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others where you're mentally detached from people and their emotions the emotional rollercoaster is when you are elated one minute and sad the next it's a roller coaster of emotions that can leave you feeling befuddled and emotionally exhausted getting off can seem impossible if you feel like you're on an emotional rollercoaster the shortest guide to dealing with emotions people often avoid emotions instead of confronting them posted april 13 2021 reviewed by abigail fagan key points people often avoid negative psychiatrist and habit change specialist dr jud brewer outlines a simple exercise that can help you get off the emotional rollercoaster emotional detachment is an inability or unwillingness to connect with other people on an emotional level it may help protect some people from unwanted drama anxiety or stress for others feeling like you're on an emotional roller coaster learn how to overcome your anxiety and fears and set the right expectations for your relationship since being emotionally closed off can prevent you from creating deep and meaningful connections with others it's important to be able to recognize the five signs that you might be an emotionally detached person and take steps to open and warm your heart 1 you don't share your feelings with others the concept of emotional cutoff describes how people manage their unresolved emotional issues with parents siblings and other family members by reducing or totally cutting off emotional contact with them also known as emotional numbing shutting down emotionally is a form of dissociation for some when the mind is overwhelmed by stress or anxiety they subconsciously detach from the current moment to protect their emotional well being then i don't think i'd care his indifference contradicted every work instinct i had but in a way i admired it because while an emotional attachment to work can make you happy too much of a good thing can have the opposite

effect it s quite possible to be too emotionally attached to your job what are emotions in discovering psychology authors don hockenbury and sandra e hockenbury suggest that emotions are complex psychological states that involve three distinct components a subjective experience a physiological response and a behavioral or expressive response the word came to prominence during the pandemic and has inspired a recent book by the sociologist corey keyes in languishing keyes considers how so many of us came to be stuck in emotional that was an emotional game the veteran skipper said per mike digiovanna of the los angeles times to give him an extra couple of days and get him back on line saturday he should be

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