



[How To Talk About Your Feelings](#)



# **A MAN'S REACTIONS TO HIS FEELINGS**

**Feelings are too fuzzy.**

**Life is about doing not feeling.**

**I cannot find words for feelings good or bad.**

**I can't express anything. I'm numb.**

**I prefer to stay silent.**

**My feelings disappear, they're weak anyway.**

**I'm good at sucking it up and getting on with it.**

**Vulnerability is not acceptable. It's weak.**

**I'm a big boy.**

**Feelings are not trustworthy and need to be kept in check.**

**I don't know what I really feel.**

**My head is cloudy and I can't focus.**

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How to Express Your Feelings. You might be afraid of making others upset or inconveniencing them if you share your feelings. However, hiding .... "Not only will your feelings come out in a drunken mess of words and other emotions, but most people aren't going to take what you say while .... Learning why you have trouble expressing your feelings can go a long way into changing that behavior. Saying how you feel is something you can learn how to do .... Talking or writing can help. What's the point in talking? If we just bottle our problems and feelings up inside, we can quickly feel trapped and lonely. Putting .... How to talk about your feelings. Insightful TED Talks to help guide you on your journey to healthier, stronger relationships with others — and yourself.. Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.. How to Talk to Your Friends About Your Feelings. The word “confrontation,” makes some of us very uncomfortable. When we contemplate talking to a friend .... If we express these feelings in off-putting ways, this wiring can invite a disconnect in our relationships. By contrast, expressing feelings in a safe .... How to Get Better at Expressing Emotions. Extroverts tend to be better at talking about their feelings, but practice and attention can help those .... “I think what she really wants is for me to say how I'm feeling about our relationship.” “And how do you feel about it?” “I love her and love being in .... Sharing your feelings is no easy feat. It's one thing when they're happy feelings and you want to set off sparklers, but it's another when you're .... When you're trying to describe how you feel about something, be sure to take a moment to come up with the best word that describes how you .... Noticing your feelings and saying how you feel can help you feel better. This article for kids has ideas on how to practice talking about feelings and emotions.. Talking about your feelings is a sign of personal strength. It shows that you are able to take control of your life. But, it can be difficult to know how to start a .... And one helpful way to do so is to express them. Read more to learn how to: talk about your feelings in a way that benefits you and others; avoid common mistakes .... How comfortable are you when talking about your feelings with your partner? Does it come easily, or do you do everything you can to avoid the .... We have so many different emotions! Learn to express how you're feeling accurately. Knowing these words will improve your overall English .... Struggle to say how you really feel? Here's a 9 step process for how to talk about your feelings. Take these tips and apply them for better .... I used to be really good at not talking about my feelings. I kept everything bottled up until I near exploded. Why? Well, if I opened up about my .... Your feelings are important. There are so many times that we invalidate our feelings. We say things like, “I'm so upset that I got a 'B ... 640313382f

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