

What Causes Emotional Flooding In Relationships?

Toxic relationships

Coping with infidelity

Suppressed emotions

Stonewalling and ugly fights

Using flooding as a defense mechanism



How You Can Deal With Emotional Flooding In Relationships:

Identify your emotions

Journaling, meditation, and introspection can greatly help

Share with your partner

Honest, open communication can help you

Take a break

Excuse yourself, then calm yourself

Exercise

Helps your mental as well as physical health

Analyze your emotions

Think about what made you act out

Focus on your breathing

Anchor yourself with deep breaths



Emotional Flooding

Yan Bai



Emotional Flooding:

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