“You find out what you think by talking to yourself” – Robert Harris. The only way for anyone to know how you are feeling is to communicate with them and yourself. I believe that people don’t communicate with themselves properly, you will never understand what is going through your own head without talking to yourself and ask questions like “why did I do this”, “Why did this situation make me feel this way” then you will never fully understand yourself and come to terms with your actions and feelings. Others believe that you should talk to a therapist or professional about all your problems, but from my experience, you need to speak to yourself.