

37	Often	Only with close people	I keep them to myself	When I receive advice	Physical presence (hugs, gestures)	Fear of judgment	Sadness	Occasionally	Take time before addressing them
52	Sometimes	Only with close people	I keep them to myself	When someone listens without judging	Talking things out	Fear of judgment	Sadness	Occasionally	Take time before addressing them
45	Sometimes	Only with close people	Through words	When someone listens without judging	Personal space and time	I prefer to deal with emotions alone	Sadness	Very often	Talk things out immediately
40	Sometimes	Only with close people	I keep them to myself	When I receive advice	Talking things out	I prefer to deal with emotions alone	Vulnerability	Rarely	Talk things out immediately
49	Often	Yes, always	Through actions	When I receive advice	Physical presence (hugs, gestures)	Not finding the right words	Anger	Very often	Take time before addressing them
23	Rarely	Yes, always	During deep conversations	During deep conversations	Physical presence (hugs, gestures)	Not finding the right words	Vulnerability	Occasionally	Talk things out immediately
24	Rarely	Yes, always	Through words	When someone listens without judging	Talking things out	Fear of judgment	Anger	Occasionally	Talk things out immediately
28	Sometimes	Only with close people	Through actions	When someone listens without judging	Talking things out	I prefer to deal with emotions alone	Sadness	Occasionally	Take time before addressing them
25	Often	No, it's difficult	Through actions	When someone listens without judging	Personal space and time	Not finding the right words	Anger	Occasionally	Take time before addressing them
26	Sometimes	Yes, always	Through words	When I receive advice	Personal space and time	Fear of judgment	Sadness	Very often	Avoid conflict altogether
33	Often	No, it's difficult	Through actions	When I receive advice	Talking things out	Not finding the right words	Vulnerability	Very often	Avoid conflict altogether
42	Rarely	No, it's difficult	Through words	When I receive advice	Physical presence (hugs, gestures)	Not finding the right words	Sadness	Very often	Take time before addressing them
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52	Rarely	Only with close people	Through actions	When someone listens without judging	Talking things out	I prefer to deal with emotions alone	Vulnerability	Occasionally	Talk things out immediately
34	Often	Only with close people	Through actions	When I receive advice	Talking things out	Not finding the right words	Anger	Rarely	Talk things out immediately
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