**Venting**

Venting is letting go of suppressed emotions and anger. Without realeasing built-up anger it becomes dangerous to an individuals health and life style. When we are angry or frustrated, we often speak our minds without paying much attention to whom and what we are speaking about. Often, these mindlessly spoken words can make us feel regretful afterward. Have you ever wondered how you can speak your frustration out loud or vent without hurting your loved ones? There is a better outlet to vent your anger and remain unknown to the world, and this is called– Anonymous venting!

Anonymous venting means talking or expressing your feelings and emotions openly under a hidden identity on the internet. While many might not believe this, anonymous venting can be a great way to cope and manage difficult emotions. You can vent out your frustrations and not hurt the feelings of your loved one when you vent anonymously.

Suppressing your feelings and emotions isn’t helpful as these emotions can explode at the wrong time and cause a bigger emotional outburst than the feelings warrant. Talking out your feelings, on the other hand, can help. But there are some feelings and thoughts that we can’t speak about with our loved ones but we can share them successfully with strangers.

However, thanks to many online groups, apps, and forums, there are ways you can vent anonymously and let go of your frustrations and suppressed emotions. Let’s explore how anonymous venting can help in the life of an individual.

**The benefits of venting anonymously can include:**

* Reduce stress
* Having a safe space to share one’s feelings
* Creating new relationships – personal and professional
* Makes you feel lighter emotionally and mentally
* Clears your mind to focus on the problem

**However, the consequences of anonymous venting can include:**

* Doesn’t help find a solution
* Can worsen stress if met with criticism or unwanted advice
* Active listening or non-verbal cues are absent
* High risk of online harassment that can compromise the hidden identity

**To Conclude…**

Anonymous venting can be a great thing when you want to avoid your loved ones, workmates, and friends from getting hurt by your words. When you just need to let out feelings without hurting the feelings of others, venting anonymously can be beneficial, however, it can also have some drawbacks that you should keep in mind.

Productive venting includes active, empathetic, and supportive listeners but venting can be a temporary stress reliever. If you’re looking for a long-term solution, then it is recommended that you speak to a professional counselor.

If your venting is worsening your stress and frustrations it’s not working as it should. Here, seeking a professional counselor can be a good choice