

EMOTIONALLY DUMB

An Overview of
Alexithymia



Jason Thompson

Emotionally Dumb An Overview Of Alexithymia

Maxine C. Aston



Emotionally Dumb An Overview Of Alexithymia:

Emotionally Dumb Jason Thompson, 2009 Alexithymia is an inability to identify and describe both one's own and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions such as tears, butterflies in the stomach or an increased heart rate, they are unable to recognize these responses in terms of the emotions they might be signifying. *Emotionally Dumb* describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions including Asperger Syndrome and posttraumatic stress disorder. The book provides details of the diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

Emotionally Dumb Jason Thompson, 2009-07 Alexithymia is an inability to identify and describe both one's own and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions such as tears, butterflies in the stomach or an increased heart rate, they are unable to recognize these responses in terms of the emotions they might be signifying. *Emotionally Dumb* describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions including Asperger Syndrome and posttraumatic stress disorder. The book provides details of diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

Internal Perception Sara Dellantonio, Luigi Pastore, 2017-09-19 This book investigates how bodily information contributes to categorization processes for at least some conceptual classes and thus to the individual mastery of meanings for at least some word classes. The bodily information considered is mainly that provided by the so-called proprioceptive and interoceptive systems introduced by Sherrington. The authors reconsider this in a new Gibsonian fashion, calling it more generally proprioception, which indicates the complex of all the bodily signals we are aware of and the qualitative experiences these give rise to. The book shows that proprioceptive information understood in this sense is essential for explaining, among others, how we develop broad categories such as animate vs inanimate concepts denoting bodily experiences such as hunger or pain as well as emotions and abstract concepts such as friendship and freedom and in accounting for how we master the meanings of the corresponding words in our language.

Connecting with Your Asperger Partner Louise Weston, 2010 Drawing on her experience of being married to a man with AS, Weston shows that the road to intimacy begins with letting go of expectations and looking after your own emotional needs. She provides strategies for connecting with your AS partner, tips for coping with hurtful words and meltdowns, and finding further sources of help and support.

Dionysus, Silenus, and Emotional Intelligence Jason R. Thompson, *Dionysus Silenus and Emotional Intelligence*

explores the relationship between the Greek deity Dionysus and his tutor Silenus providing an archetypal backdrop for understanding the complex relation between raw bodily emotion Dionysus and higher emotional cognition Silenus **The Autism Couple's Workbook, Second Edition** Maxine Aston, 2020-10-21 This updated edition of Maxine Aston's workbook is packed full of insightful helpful and easily accessible activities for couples where one or both partners is on the autism spectrum to understand and accept their differences This book expands on topics including verbal and non verbal communication sexual issues socialising and parenting with case studies from couples who have successfully worked through their issues This edition is fully updated for the DSM V and features new research into alexithymia further insights into couples counselling digital communication and sensory sensitivity with new worksheets and opportunities for collaboration and reflection Combining advice guidance and activities this book can be used independently by a couple at home or in conjunction with a therapist encouraging communication and empathy to help make a neurodiverse relationship successful

The Asperger Couple's Workbook Maxine C. Aston, 2009 Aston has created this workbook to help couples where one partner has AS With candid advice activities and worksheets she explores a variety of approaches She identifies specific issues such verbal and non verbal communication sexual issues socializing and parenting and comes up with simple and effective ways of addressing these issues **Red Pill Psychology** Peter Wright, Red Pill Psychology provides a new look at men's mental health while rejecting the usual approaches of the mainstream therapeutic industry its gendered assumptions casual misandry default gynocentrism and general disregard of men's issues The authors include a critique of modern sexual relations and offer new models with positive suggestions for improving the wellbeing of men and boys [A Brief History of The Men's Rights Movement](#) Peter Wright, 2017-07-07 The Men's Rights Movement consists of groups or individuals fighting for improved human rights for men The movement is sometimes referred to as the Men's Human Rights Movement MHRM with human rights serving as a central focus that encompasses the same rights called civil liberties or civil rights but also including those rights that are not encoded in law such as compassionate and respectful behavior toward men and indeed toward all human beings The purpose of the movement has occasionally been misunderstood this partly because it has been poorly documented To correct that oversight this book attempts to provide a brief overview of both the historical beginnings and goals of the movement over the last 150 years A historical survey reveals that the MRM is concerned with a large array of issues impacting men and boys such as alimony genital mutilation of male infants male homelessness mental illness false accusations family court bias suicide child custody low funding for male health issues educational performance and misandry in mainstream culture just to name a few The following pages provide examples of the early MRM in action focusing in Parts 1-3 on the rise of men's advocacy in the 1800s Part four provides a sample list of men's rights initiatives from the 1800s to recent times and Part five provides a few personal and co-authored essays penned between the years 2012-2017 that give a taste of contemporary thinking with the concluding essay by Robert Brockway giving a general overview of concerns of the

modern MRM With the publication of this material in one volume it is hoped that the historical footprint of the MRM will be set straight

Alexithymia, A World Without Emotions Juan Moises de la Serna,2018-11 Learn how to overcome the problem of not understanding your own emotions and those of others How do you say I love and not die trying Surely you know someone or maybe this happens to you that sometimes you have difficulty expressing your emotions especially when it comes to declaring your love to someone by saying I love you But there s also people who don t actually know what they feel for other people and what s most troubling they re unable to understand the feelings that others have towards them This is what s called alexithymia and it s more widely spread than we think it s estimated to affect one in every ten people worldwide Discover all the keys in this book What is it Who does it affect Can it be treated Can alexithymia be prevented Boys don t cry has been a tagline for little ones for a long time causing them not to know how to express their emotions in a healthy manner Which has led to a society with emotional illiteracy words of Daniel Goleman the father of Emotional Intelligence Discover how the government of Canary Islands corrects these errors educating the little ones to understand and appropriately express their own emotions while learning to understand and accept the emotions of others Did you know that having high levels of alexithymia is associated with problems related to the psychology field If you thought that suffering alexithymia didn t have bigger consequences than losing someone you love romantically for not declaring your love then you have to know that not knowing how to express your emotions whether they re positive or negative is associated with addictions eating disorders or psychopathic personality disorders Learn what this relationship is and how you can try to overcome it

Living with Alexithymia Victor Williams,2025-05-26 Living with Alexithymia is a compassionate self help guide designed to support anyone struggling with emotional numbness emotional blindness or difficulty identifying and expressing feelings This transformative book offers practical tools for emotional regulation emotional intelligence and healing emotional disconnection Whether you re on a journey toward emotional awareness or you re dealing with the mental health effects of alexithymia this guide helps you reconnect with your inner self Through relatable stories and actionable strategies you ll learn how to build emotional vocabulary understand the mind body connection and create emotionally nourishing relationships Ideal for readers seeking emotional self help emotional healing and long term growth in emotional intelligence and resilience If you ve ever felt like you just don t get emotions your own or others this book was written for you Rediscover what it means to feel with clarity and confidence

This Is How I Feel Logan Monroe,2015-03-13 Autobiographical view into alexithymia the inability to verbalize one s emotions The story is of a young woman s struggle with suicidality following a traumatic event as she describes what it is like to not be able to tell how she feels Through therapeutic relationships and the linking of past memories from her life to specific emotions the narrator gives the reader a journey through fear anger surprise disgust contempt sadness and joy The book is not only a rare insight into alexithymia but is a powerful experience that celebrates the beautiful gift of emotions

Emotional Processing Deficits and Happiness Linden R. Timoney,Mark D.

Holder,2013-07-26 This brief reviews the literature on alexithymia with a particular focus on the relation between positive well being and alexithymia It starts by exploring the definition history and etiology of the construct The brief then discusses the importance of research and presents new research which sheds light on why alexithymia is characterized by poor well being The research strongly suggests that people who score high in alexithymia are low in aspects of positive well being such as happiness life satisfaction and positive affect and high in aspects of negative well being such as depression and negative affect Next the book examines the correlates of alexithymia and the latter's relation with personality and subjective well being Although there has been an increased interest in human flourishing and even though research in positive psychology has included personality there has been little application of positive psychology to people with deficits in emotional processing including people with alexithymia This brief fills that gap *Alexithymia: State of the Art and Controversies. Clinical and Neuroscientific Evidence* Valentina Tesio,Katharina S. Goerlich,Masako Hosoi,Lorys Castelli,2019-10-16

Current Developments in Alexithymia Ricardo João Teixeira,Bob Bermond,Peter Paul Moormann,2018 Emotional processing deficits in alexithymia Edward Bloomfield,2001 **Alexithymia Demystified** Dr Adrian K Lawson,2025-08-26 Struggling to understand your own feelings or the emotions of those around you Alexithymia Demystified is your ultimate guide to recognizing and overcoming emotional blindness Written by Dr Adrian K Lawson this book explores the causes symptoms and real life impact of alexithymia while offering practical strategies to improve emotional awareness emotional intelligence and emotional expression Whether you are experiencing alexithymia yourself supporting a loved one or simply want to strengthen your relationships and communication skills this comprehensive psychology guide equips you with actionable tools for emotional literacy coping strategies and personal growth Discover how to identify feelings regulate emotions and build deeper more fulfilling connections in every area of life Take the first step toward understanding emotions enhancing mental health and cultivating lasting emotional intelligence with Alexithymia Demystified No Words for Feelings Olivier Luminet,Kristy Nielson,Nathan Ridout,2024-08-23 Alexithymia is a multifaceted construct that is characterized by several facets including difficulties identifying one's feelings difficulties describing one's feelings to others and an externally focused utilitarian cognitive style In the long term higher alexithymia scores represent risk factors for poorer mental and physical health outcomes There is however a lack of systematic understanding of the underlying processes that can explain these vulnerabilities This book shows that the facets of alexithymia influence several aspects of how one perceives and responds to neutral and emotional situations by impacting multiple cognitive processes attention appraisals memory language and behavior The effects are influenced by context with some situations leading to deficits in emotion responding and others that contribute to emotional over responding The book shows the importance of drawing better connections amongst multiple processes toward disentangling them and revealing where early processes have impacts on later processes A lack of correspondence between processes as well as amongst alexithymia facets is expected to lead to

ineffective and inflexible emotion regulation thereby posing elevated risks for physical and mental illness The chapters in this book were originally published as a special issue of Cognition and Emotion

The (non)expression of Emotions in Health and Disease A. J. J. M. Vingerhoets, Frans van Bussel, Jan Boelhouwer, 1997 The Non Expression of Emotions in Health Disease contains the texts of contributions to the international conference on the non expression of emotions in health and disease held at Tilburg University on August 28 30 1996 Emotions are important for people in daily life Their relevance is linked to their communicational aspects and their function to motivate fuel and guide our efforts to cope with the world around us But emotions can also seriously interfere with people s ability to function adequately and can thus impede adaptation In addition both quasi experimental and correlational studies have yielded support for the hypothesis that the nonexpression of emotions may be an important factor for health status However it is not entirely clear how the different constructs and findings obtained with different methodologies relate to one another Also little is known about possible aetiological factors associated with nonexpression Why are some individuals more expressive than others What are the basic functions of emotional expressiveness and why and how could nonexpressiveness be associated with poor health status Topics like alexithymia emotions and disease and the clinical aspects are addressed in this publication Finally there are contributions focusing on adult crying The book is intended for both researchers and clinicians in the behavioral sciences and in medicine

The Role of Alexithymia and Emotional Awareness in the Effects of Written Emotional Disclosure Virginia Boquiren, Finch University of Health Sciences/Chicago Medical School, 2002

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Emotionally Dumb An Overview Of Alexithymia Introduction

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