 a classic button nose  
**FLAT ABS & LEAN EGGS**



## How Hot Can YOU Be

**DITCH THE DIET. DROP THE POUNDS! WE TELL YOU HOW**

The person closest to actually achieving this look is Kim Kardashian..." Tina Fey

Real Beauty. Real Beauty. Real Beauty. Real Beauty.

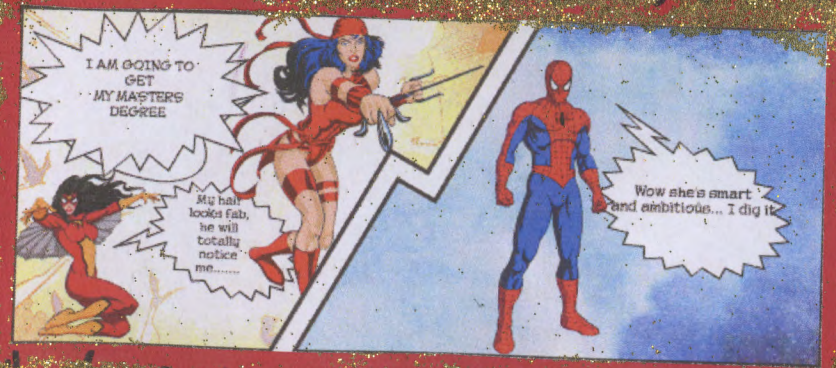
# What is REAL BEAUTY??

I'm not gonna tell you that you're beautiful. *You have not needed to know you're beauty so much as you've needed to see that you're capable.*

*"Beautiful is loud footsteps. Knowing the weight of your own footsteps, not your torso. Beautiful is knowing that you came here to make a ruckus. Beautiful is being so big & bright that it makes it impossible for people to take their eyes off you. Always they will wonder, what will that one do next?"*

The world had drained out all the metrics of measuring beautiful and replaced it with scales and calorie counts.

# Be YOU-tiful



IT'S A BIRD, IT'S A PLANE, IT'S...  
A WORKING WOMAN?! Huh?

It doesn't take **super powers** to identify all the cliché traits that this allusive **"Wonder Woman"** of the working world wields. It's a no-brainer that this fictitious female has it all and DOES IT ALL...and all at the same time to boot.

*As a woman, even confronting the issue of work is work in itself.*

...WHO HAVE  
MOTHERS AND TOP  
PROFESSIONALS ARE  
SUPERHUMAN, RICH, OR  
SELF-EMPLOYED. -AMS

SO THERE'S NO SUCH THING  
AS WORK-LIFE BALANCE.  
THERE'S WORK, AND  
THERE'S LIFE, AND THERE'S  
NO BALANCE. -SHERYL  
SANDBERG

IF WOMEN ARE EVER TO  
ACHIEVE REAL EQUALITY AS  
LEADERS, THEN WE HAVE TO  
STOP ACCEPTING MALE  
BEHAVIOR AND MALE CHOICES  
AS THE DEFAULT AND THE IDEAL.  
-ANN MARIE SLAUGHTER

REALLY THINK WE NEED MORE  
WOMEN TO LEAN INTO THEIR  
CAREERS AND TO BE REALLY  
DEDICATED TO STAYING IN THE  
WORK FORCE. -SHERYL  
SANDBERG

SHOULD BE ABLE TO  
START A FAMILY IF YOU WANT  
ONE--HOWEVER AND  
WHENEVER YOUR LIFE  
CIRCUMSTANCES  
ALLOW--AND STILL HAVE THE  
CAREER YOU DESIRE.  
-ANN MARIE SLAUGHTER



Kathleen Doll

UNTIL WOMEN ARE AS  
AMBITIOUS AS MEN, THEY'RE  
NOT GOING TO ACHIEVE AS  
MUCH AS MEN. -SHERYL  
SANDBERG

# Wonder Woman vs. Real MOM

If you work, you should be staying at home with your kids. If you're poor or on welfare, you should be working (sorry there's no affordable childcare, too bad). If you want to take time off from work to hang out with your kids, you're a liability, but if you don't, you're a bad mother. If you don't take perfect care of yourself while you're pregnant, you're a horrible person (and maybe even a criminal). If you don't want to get pregnant, you're unnatural. There's really no winning when it comes to motherhood." Jessica Valenti, Full Frontal Feminism p 152

Why is there so much focus on being the "perfect" mom? Should the focus be on the children? And what if you don't want children? LET WOMEN BE. Being a mother is a full time job and yet they still have to maintain the perfect image, job, husband, household, extracurricular activities, and more.



It is I,  
the PERFECT mother!

STOP!  
There is  
no such  
thing!

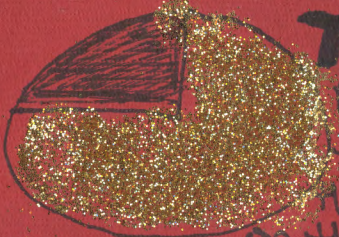
-Camellia  
Amvati

- ...access at a high-powered and satisfying job? → **CHECK.**
- Future ambitions and lofty goals? → **DUH.**
- Makes it rain. \$\$\$\$\$. → **Mmmmmmm.**
- A life-partner who makes her weak in the knees. → **OBVI.**
- The body of a goddess. → **HOT DAMN.**
- An unrelenting need for the dick. → **FUCK YEAH.**
- Babies, babies, mo' babies. → **OF COURSE.**
- A house with a white picket fence. → **GAG ME.**
- Drive and determination for days. → **YEP.**
- Oh....and time for herself. → **WORD.**

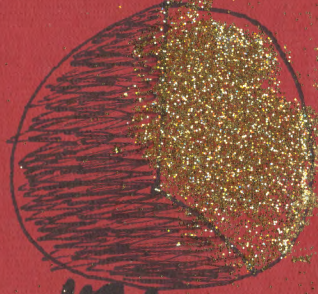
# WONDER WOMAN AS



"Women today spend twice the time on housework men do, stir-frying our own zucchini and drizzling it with organic walnut oil."



75% of moms say the pressure they put on themselves is worse than any pressure or judgement from other moms.

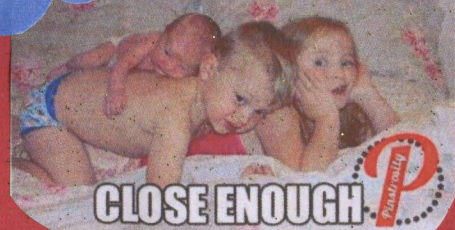


42% of moms suffer from "Pinterest stress" the worry that they are not crafty or creative enough.



Sarah Dawson

"Beautiful images of domestic harmony make us feel inadequate."



CLOSE ENOUGH

# THE HOMEMAKER

We all know them – those perfect Pinterest moms found primarily on all platforms of social media. Every birthday party – hell, even every family movie night – is right out of a homemaker magazine, complete with themed cake pops and decorations of a perfectly coordinating color palette. Yes, women have achieved great strides in the workforce and are no longer forced to stay at home and cook and clean and throw fantastic parties. So then, why do 42% of women say that they suffer from "Pinterest stress?" In other words, the pressure to be exceptionally crafty and detail-oriented, presenting themselves as a perfect homemaker to the world. How is it possible that housekeeping standards have actually *risen* since the 1950s, when the culture of domesticity was thought to be at its peak? The homemaker standard is alive and well thanks to the pressures of sites like Pinterest, and only Wonder Woman can actually accomplish such homemaker perfection. For the rest of you, just remember that she is fiction, and you are real!

"Pinterest is largely a site of unrealized dreams."



Spidey, this "Pinterest pressure" is a villain which must be destroyed!

I agree, Captain! Our women are forgetting how great they are without all the fans!

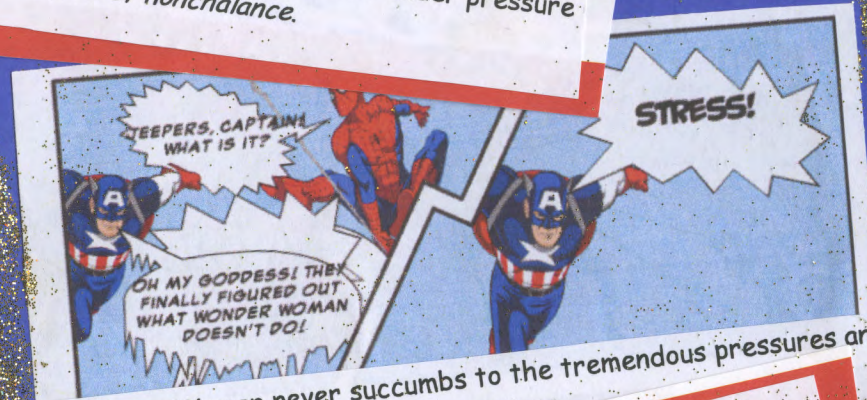
"We have a hard time enjoying our own experiences because we feel it's not worthy of this invisible judge... It's so easy to get depressed. You start to feel like your entire life has to be like a magazine all the time."

"The mommy pressure goes way beyond just popping them out. It's about what kind of mother you are, and anything less than perfect just won't do... Not only do women *have* to become mothers in order to be good women, we have to become "perfect" mothers. All while getting pretty much no appreciation for it."  
- Jessica Valenti

The No-Sweat Standard is the idiotic presumption that not only should women be able to do it all AND have it all, they should never show stress. So...what does this look like for our Wonder Woman?

- It is unparalleled confidence
- A calm and collected demeanor under pressure
- An aura of nonchalance.

The final in  
**WONDER WOMAN**  
 THE NO-SWEAT



Wonder Woman never succumbs to the tremendous pressures and expectations

- Climbing the corporate jungle gym? → Easy as pie!
- Maintaining a banging physique? → No sweat!
- Throwing a bitchin' dinner party on a budget? → No worries!

So people, this standard is better understood in terms of what it doesn't look like. Our Wonder Woman does it all without breaking a sweat or feeling overwhelmed. The No-Sweat Standard, much like the Beauty Standard, can be considered what Jessica Valenti refers to as a giant **SHUT-THE-FUCK-UP** tool.

- Feeling frustrated with a co-worker? → You're a bitch!
- Have more items on your to-do list than hours in the day? → You should feel grateful for these opportunities!
- Feeling bloated? → Stop fishing for compliments!

stallment of  
 vs. THE REAL WOMAN  
 AT STANDADA

The No-Sweat Standard keeps women silent. It tells women that they are whiners, *bitchers*, *moaners*, and **unable to handle stress** as well as the guys. Women rather keep their mouth shut then deal with the consequences. If that doesn't scream, **"stay in your place!!!!"** nothing does. This standard also accounts for the backlash women receive when wanting to work hard and achieve. Do terms like Golddigger, Bossypant, or Ice Queen sound familiar?

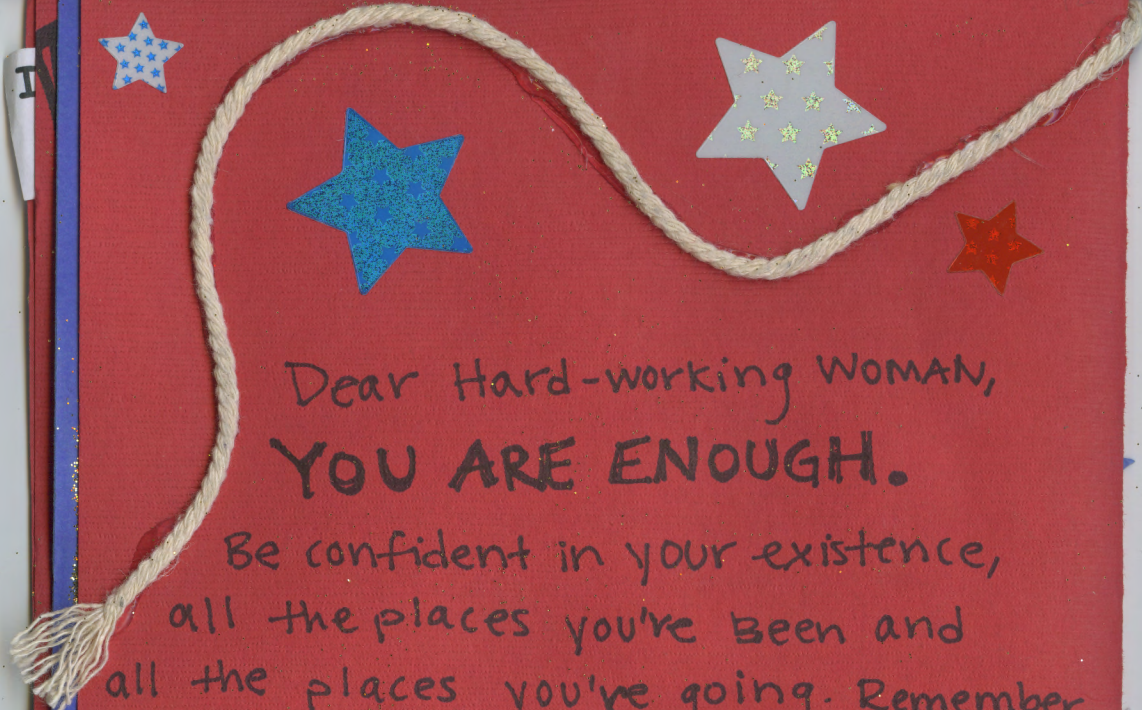
In effect, women are wary of asking for help, for **fear** of appearing incapable, not expressing their true sentiments to avoid feeling invalidated by their peers, shying away from ambition, and thus perpetuating a vicious cycle of **STRESS**. Women have learned to smear a smile on their faces to mask the worry manifested by the debilitating pressures.



If I have to hear an exchange like this one more time, I WILL RAISE HELL.

What's even worse is that women now subject one another to this **bullshittery**. Countless times women attempt to find support by venting to other women about their grueling schedules, worries, and endless lists of obligations only to be invalidated by the other woman. "You think you're under pressure?? Listen to what I have to do...." **BLAH. BLAH. BLAH.** Suddenly a therapeutic means to cope with the crushing expectations placed upon women turns into a **competition**. Women **shame** one another when one is perceived as not being busy or stressed enough.

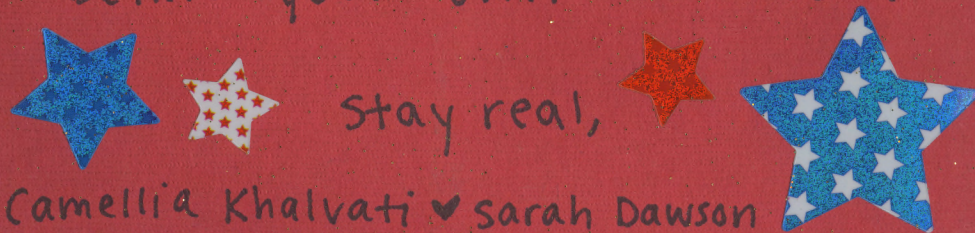
Thus, the glorification of busy is yet another byproduct of the No-Sweat Standard that keeps women frantically trying to accomplish everything while attempting to appear like they're **feeling nothing**.



Dear Hard-working WOMAN,  
**YOU ARE ENOUGH.**

Be confident in your existence,  
all the places you've been and  
all the places you're going. Remember  
you are a work in progress and be  
mindful of your worth. Use your  
voice, share your truth, and transform  
self-doubt into self love.

Define your own standards.



stay real,

Camellia Khalvati ♥ Sarah Dawson  
& Kathleen Doll

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