

OUR FEELINGS: WHAT HAPPENS WHEN WE SUPPRESS THEM?

#1: THEY DO NOT GO AWAY!

#2: THEY EVENTUALLY SHOW UP
(after they fester inside).

HOW DO OUR SUPPRESSED FEELINGS SHOW UP?

THEY CAN SHOW UP IN SOME OF THESE WAYS:

Which ones do you recognize in yourself?

- ANGRY OUTBURSTS
- ANXIETY
- BLAMING
- CHRONIC FATIGUE
- CONFUSED, CONFLICTED FEELINGS
- DEFENSIVENESS

- DEPRESSION
- EMPTINESS
- FEAR
- HEADACHES
- HYPERACTIVITY
- HYPERTENSION

- INSOMNIA
- IRRITABILITY
- LOW or NO MOTIVATION
- NEGATIVE SELF-CONCEPT
- PROCRASTINATION
- RELATIONSHIP PROBLEMS

- RESTLESSNESS
- RUMINATING
- SEXUAL DIFFICULTIES
- STOMACH/INTESTINAL PROBLEMS
- TEETH GRINDING
- WORRY