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[Allow Myself To Feel It... ~!](#)



Accepting means you allow yourself to feel whatever it is you are feeling at that moment. It is part of the essence of the Now. You can't argue with what is. Well, you can, but if you do, you suffer.

Eckhart Tolle

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Here are three reasons why it is important to allow yourself to process and experience your true feelings. 1. When you numb sadness, you also “Allow yourself to feel everything you're feeling right now. Let the hurt move through you. Then you can move on.”


1. [i don't allow myself to feel emotions](#)
2. [allow myself to feel sad](#)
3. [is it normal not to feel emotions](#)

There is a beauty in pain that that even happiness cannot touch, because you risked, you loved, you let yourself feel. Pain will bring you to yourself.. I Smile ... while allowing myself to feel ... in tune with the universe. I enjoy every day in every way ... to have a little fun in life. I do not take myself too seriously.. I have a careful practice of “handling emotions”, especially big ones. In the morning, I write down my feelings. Tired, resentful, excited, cheerful, whatever. I'm a To make matters worse, we feel shame and self-blame, and this has us isolate ourselves from those that love us. ... One of the most powerful things you can do for healing is to allow yourself to feel. ... How to feel – Allow yourself to feel your feelings fully.

i don't allow myself to feel emotions

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