'Opening up' easier said than done. Opening up takes genuine effort. Yes, when we are young, to open up is a carefree thing. We are more expressive and emotionally responsive. However, life happens. Life has a way to show us the reality of being human and having different kinds of relationships. I think it is hard to open up mainly due to the experiences one faces. Life has a way of making us learn things and incorporate new habits. Unfortunately, these lessons are learnt by hurtful experiences.

I scored 53 points on the Emotional Intelligence scale. The scale evaluates the emotional competency of an individual. I think I don’t show my emotions well enough. There might be certain extreme emotions, usually on the positive spectrum, that I cherish and invite people to experience with me. However, whenever it is to deal with sorrow or the state of being hurt, I usually keep it within me. From a very young age, I developed this characteristic of mine. Now, I don’t think that I am a depressed person. I believe that being emotional in a negative sense and allowing the world to see it just shows how weak one can be and, in some cases, is. I know I should work on my emotions and understand myself better to know how and when to open up. However, opening to someone and not getting a similar reaction feels bad and wrong. It feels like I have let myself be naked in front of someone without knowing that I am the one getting used.

In addition to this, I have realized that only one opens up willingly while the other gets forced to open up. The trait of being forced comes from society. There is a 'societal norm' to maintain a type of relationship with an individual. This pressure, in time, becomes overwhelming for the person and thus gives in to it. Being an Indian kid, I know this kind of societal pressure forces an individual to live down to a fake 'equilibrium state' of a relationship. In class, I was surprised to find out that Indians are very emotionally expressive. I have witnessed the exact opposite. Thus, I have mentioned the fake relationship state. It becomes difficult for one to speak their mind. If one does, he or she is condemned and thought of as someone with a genuine problem. Even the micro-expressions are overlooked. It is a trait that is taught by mainly old people to their offspring. To always listen and not speak. To behave and not be yourself. This kind of preaching breaks the human. This is an abundant characteristic in Indian society.

Due to this, I think opening up results in getting taken advantage of. Since society demands a certain emotional competency with a kind of relationship, not being able to live up to its expectations ends up killing the person. The person is forced to feel vulnerable. This state allows others to easily misuse and take advantage of the person. I think it's rare to see both parties open upon an equal ground

I believe the usual strategy should be aimed to understand one another within their comfort level. By doing this, we are giving the opposing party the choice to either open or stay the way they are. Each human is different from one other. It is cruel to expect that we are wired to think and feel the same all the time. It's wrong to force or to expect. When not expecting any openness, the level of openness, one ends up getting can be shocking. When opening up and knowing that it's safe to do so, the feeling is like none other. The feeling of comfort that is experienced at the moment of opening up or showing that emotional side, brings out a euphoric moment. One feels light. One feels relaxed. I wish we were more like that.