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How to be a strong woman emotionally pdf

Common symptoms of emotional disorders include aggression towards other people, objects and self and withdrawal that goes beyond normal shyness, says Education.com. Other symptoms include hyperactivity and learning difficulties in children; anxiety and depression; inability to cultivate and maintain interpersonal relationships with other children, teachers and parents; inappropriate behaviour even under normal conditions. Emotional disorders describe a set of socio-emotional disabilities that can manifest in children and adults. Hyperactivity is characterized by impulse behavior, inability to concentrate or stand still and interrupt conversations or talk too much, explains Education.com. Unnecessary shouting, harshing other people or pets, throwing angry objects or hurting oneself are signs of aggression, which is a major symptom of people who are emotionally disturbed. Other signs of emotional distress include anxiety, fearing other people and places, chronic depression or retreating from surroundings and others. According to Education.com, emotional disorders can be the result of family factors, such as domestic violence and lack of parental love; school aspects, would be the lack of accommodation for students with special needs; and cultural and environmental factors, such as peer groups, neighbourhood or urbanization dynamics. Since emotional disorders can negatively affect the child's development, medical attention should be sought as soon as the signs begin to appear. Getty Pictures I have this recurring nightmare, horrible of an open-eyed dream. I'm at my best friend's funeral and his wife's there. She's draped in black lace like an old Italian widow, crying in a handkerchief. Her sister stands by her, supporting her while she stumbles, almost collapses. It's pain. It's on top. And then I run around the room, screaming. Louder, louder, louder. People are staring. The room is still. It's ice cream. And I'm in front of her, shouting, you did that! You did this to him! And then I get back to reality. The reality is much worse because I feel like I'm suspended in time, swimming through Jell-O. My best friend is still alive, but I wouldn't call him life. He is trapped in an emotionally abusive relationship and, every day, he loses a little more of himself. It gets worse and worse as their marriage years continue. I don't use any of their names or mine for the protection of everyone, but I hope that what I have to say can help someone out there who is in a similar situation even if he is not ready to help himself. So let's call them Bob and Emily and get on with it. I'm not a psychologist, but I'm pretty sure Emily has an undiagnosed mental illness. She presents a lot of symptoms of borderline personality disorder: intense feelings of abandonment, impulsive behavior, mood swings. She refuses to treatment and she seems to believe that her problems are always someone else's never hers. She is emotionally manipulative in a way that is horrible to watch from the outside, but makes it easier to understand why bob's reality quickly became. (The term for this is gaslighting, and Emily is a master gaslighter.) She never hit him, as far as I know, but the psychological torture that caused him to go through the leaves of deep scars. He has no self-respect. He went from being a confident, successful man with hobbies (so many hobbies!) to a shrinking couch potato. He feels that's his lot in life, to take care of her as best he can. She cut him slowly from the people she loves, making herself his whole world. I'm terrified that one day Bob will break up and kill himself. I can feel it slipping through my fingers. We've known each other our lives. I grew up in the same neighborhood. Often, we feel like brothers. His parents feel like my parents. In the last decade of their marriage, she slowly cut him off from the people she loves, from those who knew him the most, and who kept him grounded. I don't even know if he has any other friends. Emily slowly made the whole world. I'd send an email to his personal account and get a response from it. I would send him a message and call me to tell me he's reading them and be careful what I say. They bought a new fridge and i asked if they considered a freezer-on-bottom pattern. She got upset and didn't talk to me for a month (not that she told me this, and I found out later it was because she thought I was undermining her decisions). After talking to me again, I suggested we all go on a fun weekend. Another freeze-out because I was insensitive-she has pets and who would take care of them? I wasn't allowed to be one-on-one with him anymore. Jealousy, paranoia and fear overwhelm their relationship. He never spoke to me again. And he stopped talking to most of his family for similar crimes. At first, the effects seemed small – he was dreary and seemed carried away. He would cancel pre-planned exits at the last minute. He swings wildly between desperate wanting to get out and needing to fix them. He won't either. This whole thing might seem even more bizarre because he's a man. That's probably making it even more difficult for him. I know this whole thing might seem even more bizarre because he's a man. That's probably making it even more difficult for him. Where I grew up, there's a lot of macho attitude and traditional gender roles. But men also experience partner abuse, especially when it's psychological. According to the National Coalition Against Domestic Violence, NCADV, 4 out of 10 men have experienced at least one form of coercive control (isolation of friends and family, manipulation, blackmail, deprivation of liberty, threats, economic control and exploitation) by an intimate partner during their lifetime. And almost half (48.8%) people have experienced at least one aggressive behaviour (being kept on record by asking to know where he or she is, insulted, humiliated, or threatened by the actions of the partner) by an intimate partner during their lifetime. Sheesh. So, I'm doing what domestic violence counselors tell me to do. I told him I was here for him. I'm not forcing him to leave her. I make sure he knows I'm a safe place. But the helplessness consumes me. I can't sleep, I eat too much, I drink more than I should, because the worries of his life always hang over my head. And the funeral scene – disruptive, noisy and cracked – plays in a loop in the background of my brain. If that's how I feel, I can't even imagine him feeling it. If you or someone you love suffer snow from emotional abuse, call the National Domestic Violence Hotline at 1-800-799-7233. Follow us on Facebook! This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You might be able to find more information about this and similar content at piano.io I saw the perfect woman show... and it's scary. A new survey by online beauty retailer Escentual.com called on men and women to make perfect choice from a list of celebrities to build the ideal female face. Interestingly, the results for men and women were quite different, except for all the loving eyes of Mila Kunis's (sounds about the right). But when the site combined facial features into a real person, the result was totally creepy. Here's the male version of female beauty: And the female version: Escentual.com In general, it seemed that men prefer blonde hair and a lot of Angelina Jolie, while women preferred Kiera Knightley's dark locks and facial structure. (Side note: In what universe is the only covetable feature on Jennifer Aniston her forehead?) Basically, this should be proof enough that while you might love Cara Delevingne's eyebrows and Scarlett Johansson's lips, the end result may not look too flawless. So there's no need to lust after a perfect celeb's hair and jawline-own mash-up features is tied looks better than these airbrush frankenfaces. More from Women's Health: 4 Steps to Free Self-DoubtAmber Riley: No matter what size you are 5 ways to feel Freaking Amazing This content is created and maintained by a third party, and imported onthis page to help users provide their email addresses. You might be able to find more information about this and similar content at piano.io last update on October 22, 2020 would you feel if you shared a personal story and noticed that the person you were talking to wasn't really listening to? You probably wouldn't be too excited. Unfortunately, this is the case for many people. individuals are not good listeners. They're good suitors. The thing is, true listening requires work - more work than people are willing to invest. Quality Conversation about yes and take. Most people, however, just want to give their words, that is. Being on the receiving end as a listener may seem boring, but it is essential. When you meet someone and pay attention to what they say, it's a sign of care and respect. The problem is that participation requires an act of will, which sometimes goes against what our mind naturally does-roaming around aimlessly and thinking about whatnot, instead of listening—the greatest act of thought. Without active listening, people often feel unheard and unrecognized. That's why it's important for everyone to learn to be a better listener. What makes people poor listeners? Good listening skills can be learned, but first, let's take a look at some of the things you could do that make you a weak listener.1 You want to talk to yourself, who doesn't? We all have something to say, don't we? But when you look at someone who claims to listen while, all the time, mentally planning all the amazing things they're going to say, it's a disservice to the speaker. yes, maybe what the other person says isn't the most interesting thing in the world. However, they deserve to be heard. You always have the ability to steer the conversation in another direction by asking questions. It's okay to want to talk. It's normal, really. 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I actually tried to balance my checkbook while pretending to listen to the person on the other line. It didn't work. I had to keep asking, what did you say? I can only admit it because I rarely do. With work, I managed to become a better listener. It takes a great deal of concentration, but it's certainly worth it. If you're really going to listen, then you have to: listen! Mr. Scott Peck, M.D., in his book The Road Less Travel, says, you can't really listen to anyone and do something else at the same time. If you're too busy to actually listen to the speaker I know, and arrange for another time to talk. It's as simple as this!4. You call yourself a judge while you listen, you decide that the speaker doesn't know what he's talking about. As an expert, you know more. So, what's the point of listening? For you, the only sound you hear once you decide he's wrong is, Blah, blah, blah, blah, blah! But before you shoot that gavel, I just know you can't have all the necessary information. To do that, you'd have to really listen, wouldn't you? Also, make sure you don't judge someone by their accent, how they sound, or the structure of their sentences. My father is almost 91. His English is sometimes a little broken and hard to understand. People wrongly assume that he doesn't know what he's talking about - he's wrong enough. My father is a very intelligent man who has English as his second language. He knows what he's saying and understands the language perfectly. Keep that in mind when listening to a stranger, or someone who probably has a difficult time putting their thoughts into words. Now, you know some things that make a listener inferior. If none of the above resonates with you, great! You're a better listener than most. be a better listenerFor the sake of conversation, however, let's say that maybe you need some work in the listening department, and after reading this article, make the decision to improve. What are, then, some of the things you have to do to make that happen? can you be a better listener?1. Be carefulA good listener is careful. They don't look at their watch or phone or their dinner plans. They are focused and pay attention to what the other person says. This is called active listening. According to Skills You Need, active listening involves listening with all the senses. In addition to paying all attention to the speaker, it is important that the active listener is also seen to be heard – otherwise the speaker may conclude that what i'm talking about is uninteresting to the listener. That's what I mentioned, it's normal for the mind to wander. We're human, after all. But a good listener will rein these thoughts back in as soon as you notice their attention falling. I want you to note here that you can also listen to bodily cues. You can assume that if someone continues to look at their watch or over their shoulder, their focus is not on conversation. The key is just pay attention.2. Use positive body languageYou can deduce a lot from a person's body language. Are they interested, bored or anxious? The body language of a good listener is open. They lean forward and express curiosity in what is said. Their facial expression is either smiley, showing concern, conveying empathy, etc. I tell the speaker they're being heard. People say things for a reason – they want a certain kind of feedback. For example, you call it I've had a very hard day! and your husband continues to check his newsfeed. News. nods. That's not a good answer. But if your husband looked up with his eyes questioned, he'd put his phone down and say, Oh, no. What's going on? Would you feel it, then? The answer is obvious. According to Alan Gurney,An active listener pays full attention to the speaker and ensures that they understand the information provided. You can't be distracted by a call you've received or a Facebook status update. You have to be there at the moment. Body language is an important tool to make sure you do this. The correct body language makes you a better active listener and therefore more open and receptive to what the speaker says. At the same time, indicate that you are listening to them. 3. Avoid interrupting SpeakerI I'm sure you wouldn't want to be in the middle of a sentence just to see the other person holding a finger or mouth open, ready to step into the unfinished verbiage. It's rude and causes anxiety. You would most certainly feel the need to speed up what you're saying just to finish your sentence. Interruption is a sign of disrespect. It's essentially saying, what I have to say is much more important than what you're saying. When you interrupt the speaker, they feel frustrated, hasty and unimportant. Interrupting a speaker to agree, to disagree, to argue, etc., causes the speaker to lose track of what they say. It's extremely frustrating. Anything you have to say can wait until the other person finishes. Be polite and wait your turn!4. Asking questionsAsking questions is one of the best ways to show that you are interested. If someone tells you about their ski trip to Mammoth, don't answer with, that's nice. That would show a lack of interest and disrespect. Instead, you can ask, how long have you been skiing? Was it hard for you to learn? What was your favorite part of the trip? Etc. The person will think a lot of you and consider you a great conversationist just by asking a few questions.5 Only ListenThis can seem counterintuitive. When you talk to someone, it's usually back and forth. Occasionally, all that is needed of you is to listen, smile, or nod, and the speaker will feel like they are really being heard and understood. I once sat with a client for 45 minutes without saying a word. He came into my office in distress. I had her sit down, and then she started crying slowly. I stayed with her, that's all I did. At the end of the session, she sat, told me she was feeling a lot better, and then left. I have to admit that 45 minutes without saying a word was hard. But he didn't need me to say anything. He needed a safe space where he could move without interruption, judgment, or me trying to fix something.6 Remember and Follow UpPart to be a great listener is remembering what the speaker said to you, then following up with them. For example, in a recent conversation on you had it with your colleague Jacob, he told you that his wife had been promoted and and they were thinking of moving to New York. Next time you meet Jacob, you might want to say, Hey, Jacob! What happened to your wife's promotion? At this point, Jacob will know that you've really heard what he said and that you're interested in seeing things go. What a gift! According to new research, people who ask questions, especially subsequent questions, can become better managers, get better jobs, and even win a second date. It's so simple to show you that you care. Just remember a few facts and follow them. If you do this regularly, you'll make more friends.7 Keep your information confidential If you really want to be a better listener, listen carefully. If what you hear is confidential, keep it that way, no matter how tempting it would be to tell someone else, especially if you have friends in common. Being a good listener means being reliable and sensitive with shared information. Anything you are told in your confidence should not be disclosed. Make sure that their information is safe with you. They will feel relieved to have someone with whom they can share their burden without fear of going out. Maintaining someone's trust helps deepen your relationship. Also, one of the most important elements of privacy is that it helps build and build trust. 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People can't see your whole face, but they can certainly read your eyes. By eye contact, I don't mean a harsh, creepy look-just a look in the direction the speaker will make. Make a point the next time you sit down in a conversation to maintain eye contact with the speaker. Avoid the temptation to look anywhere but to their face. I know it's not easy, especially if you don't care what I'm talking about. But, so I said, you can redirect the conversation in a different direction or just tell the person you've got to get Final ThoughtsCareful alley will add to your connection to anyone in your life. Now, more than ever, ever, people are so disconnected because of smartphones and social media, listening skills are critical. You can build better, more honest, and deeper relationships by simply being there, paying attention, and asking questions that make the speaker feel like what they have to say matters. And it's not a great goal? Making people feel like it matters? So go out and start perfecting these listening skills. You have two great ears. Now use them! More tips about being a better listenerFeatured photo credit: Joshua Rodriguez via unsplash.com Page 2 Last updated on October 22, 2020 would you feel if you were sharing a personal story and noticed that the person you spoke to wasn't really listening to? You probably wouldn't be too excited. Unfortunately, this is the case for many people. Most guys aren't good listeners. They're good suitors. The thing is, true listening requires work - more work than people are willing to invest. Quality conversation is about yes and take. Most people, however, just want to give their words, that is. Being on the receiving end as a listener may seem boring, but it is essential. When you meet someone and pay attention to what they say, it's a sign of care and respect. 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