

Private
Counselling

Well-being
Workshops

Energy
PSYCHOTHERAPY

Bottling up thoughts and feelings

There are many reasons you might find yourself bottling your thoughts and feelings up.

- Is it because you don't feel you have anyone you can open up to?
- Do you feel more in control of them when you keep them in?
- Are you worried about how you will feel if you let them out?

It takes a lot of your mental energy to keep this feelings in and there are a number of ways to let them go.

Write any thoughts and feelings you are bottling up on the pop bottle. When you are happy they are all down, imagine shaking the bottle and taking the lid off.

