

---

Subject: Re: Crying

Posted by [Nukelt15](#) on Mon, 09 Nov 2009 21:33:09 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

The longer you hold it in, the worse it is when you let it out. If you hold it in for too long, you might just find that you no longer can let it out without help. I've been there, and it sucks a whole lot worse than someone seeing you get teary when you realize that you can't even express natural, rational grief without someone or something to knock down the walls for you. It took counseling and several very good friends to start putting things right, and I'm still a long ways away from where I think I need to be.

In other words, yes- you can lose the ability to express strong emotions. Emotional self-control is a useful ability, and it's come in handy for me many times, but if taken too far it will ruin you. Great for avoiding hurtful confrontations and preventing you from losing your temper... not so great when you have something that needs to come out but can't because you've forgotten how to let it. And yes, there are specific examples behind that- just nothing I'd want to share here.

Far better to be seen as "weak" than to try to be too strong.

---