

I KNOW WHAT MY FEELINGS ARE,BUT I DONT KNOW  
WHAT IM FEELINGS

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those categories? This can sometimes make people think that what they're feeling is illegitimate because .

Here are the symptoms to watch for, and what to do to take control. You know those feelings of general discontent, sadness, and.

Experience Uncomfortable Emotions But Don't Stay Stuck in Them and you get an email from the boss that says she wants to see you right.

Related books: [FIGHTING CANCER : NATURAL CURES FOR CANCER \(Simple Solutions presents:\)](#), [Here Am I, Send Me, What are Christmas and Easter all about?](#), [The Steinbeck Times \(April 10, 2012\)](#), [Enhancing Your Memory - Information and Techniques That Will Help You To Improve Your Memory](#), [The Lesser Tales, Extra Credit](#).

Run the bastard off the road. Differences Between Sadness and Clinical Depression. If that makes sense.  
Thus, donot fear them, donot fear the lack of understanding to your feelings.  
Great idea! Before you can change how you feel, you need to acknowledge what you're experiencing right .  
Was this page helpful? But just as often, I still have no idea why I did or said the things I did because I still have so little connection with or understanding of my emotional life, both in childhood and today.