

Four Emotional Problems that Hinder Human Connections

1 The Inability To Accept Love

For some people, pain has outweighed pleasure in their infancy and childhood. Somewhere along the way, they resolved, consciously or unconsciously, that human relationships are more painful than pleasurable and that "I do not need anybody". For the rest of their lives, they continue to cut themselves off from love, from the anticipation of pleasure, and therefore from significant human ties. Only when they acknowledge this and share their feelings, especially the pain, can they come to accept love. They must learn how to ask for love.

#2 The Inability To Give Love

There are several reasons why some people are unable to give love: 1) fear if they give love they will become responsible for the well-being of the person they loved; 2) fear that if they give love they would be taking advantage of a person who accepts their love; 3) feel every human contact is more of a depletion than a restoration and therefore avoid human contact; 4) feel too inadequate to feel that their love has value. The inability to give love can be overcome by breaking free from these irrational fears. True understanding comes only after fully expressing and letting out one's feelings.

#3 The Inability To Accept Anger

The acceptance of the emotional expression of anger is very frightening to many people. They associate verbal anger with physical aggression and react as if they were being physically assaulted. Under the emotional assault of someone's anger, they forget the old adage "that names will never harm me".

We need to learn that we can express anger without going crazy and can accept it without being destroyed. When we stop defending ourselves from the concerned anger of others, we frequently find that it is not we who are being attacked, but only our distorted emotions, behavior and attitudes. When we learn to accept anger, we find that we can accept it without being wrong; we can be wrong without being guilty; and we can make mistakes, which need not be repeated.

#4 The Inability To Express Anger

Because it is unimaginable for us to live alone, these people pay any price for love. They learned not to become angry or assert themselves so others will keep on giving them love. They need anger exercises to help them assert the force of their personalities. Only anger at the humiliations they have endured can make them understand the price they paid for security. They can get from their anger strength to come to the feeling of self-respect, self-worth, and sense of adequacy.