

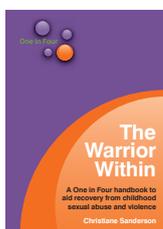
34 Exploring your beliefs around crying



If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 127. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

Reflect on what messages shaped your beliefs about crying. What were the messages in your family around crying? How were you made to feel when you cried – weak, pathetic, vulnerable or contemptuous? Were you punished when you cried or did it increase the level of cruelty? Perhaps not crying and detaching took the pain away. If you are a male were you taught that boys or men should not cry no matter how much pain they feel? Alternatively, are you afraid that if you cry you will lose control or not be able to stop?

List in your journal whichever messages apply to you and check the evidence for these messages. You will also need to consider the benefits of crying such as the release of sadness, hurt and pain and how it aids healing. Crying is known to improve well-being, and reduce blood pressure and heart rate. If you are comfortable with crying you could do the same exercise to identify beliefs about the expression of anger and vulnerability.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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One in Four
219 Bromley Rd, Catford SE6 2PG
Telephone 020 8697 2112
Email admin@oneinfour.org.uk
www.oneinfour.org.uk

Registered charity number 1081726