

Chapter 1 : The Benefits of Sharing Emotions - The Good Men Project

Here are powerful tips to help share your thoughts and feeling effectively. 10 Powerful Tips For Sharing Thoughts and Feelings. Wait until you are calm. When you have.

Sharon Gibson When you need to talk to someone about an issue, do you feel insecure? Are you a little intimidated? When you want to confront an issue, knowing how to use good communication skills will help you resolve sensitive and difficult conflicts in a way that will be satisfying to you. When you will show respect for yourself and others, it is easier to have a good outcome. You do have to be careful because you can either harm or help your relationships by how you approach them. One harmful way is to let things accumulate. A much better way is to confront each issue as it comes up and deal with one issue at a time. Knowledge gives you power and the knowledge you gain on this blog will give you the right kind of power. You need wisdom in the best way to express yourself. When you have an issue, give yourself time and space to think things through. This will help you purify your thoughts and feelings and get to the core issues. When you take time to think, it also keeps you from lashing out and saying things you later regret. You will be reasonable and be willing to listen to reason. Respect for others as well as self – When you approach the sharing of your thoughts and feelings with others, do so with an attitude of respect for yourself and for the other person. This will create a healthy discussion atmosphere. Get yourself ready and then ask the other person for some time to discuss an issue when they are ready. Affirm of the value and worth of the other person. When you start a conversation, tell the other person what you like about them as a person, what they do that you respect or the contribution they make to your life that you value. When you truly value the other person, it makes them more willing to consider what you have to say. Take responsibility for your feelings. The general idea is to avoid an accusatory tone of blaming the other person for your thoughts and feelings. Listen with the intent to understand the other side. The general idea is to come to a place of peace with each other. At the same time, peace at any cost is not peace. This does not always mean agreement. Be willing to yield to others. One of the keys to success in relationships is learning to yield to each other. Be full of mercy and grace. Fight fair by not using manipulation, putdowns or threats. As tempting as they are sometimes and believe me I know they are tempting, these tactics will do more to drive a wedge between you rather than bring you the peace you desire. When you speak the truth about how you think and feel with sincerity, people will take you more seriously and be more likely to receive what you have to say. Bookmark this post and refer back to it anytime you need to address an issue or resolve conflict. When you follow these tips, you get the results you desire.

Chapter 2 : Why You Should Share Your Struggles on Facebook | GGM

To share your feelings with someone helps to organize your thoughts and gives you some psychological relief of not having your feelings buried deep inside you. Just the act of acknowledging your feelings and making them known is very healthy and the first step in changing your life.

I am choosy about who I intentionally reveal my feelings to and have struggled with expressing or not expressing! This post is a collection of some of the best ideas and research that I have found for raising emotionally healthy kids. Amazon Affiliate links are included in this post. See Disclosure for full details. The New Science of Personal Transformation. Tips for Teaching Kids to Understand Feelings 1. Nor will they be able to, or want to, act to comfort them – the crux of empathy. Those are really big feelings. Over at the Positive Parenting Connections blog, Nicole Schwarz has written an awesome post for parents experiencing confusion or stress when trying to empathize with their kids. This used to be me. If this is you, be sure to check it out here. You might also want to read more about Parenting Triggers if seeing and hearing your child upset makes you angry. Discussing their meanings and nuances can help kids learn to distinguish them. Was that noise too loud? When reading stories together, talk about how the different characters might be feeling at different points in the story. Discreetly notice when other children or adults are visibly experiencing strong emotions, and quietly point them out to your child. When kids are in conflict with each other, draw their attention to how the other child is feeling. How would you feel if that happened to you? Purposes of Basic Feelings: Happiness Allows us to connect and share and bond. Laughter allows us to release tensions and stresses. It helps us process the deep meaning of events and relationships. It allows us to let go of things we have lost. Tears actually help our bodies release the stress-hormone cortisol , and stimulate the production of endorphins which make us feel better! It may even allow us to bargain more effectively with others! If the surprising event is negative, it pumps us full of adrenaline so that we can either escape or fight. Disgust Prevents us from engaging in activities which are usually unhealthy for us. Research shows that disgust helps us avoid eating things that are toxic, and likely to be contaminated with germs. Sounds like a healthy feeling to me! Fear Acts as a danger signal. It lets us know when there is a real or possible threat to our persons or our self-esteem. It also triggers adaptive responses to help deal with these threats, such as anger, or the fight-or-flight response. Fear even warns us when our personal boundaries have been crossed, as well as our emotional boundaries. When we share our sadness, we can receive much-needed comfort. However, when we share our anger – especially if we have suppressed it for too long – we often get hostile responses from others. Usually this is because we have not expressed the true feeling underneath the anger usually a hurt of some kind. Talking about feelings helps connect us and bond us together. They may also be more popular with their peers, have higher self-esteem, and be less dependent and negative. Find a huge list of games, activities and books that you can read with kids to help develop emotional intelligence at: Teach them how thinking certain thoughts can lead them to feeling certain ways, and how viewing things in a different way, can lead to them to feel more positive. Research has shown that resilient people tend to think in these three ways: Is there another way to think about this? That brings us to the end of my tips for teaching kids to value and accept feelings. As parents and educators, we are in a unique position to be able to model and encourage emotional health and resilience. I hope you have found some helpful ideas here today! I love hearing your thoughts and ideas! How do you teach your kids about feelings? Leave a comment below.

Chapter 3 : Feelings & Thoughts

Intimacy occurs in marriage when we safely share our thoughts and feelings with each other. Whether you lack closeness or if you want to go to the next level, intimacy can return in a matter of days.

If you can communicate your feelings and your thoughts and ideas with someone you are feeding your relationship. You are nurturing it. Because effective communication is the lifeline of your relationship. On the other hand if you keep all your thoughts and emotions to yourself your relationship will soon suffer. A breakdown in communication A breakdown in communication will have an immediate impact on any relationship. Just think about what happens when communication between two countries starts to break down history shows us that it has often led to war. But if there is no sharing of ideas and thoughts, your relationship will start to dry up like a plant that withers when it receives no food and water. A weakened relationship allows the wellspring of trust to dry out. And as you know, a relationship without trust cannot survive. How to save your relationship The best way to save your relationship is through meaningful communication! You have to share your feelings. Unfortunately, for some people communicating on a deeper level is very difficult. They can chatter endlessly about food they enjoy or movies they have seen or the latest headlines in the news. But they clam up when it comes to sharing their real feelings about things that are important to them. They become shy about sharing the things that affect them emotionally. Wherever you find it difficult to share your feelings that is precisely the area that you should be looking at. In a relationship you need to be able to discuss the things that are important to you. If you can only discuss trivial things it does not say much about your relationship. To have a meaningful relationship you need to be able to discuss matters that are meaningful to both of you. You need to be able to communicate by sharing your thoughts and feelings.

Chapter 4 : How To Share Your Thoughts And Feelings - calendrierdelascience.com

Share your feelings with each other daily. You do not have to have deep, serious conversations about your relationship daily. But, you do have to share your feelings and not just your thoughts about what is going on with you day to day.

It only means that you have more pain than you can cope with right now. This pain seems overwhelming and permanent at the moment. But with time and support, you can overcome your problems and the pain and suicidal feelings will pass. Some of the finest, most admired, needed, and talented people have been where you are now. But the pain of depression can be treated and hope can be renewed. No matter what your situation, there are people who need you, places where you can make a difference, and experiences that can remind you that life is worth living. It takes real courage to face death and step back from the brink. You can use that courage to face life, to learn coping skills for overcoming depression, and for finding the strength to keep going. Your emotions are not fixed - they are constantly changing. Your absence would create grief and anguish in the lives of friends and loved ones. There are many things you can still accomplish in your life. There are sights, sounds, and experiences in life that have the ability to delight and lift you - and that you would miss. Your ability to experience pleasurable emotions is equal to your ability to experience distressing emotions. Why do I feel suicidal? Many kinds of emotional pain can lead to thoughts of suicide. The reasons for this pain are unique to each one of us, and the ability to cope with the pain differs from person to person. We are all different. There are, however, some common causes that may lead us to experience suicidal thoughts and feelings. Therapists, counselors, friends or loved ones can help you to see solutions that otherwise may not be apparent to you. Give them a chance to help. A suicidal crisis is almost always temporary. Although it might seem as if your pain and unhappiness will never end, it is important to realize that crises are usually temporary. Solutions are often found, feelings change, unexpected positive events occur. Give yourself the time necessary for things to change and the pain to subside. Most people who seek help can improve their situation and recover. When medication is prescribed, for example, finding the right dosage often requires an ongoing process of adjustment. Virtually all problems can be treated or resolved. Take these immediate actions

Step 1: Make a promise to yourself: Thoughts and actions are two different things—your suicidal thoughts do not have to become a reality. Wait and put some distance between your suicidal thoughts and suicidal action. Avoid drugs and alcohol. Suicidal thoughts can become even stronger if you have taken drugs or alcohol. It is important to not use nonprescription drugs or alcohol when you feel hopeless or are thinking about suicide. Make your home safe. Remove things you could use to hurt yourself, such as pills, knives, razors, or firearms. If you are unable to do so, go to a place where you can feel safe. If you are thinking of taking an overdose, give your medicines to someone who can return them to you one day at a time as you need them. It may be a family member, friend, therapist, member of the clergy, teacher, family doctor, coach, or an experienced counselor at the end of a helpline. Find someone you trust and let them know how bad things are. Take hope - people DO get through this. Even people who feel as badly as you are feeling now manage to survive these feelings. Take hope in this. There is a very good chance that you are going to live through these feelings, no matter how much self-loathing, hopelessness, or isolation you are currently experiencing. Reach out to someone. Tell the person exactly what you are telling yourself. If you have a suicide plan, explain it to them. Tell the person you trust that you are thinking about suicide. If it is too difficult for you to talk about, try writing it down and handing a note to the person you trust. Or send them an email or text and sit with them while they read it.

How to cope with suicidal thoughts Remember that while it may seem as if these suicidal thoughts and feelings will never end, this is never a permanent condition. You WILL feel better again. In the meantime, there are some ways to help cope with your suicidal thoughts and feelings. Talk with someone every day, preferably face to face. Though you feel like withdrawing, ask trusted friends and acquaintances to spend time with you. Or continue to call a crisis helpline and talk about your feelings. Make a safety plan. Develop a set of steps that you can follow during a suicidal crisis. It should include contact numbers for your doctor or therapist, as well as friends and family members who will help in an emergency. Make a written schedule for yourself every day and stick to it, no matter what. Keep a regular

routine as much as possible, even when your feelings seem out of control. Get out in the sun or into nature for at least 30 minutes a day. Exercise as vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day. But you can start small. Three minute bursts of activity can have a positive effect on mood. Make time for things that bring you joy. Even if very few things bring you pleasure at the moment, force yourself to do the things you used to enjoy. Remember your personal goals. You may have always wanted to travel to a particular place, read a specific book, own a pet, move to another place, learn a new hobby, volunteer, go back to school, or start a family. Write your personal goals down. Solitude can make suicidal thoughts even worse. Visit a friend, or family member, or pick up the phone and call a crisis helpline. Drugs and alcohol can increase depression, hamper your problem-solving ability, and can make you act impulsively. Doing things that make you feel worse. Thinking about suicide and other negative thoughts. Try not to become preoccupied with suicidal thoughts as this can make them even stronger. Recovering from suicidal thoughts Even if your suicidal thoughts and feelings have subsided, get help for yourself. Experiencing that sort of emotional pain is itself a traumatizing experience. Finding a support group or therapist can be very helpful in decreasing the chances that you will feel suicidal again in the future. You can get help and referrals from your doctor or from the organizations listed in our Recommended reading section. Find ways to avoid these places, people, or situations. Take care of yourself. Exercise is also key: Build your support network. Surround yourself with positive influences and people who make you feel good about yourself. Develop new activities and interests. Find new hobbies, volunteer activities, or work that gives you a sense of meaning and purpose. Learn to deal with stress in a healthy way. Find healthy ways to keep your stress levels in check, including exercising, meditating, using sensory strategies to relax, practicing simple breathing exercises, and challenging self-defeating thoughts. Where to turn for help Suicide crisis lines in the U. Suicide crisis lines worldwide: In the UK and Ireland: Call Samaritans UK at Call Lifeline Australia at 13 11 Consortium for Organizational Mental Health Authors:

Chapter 5 : Are You Feeling Suicidal? How to Deal with Suicidal Thoughts and Feelings and Overcome the

Share your feelings. It may take some time before your child wants to talk about what happened. It may take some time before your child wants to talk about what happened. He may try to spare you.

While the stereotype is that men have the hardest time expressing their emotions, everyone at one time or another in their life may find it difficult to say how they feel. 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, just as readily as you can learn how to fix a faucet or mend a button on a shirt. Here are ten common reasons why people find it difficult to express their emotions to someone else. Conflict Phobia You are afraid of angry feelings or conflicts with people. In addition, you may believe that disclosing your thoughts and feelings to those you care about would result in their rejection of you. Emotional Perfectionism You believe that you should not have feelings such as anger, jealousy, depression , or anxiety. You think you should always be rational and in control of your emotions. You are afraid of being exposed as weak and vulnerable. You believe that people will belittle or reject you if they know how you really feel. Fear of Disapproval and Rejection You are so terrified by rejection and ending up alone that you would rather swallow your feelings and put up with some abuse than take the chance of making anyone mad at you. You feel an excessive need to please people and to meet what you perceive to be their expectations. You are afraid that people would not like you if you expressed your thoughts and feelings. Passive-Aggressive Behavior You pout and hold your hurt or angry feelings inside instead of disclosing what you feel. You give others the silent treatment, which is inappropriate, and a common strategy to elicit feelings of guilt on their part. Hopelessness You are convinced that your relationship cannot improve no matter what you do. You may feel that you have already tried everything and nothing works. You may believe that your spouse or partner is just too stubborn and insensitive to be able to change. These positions represent a self-fulfilling prophecyâ€”once you give up, an established position of hopelessness supports your predicted outcome. Low Self-Esteem You believe that you are not entitled to express your feelings or to ask others for what you want. You think you should always please other people and meet their expectations. Spontaneity You believe that you have the right to say what you think and feel when you are upset. Generally, feelings are best expressed during a calm and structured or semi-structured exchange. Mind Reading You believe that others should know how you feel and what you need although you have not disclosed what you need. Martyrdom You are afraid to admit that you are angry, hurt, or resentful because you do not want to give anyone the satisfaction of knowing that her or his behavior is unacceptable. Taking pride in controlling your emotions and experiencing hurt or resentment does not support clear and functional communication. Need to Solve Problems When you have a conflict with an individual i. Disclosing your feelings and being willing to listen without judgment to the other is constructive. The feeling good handbook. He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since Grohol sits on the editorial board of the journal Computers in Human Behavior and is a founding board member and treasurer of the Society for Participatory Medicine. You can learn more about Dr. Retrieved on November 9, , from https:

Chapter 6 : 4 Ways to Let Go of Thoughts and Feelings - wikiHow

Rhona and Jerome share each other's thoughts and feelings and are prepared to support each other, but they do not feel physical attraction. Their love is called _____ . fatuous.

In the next verse, the Bible says Adam and Eve were both naked and unashamed. Nothing is hidden from each other. But emotional intimacy is just as vital. A husband and wife should be able to communicate with each other with unhindered emotional access. That means the ability to openly and safely express emotions in an atmosphere of sensitivity, care, and emotional support. You must value each other. Do they indicate that you value your spouse? You both come from different backgrounds. You have different ways of communicating. You have different needs. That makes marriage hard work. That means learning to communicate in a healthy way requires effort. When a husband talks to his wife, she needs to hear security in his words. Conversations need to reflect that emotional need. On the other hand, a man needs to hear friendship and respect. What does your spouse hear in your words? You must sacrifice for each other. You and your spouse have different emotions. Recognizing this can require sacrifice. You must trust each other. No one wants to be judged for the way they feel. A healthy marriage offers a place for one person to share any feeling or emotion and know it will be respected. Have you created that kind of safe emotional space for your spouse? Physical intimacy begins with emotional intimacy. And that form of internal intimacy requires value, energy, sacrifice, and trust. Blessings, Sign up to receive new posts via email! This takes work, time, and money. Would you consider helping us to be an ever-reaching light in this dark world? Thank you for your support and your prayers. They are greatly appreciated!

Chapter 7 : Share with us your memories, thoughts, and feelings about SHINee's Jonghyun : kpop

[Discussion] Share with us your memories, thoughts, and feelings about SHINee's Jonghyun submitted 10 months ago by SirBuckeye Mamamoo [M] Now that the initial shock has worn off, we know a lot of you want to post your personal memories and stories about Jonghyun.

Pin1 Shares Guys tend not to share their feelings, even with close friends. As a result, we miss out on the mental and physical health benefits that come with expressing emotion. I have a buddy who I have counted among my closest friends for the last 17 years. Recently, I was talking to him about my experience living in Australia for the past year and a half. I was telling him that although living down under has been great, at times I feel homesick, especially during the holiday season. Our conversation went something like this: I mean, I like living in Australia and everything, but the U. I miss everyone, I miss my family. It just feels lonely sometimes, you know? Become a supporter and enjoy The Good Men Project ad free Psychologist and author Kevin McClone believes that most male relationships are more behaviorally based than emotionally based. When men get together we tend to spend time doing an activity—playing sports, exercising, going someplace—and not simply talking. This means that male intimacy is usually about doing stuff together and not about talking about feelings face to face. Research tells us that expressing emotions builds close relationships. And sharing feelings can also have several positive mental and physical health related outcomes, such as relieving tension caused by the build up of everyday stressors, as well as the trauma of major life difficulties. Expressing emotions also reduces the likelihood of acquiring stress-related problems such as muscle aches and tension headaches. Some psychologists believe that the most important aspect of life is feeling connected to another person—and one way to enhance closeness is through sharing feelings. Recent research has also showed that suppression of emotion is an important factor in male depression. Put another way, men who suppress their emotions are more likely to report depressive symptoms than those who express emotions more often. One is our tendency to associate the expression of sadness and hurt with weakness. Or, as a colleague of mine put it: Living by these rules is problematic because men experience a broad array of emotions, but still feel pressured to suppress their feelings. Instead of pretending that we do not experience such vulnerable emotions, I believe that we would feel more connected to ourselves and those we care about if we expressed our feelings. Next time your friend informs you that he has a lot on his mind ask him to discuss his feelings. Better yet, if he lets it slip out that he feels sad, hurt, or down, instead of running from the conversation, let him know that his masculinity remains as solid as ever. His clinical and research interest include men and masculinity, sexual behavior, and cultural diversity. Become a supporter and enjoy The Good Men Project ad free.

Chapter 8 : Talking About Your Feelings

So while sharing thoughts does build a sense of connection, the connection is less intense than when you also look inside yourself and then share the feelings that you discover there: hopeful.

Talking About Your Feelings How many feelings can you name? Can you name some more? How about playful, joyful, calm? There are so many feelings to name. Try coming up with some of your own. Talking about feelings helps us feel close to people who care. Putting feelings into words helps us use self-control when we feel mad or upset. Next time, please ask. Just say how you feel and why, without yelling. Try these easy steps: Think of the name for how you feel. Think of why you feel that way. Put them together into words. Say to yourself, "I feel nervous about my spelling test tomorrow. You can start by going to the person and saying, "Can we talk for a minute? Let the other person listen. Maybe they will give you advice. Or say something kind. Maybe they will help you laugh, or give you a hug. It helps to know you are not alone with a problem or worry. You can say how you feel any time. You can make a short and simple comment. I think the coach will let me start. But noticing your feelings and saying how you feel and why is good practice. The more you do it, the easier it gets. Talking about your feelings is a healthy way to express them.

Chapter 9 : How to Get a Quiet Man to Share Thoughts & Feelings | Our Everyday Life

How to Let Go of Thoughts and Feelings. In this Article: Making New Thought Patterns Understanding the Mind Developing Deeper Skills Staying Positive Community Q&A Negative thoughts and feelings have a way of popping up at inconvenient times and distracting us from the good things in life.