
Vulnerable

Uncomfortable

Suppression

Anxiety

Exposed

We live in a feeling world and are exposed because of it. While grief, shame, fear, and disappointment are part of our regular experiences, we “power through them” so not to feel.

We quash our emotions to protect ourselves - by eating, drinking, purchasing, and shutting down – eventually becoming numb. By quashing the emotions that make us feel vulnerable, we also numb joy, gratitude, and happiness.

Without emotions, we eventually become miserable. We look for answers - purpose and meaning. Doing the hard work to find meaning and purpose brings us back to feeling vulnerable. We are exposed again.

A vicious cycle unless you break it.