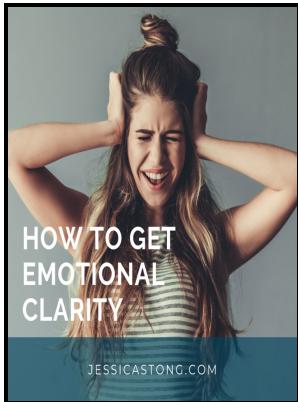


# Understanding your feelings

## Broadman Press - Understanding Emotions and How to Process Them

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I find it hard to express my feelings to her which is very upsetting and i feel like the lowest form of human being. People adopt a negative and pessimistic outlook of life.

### The Complete Guide to Understanding Your Emotions

The result is that as adults you tend to be out of touch of your feelings. It is not good to evaluate others or yourself on the basis of feelings because we are all entitled to have feelings.

Tags: #A #New #Freedom  
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### Learn How to Identify and Express your Feelings

On the other hand, positive emotions motivate people towards potentially beneficial actions. Chloe Carmichael, PhD is a licensed clinical psychologist who runs a private practice in New York City.

### Learn How to Identify and Express your Feelings

A second important point is that as the negative emotions are inhibited and not processed, there is an increasing vulnerability that they will be triggered and released uncontrollably.

### Learn How to Identify and Express your Feelings

## **How to Understand Your Emotions: 13 Steps (with Pictures)**

Feelings are primitive, animalistic response sets that orient the individual toward action. In this way we see that tight muscle groups in any region of the body could be caused by bottled up and withheld feelings and it is important to identify your feelings so that you are not holding these feelings by tightening your muscle groups. But, feelings come out eventually, often in unhealthy ways like.

## **How to Understand your Partner's Feelings**

Any help, books or direction would truly be greatly appreciated! Maybe your emotions look like a symbol or object or landscape or figure.

## **How to Understand Your Emotions: 13 Steps (with Pictures)**

Do not try to hold your feelings but identify and express them in the manner discussed above. On the flip side, having the right vocabulary allows us to see the real issue at hand—to take a messy experience, understand it more clearly, and build a.

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## Related Books

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