

## Feeling Blockers

<b>Avoidance</b>	<b>Refusing to look at</b>
<b>Denial</b>	Not accepting something. Tony refuses to believe he has very little control over his drug addiction
<b>Displacement</b>	Taking or expressing feelings toward someone that really belongs to someone else. Betty is angry at her boss for promoting her colleague ahead of her. She comes home and shouts at her partner
<b>Dismissal</b>	Tina just lost her grandmother, her partner Corey tries to comfort her. She says “Please don’t. I have to be strong for my family.”
<b>Minimisation</b>	Acknowledging a feeling but minimizing its impact. Dave has been studying hard for a medical exam. Despite his best efforts, he does not pass. His parents try to comfort him, he says “It’s no big deal. There are people in the world with far worse problems than me.”
<b>Rationalisation</b>	Going into the reason behind feelings rather than experiencing emotions. Blake tells his therapist he was sad last week before quickly going into the reasons “I think it was because my housemate moved back overseas”
<b>Helplessness</b>	Incl looking to others
<b>Passivity</b>	

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### **Case Examples:**

Billy becomes anxious in social situations. Especially meeting women. He goes to the bar in the hopes of meeting a woman but can only talk to one after he has had 6 beers



### **Feeling blocker: alcohol.**

#### **Feelings blocked: anxiety, feelings of attraction**

Barbra was recounting to her therapist how she bumped into her ex-boyfriend at a friend's party. At the time, she became anxious and then drank to the point of vomiting. While exploring her feelings about the previous relationship, she became sad but quickly pushed those feelings down. When I questioned her on this, she said "I don't do feelings."



### **Feeling blocker: dismissal of feelings. Feelings blocked: sadness**

Connie's mother died after a 15 year battle with cancer. She cried in the week following her mother's death but afterwards, decided that she had to "get on with life." After all, "mum would want me to move on."



### **Feeling blocker: Dismissal of feelings; externalisation -- focussing on what she imagines someone else would want and in the process ignoring her own needs.**

#### **Feelings blocked: sadness, grief**

Scott had just had an argument with his partner after she cancelled a date they had planned to go shopping with her friend. Afterward, he reasoned that his partner hadn't seen her friend since she got back from overseas

**Feeling blocker (after the argument): rationalization,**

**Feelings blocked: anger, hurt**