

THE AUTHENTIC EDGE

Helping you to become who you are meant to be -- in your **personal life, relationships** and **career**.

July 15, 2025



When I was younger, I took pride in how "mature" I was. I thought emotional control meant I was strong. That being able to explain my feelings without actually feeling them was a sign of intelligence. What I didn't realize at the time was that I had trained my brain to bypass pain—not heal it.

This week's newsletter is especially close to home. It's about emotional bypass to avoid the discomfort of truly experiencing them. It's a brilliant survival strategy... until it isn't. Over time, what helped us feel safe becomes what keeps us stuck: disconnected from our own emotional truth, and from the people we love.

If you've ever been praised for being "so composed" or "the strong one," but secretly feel exhausted, numb, or unseen—this one's for you. You'll find a practical brain-based reset, insights into the long-term costs of bypassing, and a few reflections from my own journey of unlearning this habit.

Let's stop thinking our way through pain—and start feeling our way back to ourselves.

With you on the path,

Anne Dranitsaris

Did You Know?

Emotional bypassing—especially through rationalization—may appear harmless or even helpful, but research tells a different story. A 2013 meta-analysis published in Psychological Bulletin found that emotional suppression, which includes bypass strategies like over-

intellectualizing or minimizing pain, is strongly associated with higher rates of depression, anxiety, and reduced well-being. People who habitually suppress or rationalize emotions exhibit higher levels of cortisol (the stress hormone), elevated blood pressure, and weakened immune function—clear signs that the body itself registers the cost of emotional disconnection, even if the mind refuses to.

In This Week's Newsletter

Feature Article: How Catastrophizing Keeps Codependency Alive

Brain-Based Tip for Dealing with Emotional Bypass

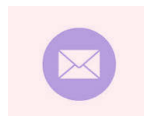
Did You Know? Emotional Bypassing Has Consequences

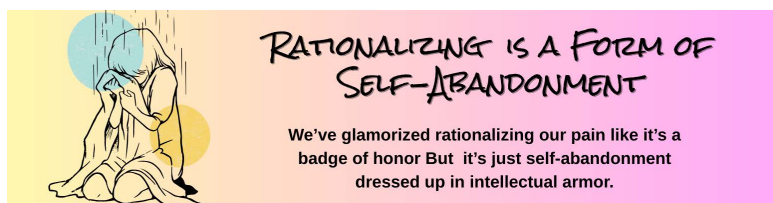
Emotional Bypassing Keeps You Stuck

Authentic Reflections: Too Independent for My Own Good

Upcoming Events: Fall 2025

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The Addiction to Rationalizing Pain

You've been trained to be smart. So smart, you can name every feeling... without actually feeling it.

You've been taught to break pain down, make it make sense, and put it in a box with a label.

"Ah yes, this is abandonment. Probably rooted in childhood. I see what's happening here."

You smile. You've decoded it. You think you've healed it.

But nothing in your body feels different. The ache is still there. The tightness in your chest. The lump in your throat. The numbness after the overthinking storm.

This is the lie no one told you:

Explaining your pain is not the same as experiencing it.

Read the Full Article



When I was five, my senior kindergarten teacher wrote on my report card that I was immature because I refused to nap. Not couldn't—wouldn't.

It struck me, even at that age, as completely unfair. I wasn't wild or disruptive. I just didn't see the point of lying down in the dark when I wasn't tired. Apparently, that made me difficult.

By the time I was seven, I was being considered for skipping a grade. I was already reading well beyond my level, and I loved learning. But they ultimately decided against it, not because I wasn't smart enough, but because of my behavior.

Behavior, of course, was code for: I asked too many questions. I didn't follow rules I didn't understand. I didn't pretend to believe things just because an adult told me to.

And that's when I started getting the message that being me was problematic. That being curious, expressive, or independent wasn't something to be proud of—it was something to tone down, to grow out of, to fix.

Read the Full Article

Emotional Bypassing Keeps You Stuck

Emotional bypass is the subtle but damaging habit of avoiding uncomfortable emotions by shifting into mental overdrive—rationalizing, explaining, distracting, or spiritualizing away pain instead of feeling it. At its core, emotional bypass is a survival strategy. It often begins in childhood, especially for those who grew up in environments where emotional expression was discouraged, punished, or ignored. When a child learns that their feelings are “too much” or inconvenient for caregivers, they quickly adapt by suppressing those feelings and replacing them with logic, performance, or self-reliance.

As adults, emotional bypass can look deceptively mature. It often shows up as staying calm in crises, staying “positive” no matter what, or explaining pain away with phrases like “It's not that bad,” or “Other people have it worse.” While these patterns may help us feel in control, they also create disconnection—from ourselves and others. Over time, emotional bypassing leads to chronic stress, shallow relationships, and a lack of authenticity. We become cut off from our emotional truth, unable to fully process, release, or heal.

What once protected us becomes what keeps us stuck—and the brain adapts to this. Repeated emotional bypass wires the brain for self-protection over connection. Neural pathways strengthen around avoidance, reinforcing suppression as the default response to discomfort. The limbic system (our emotional center) gets overridden by the prefrontal cortex, not in healthy regulation, but in chronic over-analysis and emotional disconnection. Over time, this disrupts our ability to attune to internal signals like intuition, empathy, and emotional needs. The longer we bypass, the more our nervous system normalizes emotional shutdown as safety—and the harder it becomes to feel, trust, and connect in a real, embodied way.

If you've built your life around staying strong, holding it together, or staying “above” your emotions, it may be time to learn a new way—one that includes you. Reach out for coaching or therapy at anned@annedranitsaris.com and send me a message to get started.

"The brain may silence emotion to survive, but the heart remembers everything." Anne Dranitsaris, Ph.D.

Brain Tip for Dealing with Emotional Bypass



The 90-Second Feel & Name Reset

Emotional bypassing trains the brain to default to thinking over feeling. This practice reverses that by activating the limbic system (emotion center) and reconnecting it with language and awareness—helping you tolerate, name, and process emotions instead of rationalizing them away. According to research by Dr. Jill Bolte Taylor, most emotions physically pass through the body in about 90 seconds—if we don't suppress or avoid them.

Over time, this rewires your brain to tolerate emotion without bypassing it. It strengthens your ability to stay present in your body and regulate from the inside out. Instead of your brain defaulting to analysis or avoidance, it learns that emotion is safe, manageable, and worth listening to.

Tip for Dealing with Emotional Bypass

When we habitually bypass our emotions—especially the uncomfortable or vulnerable ones—we start to lose access to vital internal cues. We become skilled at explaining or justifying our pain instead of processing it. Over time, this disconnect can lead to emotional numbness, chronic stress, physical health issues, and strained relationships. Many people who appear highly functional on the outside are quietly struggling with burnout, disconnection, or a persistent sense of meaninglessness—not because they're “not resilient enough,” but because they've trained themselves to suppress the very emotions that give life color and direction. Rationalization doesn't protect us from pain—it distances us from our humanity. And the longer we rely on it, the harder it becomes to recognize what we truly need to heal and grow.

Workshops for Women on the Path to Authentic Living

Fall 2025

These workshops and groups are designed to support breaking free from the limitations of roles, beliefs and fears to get on YOUR path to individuating and achieving your authentic potential.

- **60+ Women's Group: Continuing the Journey**

A soulful, supportive space for women 60 and older who are committed to deepening their journey of individuation. Share wisdom, reflect on purpose, and embrace the next chapter with intention.

- **Imposter Syndrome Workshop: Reclaim Your Inner Authority**

Quiet the inner critic and step fully into your worth. This experiential workshop unpacks the root causes of imposter syndrome and provides brain-based strategies to rewrite your internal narrative.

- **Breaking the Chains of Attachment: A Codependency Workshop**

Learn to identify unhealthy attachment patterns, understand emotional entanglements, and create boundaries that support freedom and authentic connection.

More information about the sessions is coming soon. If any of the groups or workshops sound interesting to you, contact me at anned@annedranitsaris.com. **Fall Sessions:** October. Limited group size – secure your place early

Catastrophizing? Stressed?

Your Brain Needs New Tools—Not Just Meditation

When your brain is stuck in worst-case-scenario thinking, mindfulness offers more than calm—it offers a reset. Mindfulness training isn't just about meditation. It's a practical, brain-based approach that gives you the tools to interrupt spirals of anxiety, overthinking, and catastrophizing.

Whether you prefer individual sessions customized to your needs or group sessions starting this fall, you'll learn how to regulate your nervous system, stay grounded, and respond—rather than react—to life's challenges.

Individual Mindfulness Coaching: Ideal for those who want one-on-one support tailored to their unique stress patterns, mindset, and schedule. These private sessions allow you to go deeper into your personal experience of anxiety, overthinking, or catastrophizing, with practical tools to help rewire your brain and build resilience.

8-Week Mindfulness-Based Stress Reduction (MBSR) Program: This group program follows the renowned MBSR curriculum developed by Dr. Jon Kabat-Zinn. Over 8 weeks, you'll build a strong foundation in mindfulness through guided practices, group discussion, and home exercises. Learn how to regulate your nervous system and respond skillfully to life's challenges.

A Morning of Mindfulness: Perfect for those curious about mindfulness or wanting a reset, this single-session experience introduces key practices in a calm, supportive group setting. You'll walk away feeling grounded and equipped with practical tools to apply right away.

Contact me to find out how mindfulness can help you focus your brain, reduce catastrophizing, and manage stress and anxiety.



**Look for more
information in
future
newsletters on
upcoming
workshops to
help you
achieve your
potential.**



Anne Dranitsaris, PhD

For over 40 years, I've been helping individuals, couples, leaders, and entrepreneurs break free from limiting beliefs, codependence, Imposter Syndrome, and other patterns that hold them back from living as their Authentic Selves. Through my work as a psychotherapist, leadership coach, and behavioral change expert, I've had the privilege of guiding countless people on their journeys to discover their true potential and lead lives aligned with who they're meant to be.

For me, the journey to connect with our Authentic Self is a lifelong quest—one that requires courage, introspection, and an openness to transformation. My work is deeply personal, shaped by my own experiences with family dynamics, emotional growth, and the path to authenticity. My passion is empowering others to thrive, and I feel privileged to share this work with everyone I encounter. If you'd like to learn more about how I can help you on your own transformative journey, contact me at anned@annedranitsaris.com.