What is Emotional Suppression?

Emotional Suppression means holding back or hiding your true feelings instead of expressing them. It's like putting a lid on your emotions so that they don't show on the outside.

Example - Imagine you had a really tough day at work. You're feeling angry and stressed, but instead of talking about it or showing how you feel, you pretend everything is fine. You keep a smile on your face and don't let anyone know you're upset. This is emotional suppression.

Signs Of Emotional Suppression

BEHAVIOURAL	PHYSICAL	SOCIAL	EMOTIONAL	PSYCHOLOGICAL
Avoiding intense emotion-provoking situations	Chronic muscle tension, headaches or other stress related physical symptoms	Choosing to spend time alone rather than with friends or family	Feeling emotionally numb or disconnected from own feelings	Symptoms of Depression like feeling of hopelessness, persistent sadness, loss of interest in activities
Becoming distant or detached from difficult situations; pulling away from close relations	Constant feeling of being drained or tired	Maintaining only surface level relations with others	Struggling to communicate how they really feel	Feeling anxious or stressed without a cause
Displaying anger and irritability instead of showing other emotions	Stress related illnesses like high bp and gastro issues	Having difficulty forming close, intimate relationships	Displaying only a narrow range of emotions, showing only neutral or slightly positive emotions	Diminished sense of self worth
Abusing Substances to numb or escape feelings				
Immersing completely in work or hobbies to avoid dealing with emotions				

Reasons for Emotional Suppression

SOCIAL & CULTURAL	PERSONAL & PSYCHOLOGICAL	INTERPERSONAL DYNAMICS	EVOLUTIONARY & ADAPTIVE PERSPECTIVES	PROFESSIONAL CONTEXT	MISC. FACTORS
Social normals and expectations	Fear of Vulnerability	Conflict avoidance	Survival and adaptation	Professional settings	Avoiding emotional depth
Fear of judgement or criticism	Desire for Dependence	Protecting relationships	Risk of rejection	Perception of emotional distraction	Avoiding emotional engagment
Gender stereotypes	Fear of abandonment	Avoiding confrontation	Emotional regulation	Pressure to maintain professionalism	Fear of emotional stability
Cultural upbringing	Difficulty in identifying emotions	Fear of emotional intensity in relationships	Perception of emotional strength	Fear of loss of control in professional settings	Perceived unproductiveness of emotional expression

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Reasons for Emotional Suppression (cont)				
Family dynamics	Fear of repercussions	Fear of change in relationships	Mating strategies	Difficulty in coping with emotions
Cultural Stigma	Fear of being perceived as weak	Desire to avoid emotional disclosures	Interpersonal power dynamics	Avoiding emotional vulnerability
Pressure to be positive	Lack of emotional awareness or skills	Desire to protect others		Belief that expressing emotions is counterproductive
Perceived lack of support	Internalized messages	Fear of being emotionally overwhelmed		
Shame/Guilt	Belief in emotional ineffectiveness			
Perceived lack of emotional effectiveness	Fear of emotional intensity			
Lack of trust	Avoiding emotional pain			
Conditioning from childhood	Avoiding emotional pain			
Fear of invalidating others' experiences	Habit or learned behaviour			
	Emotional exhaustion			

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