How to Be More Open and Share Your Feelings

There are some people that have no trouble sharing their feelings. They are devoid of the fear and anxiety that most of us feel about sharing something personal or potentially controversial. Down deep, you're jealous of these people. *Openness provides a level of freedom that eludes those that are more private.* It's important to be able to share your feelings and concerns openly.

Your concerns can't be addressed if you're unwilling to share them. You have to face your challenges alone if you keep them to yourself.

Share your feelings and enjoy the resulting freedom it provides:

1. **Be more accepting of others.** It sounds counterintuitive, but if you're afraid to share your feelings, you may be judgmental of others. Naturally, you would expect others to judge you, too. It's impossible to accurately judge others. There's always more going on than you realize. *Be accepting of others and you'll expect others to be accepting of you.*

2. **Start small.** Share something small, but relevant. Once you see that you can share your feelings without negative repercussions, you'll be more likely to share them again.

3. **Determine the source of your fear.** You may fear judging, rejection, ridicule, or embarrassment. Perhaps attacking that fear is the first logical step to lessening your anxiety around sharing and openness.

4. **Be brave.** There's no way to be 100% comfortable about sharing your feelings until you've done it several times. There's a certain amount of courage required at the beginning. Be brave enough to share your feelings. *It becomes easier over time.*

5. **Encourage others to share their feelings with you.** You might feel more comfortable if your conversation partner goes first.

6. **Stay in the present moment.** You generate feelings of fear by worrying about the possible outcomes. Stay in the moment, and your fear will dissipate. Avoid imagining the worst possible outcome.

7. **Calibrate the other person.** Others are often careless when they believe something doesn't matter. You'll find that others are more empathetic and understanding if you let them know that something is important to you. It can be as simple as, *"I want to tell you about something that's important to me."* Put others in the proper state of mind before you share.

8. **Be honest.** The willingness to make yourself vulnerable will enhance your results. If you're sharing something that displeases you about the other person, it's important to empathize first. *Sharing your feelings requires consideration of the other person's feelings, too.*

9. **Take a deep breath and just do it.** The anticipation is usually worse than the actual event. Sometimes, you just have to go for it. You can do it. Focus on how much better you'll feel afterwards.

Change isn't easy. *Sharing can be scary, but the benefits outweigh the anxiety experienced.* In time, you'll learn to share your feelings and worries more easily. It just takes practice. Focus on the benefits you'll receive and let the words flow. The other person will appreciate your effort and you'll find that you get what you want more often.