

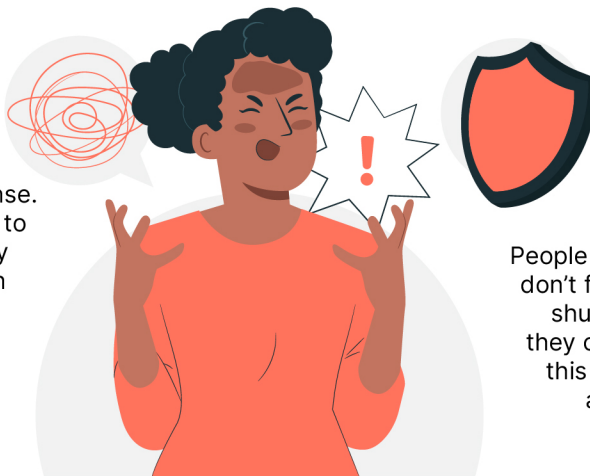
# WHY DO I SHUT DOWN WHEN I'M UPSET?

Many people suffer from shutting down emotionally when they are upset. There is no one cause of this behavior. It could be a self-defense mechanism, it could be an inability to process negative feelings, and it could be due to dissociation



## Why Do People Shut Down Emotionally?

Shutting down emotionally when overwhelmed is a common response. It occurs when a person is unable to process the intense emotions they are experiencing. This can happen for a variety of reasons, such as past traumas, stress, or anxiety. Emotional shutdowns can also be a sign of a deeper issue that needs to be addressed.



## But, Why Do People Emotionally Shut Down As A Self Defense Mechanism?

People who shut down when they're upset don't feel like they have any choice but to shut down. They feel helpless because they cannot control their feelings. Part of this involves shutting down emotionally and distancing themselves from the stressful emotions and feelings

## Emotional Shutdown: Stonewalling In Relationships

This could be a family member, a friend, a member with authority, and so forth. This means that a general feeling of upset may not cause you to shut down, but negative emotions and confrontations with another person may cause you to shut down.

This can make communication hard, as you may become defensive, and not open up.



## Why Do I Shut Down Emotionally in Relationships?

When someone shuts down emotionally, it can be confusing and hurtful for both parties involved. So, what does it mean when someone shuts down? It often means that they are feeling overwhelmed and unable to cope with their emotions.

This emotional shutdown can be a defense mechanism to protect themselves from emotional pain or stress.

## Overcoming Emotional Shutdowns in Relationships



**Communicate openly:** Share your feelings and thoughts with your partner. This can help build trust and understanding.



**Practice empathy:** Try to see the situation from your partner's perspective. This can help you understand their feelings and actions better.



**Seek professional help:** If emotional shutdowns persist, consider seeking therapy or counseling to address any underlying issues.

## Summary

If you find that you are shutting down, it is possible that you are dealing with some form of emotional distress. Your body may be reacting to something, or you may be processing an emotion that has been triggered.