

11 signs to let you know that person is trying to hide his feelings

Are you happy or trying to appear so that no one touches emotions inside you? The following signs will expose your true state.

1. 10 things that only PAINING can teach you
2. 4 important factors to pay attention to detect lies
3. Whether your life is difficult and deadlocked, think of 8 things to overcome

Many of us often don't live true to our emotions, they try to hide their own emotions, especially when sad.

According to clinical psychologist Leon F.Seltzer, we humans have many reasons to try to hide our feelings. Maybe emotional emotions stem from negative things in everyday life.



Most people who are trying to hide their true feelings, often have one thing in common are fear, they are afraid that someone will discover true feelings in them.

Repressed emotions can come back at any time, especially they will show through action. Here are 11 common expressions when we want to hide our emotions.

1. Pay more attention to others



This sounds good. But in reality, it is not so, when children feel sad or depressed, it is often easy to sympathize with other people's problems. However, this can make you feel more tired and depressed.

2. Disappear from the lives of loved ones

When faced with bad problems, many people choose to avoid people, especially family and friends, for a certain period of time so they can have their own space.

This happens when we want to face our own feelings before we are ready to show it out.

3. Always show that you are busy



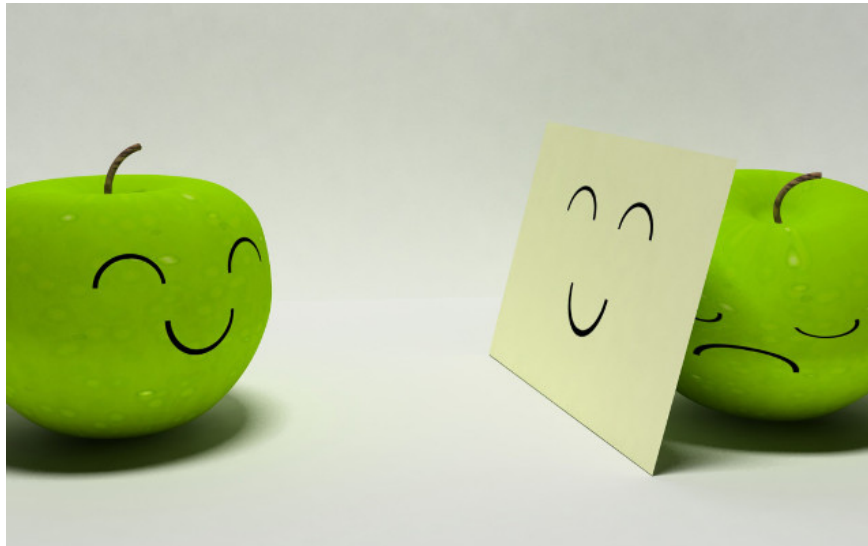
A practical example shows that people who fall in love often try to break into work like a moth to not have time to think about the son anymore. When you don't have time for yourself, you can forget about the mental pain you are experiencing.

4. Always say 'I'm fine'

The more emotions are repressed, the more this sentence is used. We use this statement to affirm to others, to avoid the "scrutiny" of others that makes you feel more hurt.

When you're always pretending to be okay, you won't try to find a way to change your true situation.

5. Generate new types of worries



According to therapist Backi Hein, 'we humans often try to suppress unpleasant emotions such as sadness, anger or hurt. For adults, when one of these emotions comes out, all the negative emotions will explode. Therefore, fear increases.'

Emotions when trying to repress, they will create new worries that you never knew. At this point you will feel like you are afraid to leave the house and are afraid to communicate with people around you.

6. Create fake emotions

To hide their true feelings, many people often try to be cheerful and humorous in front of everyone. This may sound positive, but actually when people live with a false emotion for so long, lack of real optimism, you will make your feelings worse and worse.

7. Always control your emotions



Many people often try to control their emotions, put their emotions into the framework, not get out of touch to avoid being discovered by others.

These people often rarely think about their true feelings. Always point out the requirements for yourself to perform, avoid the occurrence of unintended things.

8. Search for new relationships

Finding more friends is the way those who hide emotions often do. Because these people often do not know anything about you and you can easily make yourself reveal yourself.

9. See everything like a joke



Even if your mood is extremely bad, you still have to try to be happy, smile and talk to people around you to ward off and avoid facing real feelings in your heart.

This is a way that they create a defensive shield against the people around.

10. Create a thinner appearance

Those who want to hide their emotions often try to show themselves to be strong, cold and unfriendly so people around must stay away. You "act" as if "we are not afraid of anything", even though the inside is deeply hurt.

11. Lock all emotions, including positive emotions



When you repress emotions like sadness, pain, you unintentionally repress other emotions like joy or surprise. The longer you hold, the more tired you are. Ironically, the more you escape, the more you feel your troubles.

If you have any of these expressions, you need to consider how hiding your emotions has affected your behavior.

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