

Fear and/or grief concerning the death of others

Post by "Sam_Qwerty" of July 27, 2025 at 8:05 PM

I have found that you have to allow yourself to feel the grief before you can release it. Sometimes in our culture, expressing emotions is not considered macho. You don't have to cry in front of other men. You can wait until you are in private. But if you don't allow yourself to ever cry, you will be carrying your grief around with you.