



Emotional Constipation- Perception and Implication

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Abstract: *Aren't emotions difficult to understand? Sometimes it's easy to express them, but other times you just can't, won't, or even want to digest them. "Emotional constipation" is the term used to describe this incapacity or unwillingness to understand, accept, and express feelings. The inability to emotionally connect with oneself (and others) can be severely hampered by this emotional constipation. You cannot express and share with your loved ones your true emotions because you are unable to recognize, understand, accept, and express them. Significant miscommunication in both your personal and professional relationships could result from this. Being emotionally connected is crucial, and you can treat emotional constipation with the correct tools. Let's examine what emotional constipation is, what could trigger it, and how to treat it while also letting go of your emotional tension.*

Key Words: *Emotional Constipation, Symptoms, Causes, Treatment.*

1. INTRODUCTION :

Emotional constipation is the inability or unwillingness to understand, express, and let go of how one is feeling or experiencing things. It conveys the impression that the person is cold or cruel. Suppressed or inhibited emotions are associated with several physical or mental conditions.

After months and months of emotional indifference, people frequently endure what some dynamic psychology theorists fondly refer to as "emotional constipation." This shows that sometimes we have a buildup of unprocessed emotions that need to be released. Constipation may be functional or psychological. Functional Constipation can result from stress in a number of different ways. Stress hormones have a direct effect on bowel motions by affecting bodily processes. Moreover, a bad diet, not drinking enough water, and not exercising enough are all risk factors for constipation in those who are under stress. Whereas Emotional constipation is characterized by suppressing emotions, failing to express emotions, and frequently expressing emotions through anger rather than facing them head-on. It frequently also entails criticizing and denying your personal emotions.

Inability to deal with one's emotions can be characterized as emotional constipation. Other symptoms of emotional constipation include keeping emotions to oneself, not sharing them with others, and frequently expressing rage. Frequently, it also entails criticizing your own feelings and refusing to accept that they exist.

The difficulty or unwillingness to understand, accept, and communicate your true and unadulterated feelings or emotions are known as emotional constipation. When you're emotionally constipated, you could come out as distant and uncaring. If untreated, repressed or unprocessed, emotions can fester and become physical, mental, and emotional wounds.

We use our emotions to make sure that our basic requirements are met. And believe me when I say you're not the only one who struggles with emotional expression. It's crucial to acknowledge and embrace how you're feeling because suppressed feelings can frequently result in illnesses like depression, insomnia, migraines, and high blood pressure.



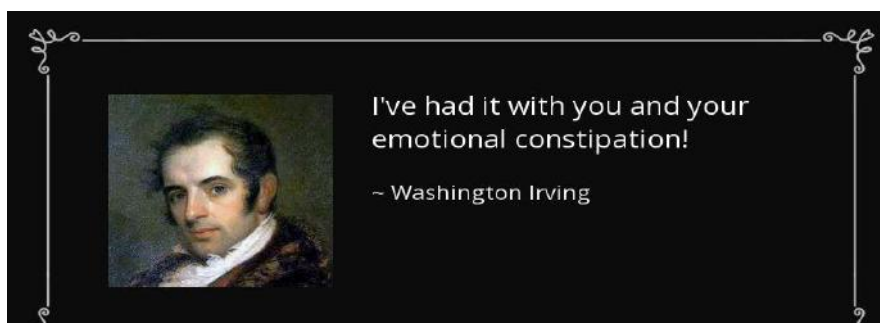
So, aside from the term, what are some indications that you might be emotionally constipated? Spending a lot of time alone (withdrawing from others), rage or despair in extreme situations, difficulties empathizing, difficulty feeling joy (negative), being in partnerships all the time (fear of genuinely being alone), and physical health issues like heart disease are just a few symptoms.

It would be wrong to say that males are more emotionally stronger than females. Who are the folks who are most likely to be emotionally constipated? Men, might have predicted it! Surprise! Males are more inclined to suppress their emotions or feel guilty about feeling them. Boys start to equate emotion with weakness because they are taught from an early age that they must be tough and self-assured. They are instructed that "guys don't cry" or "don't be a female" when they are young, and they are not permitted to have feelings. At my elementary school, being told you "hit like a girl" was a tremendous insult to the boys. Jen Lois, a gender and society professor at Western Washington University, claims that being male is an important aspect of being a man and that implies that you shouldn't express your emotions because girls do. The association that has been created between emotions and women accounts for the majority of the unfavorable association between men and being in touch with their emotions. Being sensitive or crying is viewed as highly feminine traits. This feminization of love in society has left men emotionally poor. Men struggle to form close relationships because of this, according to Jen Lois and other sociologists. Several women have dated guys who they believed to be emotionally distant or who did not express their emotions.

2. Emotional Constipation's Root Causes :

In recent times, it has made sense for the majority of us to hide our feelings, especially those that are too painful or "shameful" to express aloud. These feelings may include dejection, worry, stress, fury, grief, and disappointment, among others. Other times, a lot of people can even be scared to show positive emotions like closeness, love, and excitement because they worry about criticism from others. The stress of suppressing emotions frequently takes the form of unhealthy habits or coping methods.

Feelings should be felt, and feelings should be expressed. Not doing this may be detrimental to your soul as well as your intellect and body. You might not even be aware of your emotions if you are unable to articulate them. Anybody, at any time, can experience emotional constipation. However those who have gone through trauma, those who are dealing with post-traumatic stress disorder (PTSD), as well as people who have never learned to be self-aware of their emotions can more frequently have emotional constipation.





3. Stress is a result of suppressing our emotions.

Emotionally constipated stress always looks for a release. Food is one of the most often used and socially acceptable avenues for people to obtain comfort. Binge eating, emotional eating and overeating are frequently indications that our emotions need to be expressed. When our feelings aren't being acknowledged and processed, they can organize acting out through our eating patterns to dramatically draw our attention. Emotions should be experienced. When we let nature take its course, our eating problems frequently start to get better on their own.

4. Here are some indicators that you may be emotionally constipated:

Migraines

If you suffer from migraines or stress headaches frequently, you are aware of how terrible they can be. The majority of the time, bodily reactions induces migraines, but occasionally, unresolved or suppressed emotions might also be to blame. The feelings can become suffocating and emerge as physical symptoms like headaches and migraines if you don't (or can't) let them out.

Emotional Apathy

When you consistently suppress your feelings, eventually you start to lose any sense of the outside world. You might become less sympathetic to other people as a result. Your typical response to either good or negative news is typically "meh." You stop empathizing and start acting cold. You can stop feeling emotional and even detach if you can't identify with emotions.

Sleepiness

Unprocessed emotions must be released, and if they aren't, they can make a commotion. Raw emotions, ideas, and sentiments can present themselves mentally and physically when you're not intentionally trying to repress them, leading to insomnia or other sleep disorders. In addition to making it difficult to fall asleep, emotional constipation can also lead to other sleep-related issues including nightmares, frequent night terrors, etc.

Panic or anxiety attacks

Emotional constipation that isn't handled won't go away on its own. Unresolved issues can fester until there is nowhere else for the energy to go but into anxiety or panic attacks. If you can successfully channel the suppressed energy, great; if not, it will manifest as anxiety and panic episodes.

Expiations of Emotion

After a challenging day at work, picture returning home to find dirty dishes in the washbasin. What you might feel is a powerful emotion that can make you upset. In retaliation, you might either have a tantrum and cry or smash the dishes out of wrath. This sort of emotional outburst may also be an indication of emotional constipation, which you shouldn't disregard.

Restless Legs Disorder

Once more, suppressed feelings create anxious energy that seeks to be let out. These suppressed feelings frequently surface as restlessness or restless legs syndrome. You might unconsciously twitch or hop your legs while experiencing this. Although while restless leg syndrome is not dangerous, but it can be very uncomfortable. It is a means to simply release the unprocessed energy.

Hazardous Diversions

It's really simple to disregard your feelings by utilizing unhealthy coping techniques and diversions. Anything to divert your thoughts from your feelings, right? Most of the time, these diversions merely demand our whole attention and provide us with a justification for not thinking or feeling. Others might use work or shopping as a diversion, whereas you might prefer doom scrolling or binge-eating. These behaviors have the potential to do more harm than good, even though they might provide momentary comfort.

Insularity from Society

Nobody wants to experience stress or be forced to consider feelings or ideas they don't want to voluntarily confront. Social isolation would appear to be a smart way to prevent this. You don't have to talk about your suppressed emotions to anyone if you aren't meeting anyone.



In fact, if you keep denying the existence of your negative emotions or sentiments, don't you think they would just go away? This pretence may give you some solace, but in the long run it will just make matters worse and make you more susceptible to ailments like agoraphobia.

Mono-emotional

Monoemotional refers to having only one emotion for all circumstances. People typically react to events with a variety of emotions, from wrath and frustration to joy or contentment. But when you're emotionally constipated, you frequently just feel one way about several things.

A failure to respond with empathy

Being emotionally constipated frequently results in little to no empathic reaction. You get so accustomed to suppressing your emotions that you have a low tolerance for those who do so in a healthy way. They might even be characterized as being "too sensitive" to communicate their feelings. Your loved ones can gradually grow apart from you and conceal their emotions and ideas from you as a result of this.

Intestinal problems

Symptoms could include everything from nausea and stiffness in the gallbladder to acid reflux, Indigestion, lower stomach cramps. In actuality, constipation and digestive problem are two of the most typical symptoms of emotional repression. Emotions pass through the stomach in the same way that food does, so if you're having difficulties digesting them, they'll back up and begin to churn inside of you. Manipurna is the name of the upper abdominal/solar plexus chakra. It controls emotions and willpower and serves as a link between the higher cerebral and lower emotional energy centers. This will cause discord throughout if and when it becomes blocked.

Think of it as an obstruction in one of the main connections to your home's water system. In any case, there is no genuine movement if it becomes blocked. Water cannot be brought inside, and nothing may be released. Everything becomes stale and starts to deteriorate.

Throat pain or congestion

Visuddha, the throat chakra, is related to expression. What would manifest if you are emotionally constipated and unable to articulate what you are feeling? Yes, all manner of throat-related problems.

As you try to talk, you might find that your throat constricts, which causes you to stutter or become speechless. Your emotional repression may even cause you to suddenly lose your voice because it is physically preventing you from speaking.

Similarly, you might be prone to recurring throat infections like tonsillitis or strep, or you might even develop tonsil or Eustachian tube "stones." Others may experience mucus accumulation that they must continually remove or a general pain that needs to be soothed with calming beverages and soft foods.

It's time to deal with the problem

It can be challenging to recognize emotional constipation. Feeling overburdened, unable to connect with others, and lacking in emotion are just a few symptoms that might occur.

These five indicators may indicate that you need to deal with your emotional constipation:

- 1) It's difficult for you to connect with people or communicate your emotions.
- 2) After connecting with others or even just thinking about them, you feel spent.
- 3) You see that you are withdrawing from social interactions or romantic relationships.
4. You believe you must "fake it" or push through in order to get through the day.
- 5) You notice that you use drink and drugs to deal with your emotions.

5. How to Restore the Natural Flow of Your Emotions :

One of the finest things you can do is let some of the pressure that has been building up before you even consider working through the feelings you have been suppressing for so long. Effective strategies for doing this include:

Healthy diet

Diet rich in protein, essential fatty acids, vitamins, minerals, antioxidants, probiotics helps us to cope up with depression and anxiety. These nutrients help you to maintain healthy physiological system. A healthy body contributes to a healthy



mind, according to research. While attending college, maintaining a degree of physical fitness and eating a balanced diet will be extremely beneficial to your physical and mental health.

Meditation

One can connect with their inner selves and feelings through meditation. A person is more receptive to detecting feelings and accepting them without judgment when they are in a meditative state. This may facilitate controlling and expressing emotions.

Physical activity

The greatest way to start things rolling is to physically express yourself in the way that suits you the best. We can practically release energy from our bodies by engaging in physical activity. In addition, it fortifies us so that we can resist the challenges that dealing with and letting go of those emotions can present.

To burn off excess energy and relieve anxiety, some people enjoy going for runs, while others prefer to put on some boxing gloves and beat the living daylights out of some punching bags. Others favor slower, systematic exercises like yoga or meditation. Actually, yoga is quite effective for overcoming emotional constipation. It essentially stretches out every area of your body that may be tight, allowing your energy to move through it more freely. Be mindful not to take on too much too quickly.

Exploring Emotional Catharsis

Try emotional catharsis as another effective treatment for emotional constipation. Several folks discover that screaming or screaming into their pillows works best. Such emotional catharsis might be a beneficial approach to let go of suppressed feelings. You might also try journaling to vent your feelings if you don't like screaming.

Solo verbal or written expression.

A good session of raw yelling can be really beneficial for certain folks. In warm weather, when we go swimming, my spouse will dive under the water and scream as loud as she can to let off any pent-up tension. If you don't have access to a lake or river, a pillow also works well.

You might also try journaling if you don't like the notion of screaming into space. You can either do this on your own or you can download sheets of questions and answers that you can fill out. Sometimes, simply putting your thoughts and feelings on paper will aid in releasing some of the emotions and thoughts that have been stuck in your throat. Keep this journal private so that nobody else in your home or social group can access it unless you give them permission to.

Sessions with a qualified counsellor for therapy

Having frequent appointments with a counsellor or therapist you feel comfortable with is one of the best things you can do to start things rolling again in addition to the advice given above.

Emotional blockages can occasionally require expert assistance to become unblocked, much as a significant intestinal obstruction may require surgery to remove. Despite your best efforts, despite reading self-help books, despite attempting to climb out of the hole you find yourself in, there are instances when professional assistance is actually what is required. With your cooperation, a skilled therapist can help you unlock the doors you've closed in a way that's beneficial to you rather than upsetting

Some people choose to embark on spiritual pilgrimages in far-off places in an effort to "shock themselves awake," if you will. They might embark on a journey to India to walk over hot coals with gurus and babas or travel to Peru for an ayahuasca ceremony. The issue here is similar to trying to unlock an old door that has been stuck closed for a long time. The door should easily open if you lubricate the hinges, gently move them back and forth, and then open the door gradually. Even though it might be a little creaky and likely needs some repairs, it should still be in reasonably good condition.

In contrast, if you simply try to slam the door open without any preparation or care, you run the chance of not only breaking the door but also breaking the door jamb, which would leave you standing there bewildered and holding a broken handle. Numerous people have attempted to kick open their internal doors while experiencing psychotic episodes.



Deep tissue massage

After you've begun to open those doors with the aforementioned therapist, this is advised. Otherwise, you run the risk of flinging open windows and doors that you might not be ready to peek through just yet.

Emotional blockages can lead to pockets of constricted muscle and fascia in various parts of the body. As you may expect, this can lead to a variety of bodily discomforts. When and if someone who has these kinds of suppressed emotions lodged in their tissues receives a massage, those emotions may be forcibly released through manual pressure. As a result, the individual receiving the massage may get emotionally overwhelmed. They can experience severe panic attacks or involuntarily start laughing or crying. As a coping tactic, some people may begin to tremble or spasm, while others may shut down, crouch down in the fetal position, or become numb.

This is why it's crucial to open those doors with a reliable therapist before receiving shiatsu or craniosacral therapy. Even if they are a truly great person, your massage therapist might not be equipped to handle a nervous breakdown on their table.

If and when you're ready, it is completely feasible to overcome emotional constipation. The secret is to approach it carefully and deliberately while giving you space to relax. You're seeking for mild laxatives that will start things going comfortably, just like with physical constipation.

Strive for baby steps, and as you advance, renegotiate the surroundings. You might discover that one technique is much more effective for you than another because different methods will work for different people.

Most importantly, participate in this adventure only if you feel motivated to, not under pressure or obligation from anyone else. If that occurs, you may experience resentment and anger towards the individual who made you feel emotions you weren't yet prepared to address.

These actions should be made because you respect and care about yourself and want to do this for you, just like when you start a new, healthy diet or exercise routine not out of guilt or self-pity. You'll be shocked at how your life transforms if you treat this healing process with loving respect.

6. Conclusion :

There are many reasons that make children and adults emotionally constipated. Broken families, nuclear families, divorces, single parenting, peer relationship etc. are the reasons that make children and adults emotionally constipated. Everyone is so busy with their work that no one has time to share their feelings with family members or talk to their children or listen to them.

So what is the solution to "emotional constipation"? Make Feelings Out. Tell the truth about them. Give them space to exist. Be enquisitive about them. Consider what might be beneath them. Pay attention to what they have to say. Even hate and resentment might reveal what we are actually looking for and what personal limits we feel are being crossed. We may stop being ruled by our emotions when we can recognize, accept, and let go of them. Our emotional pathways become more transparent when we feel them. Also, it improves our connections with ourselves and ultimately with food.

In conclusion, it's critical to get help if you exhibit any of the symptoms of emotional constipation. The underlying problems that might be causing your emotional constipation might be effectively addressed by speaking with a therapist or counsellor.

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