

8C

## When You Don't Deal With Hard Emotions 2

### SHOVING IT DOWN

Putting emotional weights onto your back instead of dealing with them eventually makes the load so heavy it takes a toll on you. This seems helpful at first but it can result in insomnia, depression, anxiety, stomach problems, headaches, chronic fatigue, etc. Your body will eventually become overwhelmed



### STUCK IN IT

If you don't take the time to deal with hard emotions you can get stuck. You may think that if you move forward and feel, a dam will break and you will drown in your emotions.

You are afraid that if you start feeling emotions, like sadness or anger, you will never stop, or you will be judged, or you will do something horrible to yourself or others.



### DEFLECTING

You take the less painful approach in the moment and use behaviors like anger, blame, self-victimizing, withdrawal, fault-finding, excuses, and lashing out.

You deflect your pain rather than taking accountability for your own emotions and working with them.



SHOVING IT DOWN: What are some of the things you are avoiding dealing with by putting them off until later?

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STUCK IN IT: Write a little about a time when you were so overwhelmed that you felt like you couldn't move.

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DEFLECTING: Describe a time you used blame, excuses or lashing out as a defense or deflection for pain you felt.

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"In the end, just three things matter:  
How well we have lived.  
How well we have loved.  
How well we have learned to let go."

~ Jack Kornfield