**5 Ways to Overcome Your Fear of Expressing Emotions**

Struggling to express emotions is a complaint shared by millions of people because in many cultures, repressing rather than expressing is more accepted. In other words, we're conditioned from an early age to keep emotions hidden.

Likewise, the fear of rejection or ridicule could hold us back from expressing emotions, or repressing them honestly. This fear could be traced back to childhood memories of being called a 'sissy' by our peers or being told that big boys/ girls don't cry.' We're taught that expressing emotion is a sign of weakness and so, we suppress them in order to be accepted.

Repressed emotions don't go away. They’re buried deep inside where they continue to stew and simmer, keeping our stress levels abnormally high. Thus has drastic consequences on mental and physical health. Emotions need to be released in a healthy manner to maintain overall wellbeing and inner peace.

Learn to express your emotions with these 6 powerful methods and you'll be surprised at the change that will happen in your life.

1. **Confront your fears**

The reason we suppress emotions is that we're afraid. The first step is to have an honest one-to-one with yourself to identify what your specific fear is. Oftentimes, it's the fear of appearing weak. It could be a past experience where you were ridiculed or rejected.

Once you identify your fears, start to dismantle them. Create mental scenarios where you might feel angry, offended, afraid and so on. Practice expressing the emotion calmly and rationally as if speaking to the person who caused it.

For example, "You know, I really don't appreciate that remark. It really offends me" or "I'm feeling really angry right now. We need to discuss this" or "That was a hurtful thing to say. Did you really mean it?" When you practice phrasing your emotions in this way, you begin to realize how powerful it makes you feel.

You begin to realize that speaking your mind firmly and calmly not only empowers you but can earn you the respect and acceptance of others rather than their rejection or ridicule.

1. **Keep a journal**

Start recording your thoughts and feelings in an 'emotions journal' to give yourself insight into situations that trigger certain emotions. Jot down specific events during your day where you felt happy, angry, upset, frustrated, etc.

Describe exactly how you felt and how powerful the emotion was. Record how you dealt with the situation and whether you expressed your emotions or not. If you did, was it in a healthy manner? How can you express your emotions better next time in a similar situation?

Keeping a journal will show you specific patterns in your thinking and behavior. But more importantly, the very act of writing about your emotions is also a great way to release them!

1. **Start small**

Start opening up gradually by expressing your emotions to trusted people with whom you feel safe talking openly. These may be close family members or friends who'll never ridicule you or belittle your feelings.

Practice doing this regularly until you feel comfortable being more open with others in your professional or social circle. Over time, you'll begin to feel confident about expressing yourself in any situation.

1. **Put it in writing**

Express your emotions to someone in writing. This could be someone who hurt you or made you angry. It could be someone you'd like to apologize to, or a loved one you want to thank for their support.

Express how you feel in a short text message or email. Don’t use formal or stiff language; just write as if you were speaking to the person face to face.

Organize your thoughts and find the best way to get your feelings across briefly and honestly.

This method is great for helping you hone in on the emotions, organize your thoughts and release them in writing. Gradually, you'll learn to do the sane verbally as your brain learns to process and express emotions in this new way.

1. **Hone your communication skills**

Sometimes, poor communication skills can hold us back from expressing our emotions. The best thing to do in this case is to build your communication skills to help you both listen and speak better with others.

If you feel that this is an area of weakness for you, taking an online course or seeking coaching is a worthwhile investment.

**Conclusion**

Learning to express your emotions is vital for your well-being and peace of mind. Plus, it's one of the best ways to release pent-up stress and foster clarity and optimism. Practicing these 5 simple methods regularly will make you more comfortable with your feelings and more confident about expressing them in a healthy manner.

Start improving your life today with these simple steps to release emotions rather than suppress them. The result is peace of mind, mental calm and a wonderful sense of liberation and power.