

DEALING WITH FEELINGS

- We pay a high price for not sharing
 1. Connected to lifes great pleasures and pain
 2. All sources of action
 3. Cause conflicts from emotional stress
- Best uses of friendship
- Accept responsibility for them
- They tell us about ourselves

Re Repress

1. Programmed to do this
2. We label and judge them

Unhealthy Ways

- Ignore
- Deny
- Distract
- Blame Others

Reasons We Don't Share Emotions

- Doubt others would understand
- Fear they will be used against us

Healthy Ways to Deal With Feelings

- Be aware of feelings - admit them recognize degree of their strength
- Look for causes, reasons, sources
- Share it without judgement or interpretation
- Intergrate it