



# We Intellectualize Rather Than Feel

## HOW TO GET OUT OF YOUR HEAD

You may use intellectualizing to block conflict within yourself. You unconsciously try to hold a negative core belief separate from the emotion when an occurrence happens outside of you. This event has triggered you into some form of emotional stress – where thinking is used to avoid feeling. It literally involves removing yourself, emotionally, from a stressful event.

You may feel numb. It makes you emotionally unavailable to your own emotions. It's impossible to know what you feel, if you can't feel it.

Intellectualizing makes it impossible to be connected emotionally to yourself. For many with insecure attachment it's business as usual. The norm is to be oblivious to your actions you use to avoid feeling. It's how your feelings end up compartmentalized, as though they don't exist until someone or something triggers an emotional reaction in you.

In what situations do you find yourself running from your emotions? You can tell you're doing it, just listen to how you're trying to talk yourself out of how you feel by rationalizing. You do it from a fear of your negative feelings.

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Why do you fear feeling your feelings? What is the unwanted outcome you fear? (If you do not know, close your eyes and spend some time seeing the situation through to the end.) What will this feared outcome mean about you?

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Now take the feeling you are trying to suppress. Let's say you found yourself overreacting to a situation, and felt shame. So you compensated by telling the person you were being silly or something, hoping he or she would forget what just happened. And you then compartmentalize the emotion—hoping it is gone into never never land—where you never feel it again. What would happen if you instead just allowed yourself to feel this unwelcome emotion? What do you think the result might be? Please share it below:

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Now try this in real life and see what happens. When you allow yourself to feel your feelings they are no longer held inside where they can be triggered at a later date. In keeping them compartmentalized, remember, they will always create other issues. You can only ignore or pretend they don't exist for a limited time.

Freedom will start to happen when you stop intellectualizing and start feeling.