

8 Insights for Recognizing Emotional Blocks in Your Relationship

Past trauma can significantly influence our emotional responses in relationships. When we experience anger or defensiveness, it often stems from deeper emotional blocks related to past pain rather than the current situation itself. This reaction is a protective mechanism, developed over time to shield ourselves from reliving those past hurts.

Many people wonder how to distinguish between experiencing an emotional block and genuinely being upset with their partner. Here are some strategies to help clarify which one it is:

1. **Pause and Reflect:** When you feel triggered, take a moment to breathe and assess the situation. Ask yourself if the intensity of your reaction matches the situation at hand.
2. **Identify Triggers:** Notice if certain phrases or behaviours consistently provoke a strong reaction. If a response seems disproportionate, it may be linked to past trauma.
3. **Check Your Thoughts:** Examine your internal dialogue. Are you thinking in absolutes or blaming your partner? If your thoughts are rooted in past experiences, it might indicate an emotional block.
4. **Consider Context:** Evaluate whether your partner's action genuinely warrants your reaction. Is it a recurring issue for you, or does it remind you of something deeper?

5. **Communicate Openly:** Share your feelings with your partner. Explain that you may be reacting to past experiences and not just their current behaviour. This can foster understanding and reduce defensiveness.

6. **Seek Patterns:** Reflect on whether similar situations have led to similar reactions in the past. Identifying patterns can help you see if it's a recurring emotional block.

7. **Journaling:** Write down your feelings and thoughts after conflicts. This can help you process emotions and recognize when past trauma is influencing your current feelings.

8. **Professional Help:** Stacey Greer Relationship Coaching and Training can provide tools and insights to help you understand your emotional blocks and how they impact your relationships.

By practising self-awareness and communication, you can better differentiate between past trauma reactions and genuine concerns in your relationship. This can be challenging to do on your own. For 1:1 guidance and support to pinpoint your exact emotional blocks that are holding your relationship back, email Stacey at Stacey@staceysgreer.com and type Emotional Block Training in the subject line. Or simply click the link and schedule a free consultation call to see how the Emotional Block Training can help you.



Connect with us:
stacey@staceysgreer.com
staceysgreer.com