

# Those Unpleasant Emotions

When you don't feel confident, you can experience bad feelings such as:

- \* Fear
- \* Anxiety
- \* Anger

Your perception of what others think of you and of what you are saying may be distorted.

You may feel that listeners are criticizing or judging you.

You may feel rejected, inadequate, frustrated, or resentful. Even vulnerable, trapped or isolated.

It isn't a good feeling and this can make you hypersensitive so that you are easily hurt or upset. As a result you may be quick to lose your temper or be unable to tolerate criticism.

It may feel like a battle to express yourself and this can make communication exhausting and very stressful.

