

Fear and/or grief concerning the death of others

Post by “Don” of July 27, 2025 at 11:14 PM

[Quote from Sam Qwerty](#)

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.

I'll agree that you don't *have to* cry in front of other men, but I reject wholeheartedly the stoic character that men are too often expected to maintain in our culture. I was at an extended-family event recently, and a young boy (4-6 years old?) hit his head under a table under which he was crawling around under. He was stoic, holding the top of his head, walked over to his grandmother and buried his head under her arm and cried. She said, "he doesn't like people to see him cry." My heart ached. I wanted to say "hey, it's okay to cry" but I didn't. Extended family and all. The son of the daughter of a cousin. That attitude instilled in this young boy, understandable from a societal perspective, does damage. Feeling feelings is human, it's a natural part of living. To say "it's not manly.. not macho... To cry" or even most times to show affection even, that does no one any good. Express the feelings you feel honestly.