

Forum:[Hack Forums](#)

Thread: [Why is expressing my emotions so difficult?](#)

Egghead - October 21, 2015, 7:35 pm

I've always found it hard to convey how I feel, and I was wondering if anyone could offer any insight as to why that might be the case.

Also, if you're feeling extra giving, maybe you can share some tips on how I can express my emotions more effectively.

Up In The Smoke - October 21, 2015, 7:39 pm

Develop your emotional intelligence.

[What Is Emotional Intelligence?](#)

Truth - October 21, 2015, 7:44 pm

Well you're certainly good at expressing fear and embarrassment.

Frank Underwood. - October 21, 2015, 7:45 pm

Think with your mind and heart. Not with your dick.

I hope this helps..

Egghead - October 21, 2015, 7:50 pm

(Oct 21, 2015 07:44 PM)TryAgain Wrote: [\[CITE\]](#) Well you're certainly good at expressing fear and embarrassment.

Not to be rude, but what do you mean exactly?

Do I seem afraid to you? If I was afraid, I would lack the conviction to post a public thread asking for help to improve myself emotionally.

Do I seem embarrassed to you? If I was embarrassed, I would be too ashamed to go out of my way to change.

G?Nj? - October 21, 2015, 8:07 pm

Because your so hurt nigga and need to be patched! before u can let shit out to make sense

Up In The Smoke - October 21, 2015, 8:11 pm

Some peoples posts make me laugh, it's a good job I'm here to guide you. I sometimes wonder about the others...

Heres a good read you will find interesting.

[10 Ways to Enhance Your Emotional Intelligence](#)

BoyInWhite - October 21, 2015, 8:12 pm

(Oct 21, 2015 07:50 PM)Egghead Wrote: [\[CITE\]](#) Not to be rude, but what do you mean exactly?

Do I seem afraid to you? If I was afraid, I would lack the conviction to post a public thread asking for help to improve myself emotionally.

Do I seem embarrassed to you? If I was embarrassed, I would be too ashamed to go out of my way to change.

Doesn't work this way.

I'm shy and also unable to express my feelings 'properly' in 'real-life'.

But creating threads,chatting or talking online is a different thing.

(Even though for me sometimes I feel shy/'afraid' to skype with random people)

B?ue - October 21, 2015, 8:14 pm

Do you struggle to feel empathy/sympathy for others?

You MIGHT have alexythemia.

<http://www.alexithymia.us/test-alex.html>

Try this test, Obviously this isn't gonna 100% define if you have it or not but I got 3 away from the top mark, and then got it confirmed.

Egghead - October 21, 2015, 8:18 pm

(Oct 21, 2015 08:12 PM)EliteAces Wrote: [\[CITE\]](#) Doesn't work this way.

I'm shy and also unable to express my feelings 'properly' in 'real-life'.

But creating threads,chatting or talking online is a different thing.

(Even though for me sometimes I feel shy/'afraid' to skype with random people)

I don't get what this has to do with what you quoted.

(Oct 21, 2015 08:14 PM)B?ue Wrote: [\[CITE\]](#) Do you struggle to feel empathy/sympathy for others?
You MIGHT have alexythemia.

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Try this test, Obviously this isn't gonna 100% define if you have it or not but I got 3 away from the top mark, and then got it confirmed.

I'll try out that test.

I think I'm sympathetic, but I lack empathy.