

The Root Cause of Adult Struggles

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=GMON_CTATNY](https://www.youtube.com/watch?v=gmoN_CtATnY)
https://www.youtube.com/watch?v=gmoN_CtATnY

SUMMARY

The speaker, a clinical psychologist, emphasizes that many psychological issues stem from an inability to properly observe, feel, and process emotions due to childhood conditioning that encourages suppression. This leads to various coping mechanisms that distract from authentic emotional experiences, ultimately resulting in unresolved feelings that can manifest as serious issues later in life.

- *Many psychological problems arise from suppressing feelings learned in childhood.*
- *Suppression leads to unhealthy coping mechanisms like drinking, smoking, gossiping, and procrastination.*
- *Authentic emotional processing involves observing feelings, journaling, or discussing them with a coach.*
- *Unprocessed feelings accumulate and can lead to emotional outbursts or crises.*
- *Children naturally process emotions by experiencing them fully, which adults often forget.*
- *Learning to observe and process feelings can reduce addictions and self-sabotage.*

I can tell you as a clinical psychologist most of our problems come from this one place our inability to Simply observe feel and process our feelings because from childhood we were told to suppress our feelings because it didn't make our parents feel good we have this subconscious constant attempt to suppress anytime we feel feelings that feel uncomfortable to us so we drink we smoke we gossip we vomit we uh

talk too much we procrastinate we avoid we delay all these ways to Simply distract ourselves from the real work of what is showing up authentically in our bodies which is to observe what we're feeling process it through journaling or talking to it talking about it to a coach and then watching it like a wave subside but because we were never taught to do this our instinct is constantly to suppress suppress suppress and those feelings never really disappear they

keep building up like a volcano within us and one day it will all come crashing down learn from children children know how to feel their feelings they ride it like a wave and then the wave subsides this is what we need to do with our feelings and let me tell you most of our addictions most of our self- sabotage will disappear with this one skill of learning to observe feel and process feelings