

Chapter 1 : Women's Language

In Men and the Language of Emotions, Dariusz Galasinski challenges the commonly held association of rationality with masculinity, involving distancing from the language of emotions. Drawing on a major study of heterosexual men talking about their life and relationships, he demonstrates that men are capable of speaking of emotions and can do so.

Although on the surface men tend to appear confident and strong, this is often a way of hiding considerable inner turmoil and pain. They will generally be unaware of their emotional pain because they have become psychologically independent read about why your partner might have become emotionally independent and distant from you in my book Understanding Men. This independence happens subconsciously and has the effect of closing down their hearts and preventing them from feeling any negative emotions - but critically it also stops them feeling their positive emotions and it stops them from reading your emotions. It is a mistake to assume that your man is lacking in emotions or love I know from my experiences of counselling men and attending relationship workshops that once the tears start flowing, it is like opening the floodgates. So why might your man be so reluctant to feel his emotions in everyday life? As a man I can answer this question in two ways. Part of the avoidance of emotions is cultural, a part of our upbringing. Men are taught from an early age to be strong and heroic in the face of danger or adversity. We begin to associate feelings and emotions with weakness and a lack of courage. We come to believe that we have failed if we become sentimental and were to open our hearts Many of us therefore try to be the hero who saves the people around us and always puts on a brave face. Deep down many men are defending huge amounts of heartbreak, guilt and feelings of failure that originated in their childhood and adolescence If you are in a relationship with a man who is reluctant to express his emotions or who has closed down his heart, here is how you can help him and your relationship. Men love women who are tender, empathic, honest and open - the truly feminine qualities In other words, your partner loves you because you are in touch with your emotions - because your heart is more open than his. Deep down he will want to open his heart and experience more love, but he is afraid that this will also make him vulnerable to his pain. So this is where you can help by first making it safe to feel and express his emotions, and show him that LOVE takes away his pain. Of course he will need to find some courage to do this. Interestingly the word courage is derived the French word Coeur, meaning heart. Real courage for a man is to allow himself to let go of his control and to open his heart. Let him know that you find him attractive and brave when he does this " when he can show his emotions without attack or withdrawal. Appreciate him for the true open-hearted strength that you love in him. Make it OK for him to cry and be supported by you if that is what he needs in order to release the pent-up emotions. Appreciate his openness and find the courage yourself to communicate about your own fears and insecurities. With time you will become more and more emotionally honest with each other and as your hearts open, your love for each other will grow or be re-kindled. This is a real aphrodisiac, so the new-found honesty will greatly enhance your sex life. If you can do this you will become an expert in men, emotions and relationships!

Chapter 2 : Why do Men and Women Handle Emotions Differently?

Men and the Language of Emotions challenges the commonly held association of rationality with masculinity, involving distancing from the language of emotions. Drawing on a study of heterosexual men talking about their life and relationships, he demonstrates that men are capable of speaking of emotions, and in direct and uninhibited ways.

In fact, there was a big selling book called *Men Are From Mars and Women Are From Venus* which spelled out very clearly what makes men different from women. These differences can cause so much confusion for people involved in a relationship. I am hoping to clear up some of this confusion by answering your 50 most pressing questions about the opposite sex. Why it is that women tend to have so much stronger emotions than men? When guys get emotionally hurt, why do they just brush everything off and won't talk with you about it? That may be a reason why so many more men end up with heart attacks they tend to hold everything inside. While every person is different, women tend to be more emotional than men. Each person brings who they are, including their masculinity or femininity, and that helps balance out their relationship. But while there are exceptions, it is equally true men tend to express their emotions differently than women. Each side needs to do the best they can to understand and deal with the opposite sex. Women demonstrate emotion Women are more prone to talk about what they are thinking and feeling, and to demonstrate how they are feeling with their tears, facial expressions, hand gestures, and body language. Many women seem to be more comfortable figuring out how they feel by talking through it. Men, generally speaking, tend to process their emotions inwardly. Some men are afraid of their emotions and keep them buried inside in order to protect themselves from looking weak. Little do they know, that most women would accept and understand and even appreciate! Men solve emotional problems on their own Men are also more physical, and tend to work out their emotions by finding solutions, and doing things. The harm is when men keep stuffing all their feelings inside, letting them simmer and brew, and potentially eat away at them, eventually coming out as anger. There are tremendous benefits to getting your thoughts and emotions out in the open, in the context of a safe relationship, and not letting them destroy you. There are differences between the genders. Each side needs to do the best they can to understand and deal with the opposite sex, rather than get frustrated about the differences. We ought to celebrate them. Just think, what if there were all women in the world, and no men? Or all men in the world, and no women? Is it True Love When it Hurts? Is it truly love when you will do anything for the person you care about even when it hurts you in the process? You sound like you already know the answer to your question. Of course, the answer is no. Love does not demand you do things for the person in your life that would harm you in the end. Love gives, it does not take. Love heals, it does not hurt. Love builds up the other person, does not tear them down. Unfortunately, many stuck in selfish and destructive relationships have never had real love shown to them. Many of us are so hungry for attention or what we feel is love we are willing to do anything, or put up with anything in order to get what we think is love. Unfortunately, there are times when the person who is demanding we violate our own value system simply to please themselves, will show signs of changing, or even glimpses they really care about the other person. This is what makes it so confusing. The person being hurt thinks if they just love their partner more perhaps being that one person in their life that never gives up on them then they will stop the hurting. You need to protect yourself. You can read more about what is an abusive dating relationship here. Thanks for your great questions. Keep moving forward on your journey toward healthier and happier relationships with the opposite sex!

Chapter 3 : Men and the Language of Emotions : Dariusz Galasinski :

Extra info for Men and the Language of Emotions. Sample text. He is quite happy to continue talking about his emotions. It is that particular emotion - feeling.

On the day of the coronation, 28 June, Darwin was in Edinburgh. A few weeks later, he opened a private notebook with philosophical and psychological speculation – the M Notebook – and, over the next three months, filled it with his thoughts about possible interactions of hereditary factors with the mental and behavioural aspects of human and animal life. On 21 September, after his return from Scotland, Darwin recorded a confused and disturbing dream in which he was involved in a public execution where the corpse came to life and claimed to have faced death like a hero. Darwin put together the central features of his evolutionary theory at the same time that he was considering a scientific understanding of human behaviour and family life – and he was in some emotional turmoil. When a man says I will improve my powers of imagination, and does so, – is not this free will? Nevertheless, while preparing the text of *The Variation of Animals and Plants under Domestication*, Darwin took the decision to publish a book on human ancestry, sexual selection and emotional life. After his initial correspondence with the psychiatrist James Crichton-Browne [12] Darwin set aside his material concerning emotional expression in order to complete *The Descent of Man*, which covered human ancestry and sexual selection. Darwin concluded work on *The Descent of Man* on 15 January. Two days later, he started on *The Expression of the Emotions* and, on 22 August, he finished work on the proofs. In this book, Darwin brings his evolutionary theory into close approximation with behavioural science, although many Darwin scholars have remarked on a kind of spectral Lamarckism haunting the text of the *Emotions*. Darwin notes the universal nature of expressions in the book, writing: Eager to stress the differences between human and animal communication, Bell wrote: Darwin had listened to a discussion about emotional expression at the Plinian Society in December when he was a medical student at Edinburgh University. The meeting then ended in uproar. Browne and now the medical director of the Wakefield asylum. Illustration of grief from *The Expression of the Emotions in Man and Animals* Structure[edit] Darwin opens the book with three chapters on "the general principles of expression", introducing the rather Lamarckist phrase serviceable associated habits. With this phrase, Darwin seeks to describe the initially voluntary actions which come together to constitute the complex expressions of emotion. He then invokes a principle of antithesis, through which opposite states of mind induce directly opposing movements. Finally, he discusses a direct action of the nervous system, in which an overflow of emotion is widely discharged, producing more generally expressed emotions. This is followed by a section three more chapters on modes of emotional expression peculiar to particular species, including man. He then moves on to the main argument with his characteristic approach of astonishingly widespread and detailed observations. Chapter 7 discusses "low spirits", including anxiety, grief, dejection and despair; and the contrasting Chapter 8 "high spirits" with joy, love, tender feelings and devotion. Subsequent chapters include considerations of "reflection and meditation" associated with "ill-temper", sulkiness and determination, Chapter 10 on hatred and anger, Chapter 11 on "disdain, contempt, disgust, guilt, pride, helplessness, patience and affirmation" and Chapter 12 on "surprise, astonishment, fear and horror". In Chapter 13, Darwin discusses complex emotional states including self-attention, shame, shyness, modesty and blushing. Darwin closes the book with Chapter 14 in which he recapitulates his main argument: He comments on the implications of the book: Illustrations[edit] Figure This was one of the first books to be illustrated with photographs – with seven heliotype plates [25] – and the publisher John Murray warned that this "would poke a [terrible] hole in the profits". I have been making immense use almost every day of your manuscript – the book ought to be called by Darwin and Browne

Chapter 4 : Some things Women should know about Men, Emotions and Relationships

The book, Men and the Language of Emotions [Bulk, Wholesale, Quantity] ISBN# in Paperback by Galasinski, Dariusz may be ordered in bulk quantities. Minimum starts at 25 copies. Availability based on publisher status and quantity being ordered.

This is different from " sexism " which is a form of prejudice. Read examples of sexist language here. Do They Speak the Same Language? Men have been shown to talk more than women in settings as diverse as staff meetings Eakins and Eakins , television panel discussions Bernard and husband-and-wife pairs in spontaneous conversation Soskin and John When asked to describe three pictures, male subjects took on average Evidence suggests that men and women tend to discuss different topics Aries and Johnson ; Seidler For example, men tend to talk about sport, politics and cars, whereas women tend to talk about child-rearing and personal relationships. Recent work in Sociolinguistics has focused upon the variations in the conversational styles of men and women, and has tried to find reasons for these variations.. Female Patterns of Speech It seems women are more ready to let other speakers into the conversation or to allow another speaker to dominate the discussion. At an early age, girls tend to have one or two girlfriends with whom they play regularly. They are more likely to discuss feelings and the impact of events upon themselves. Women use language to create and maintain social cohesiveness and their activities are generally co-operative and non-competitive. A study of children at play in a Philadelphia street Goodwin: Women send out and look for signs of agreement and link what they say to the speech of others. Some vocabulary items are gender dependent. A word like "gorgeous", for example is three times as likely to be used by a female speaker as by a male men use it only to talk about women, not for example about clothes, furniture, or food , while the expression "ever so nice" is used most typically by women over 45, and hardly ever by men of any age. In all female groups women often discuss one topic for more than a half-hour. Men tend to use less standard forms of English. On the whole, boys have a larger network than girls, partly because of the types of activity they engage in, e. Boys tend to have more hierarchically organised groups than girls and speech is often used to assert dominance. This type of command establishes status differences. Certain stylised speech events such as joking, arguing and storytelling are valued in the boys groups. Men tend to jump from topic to topic, vying to tell anecdotes about their achievements. They rarely talk about their feelings or their personal problems. Men compete for dominance, with some men talking a lot more than others. Instead, they are more likely to ignore what has been said before and to stress their own point of view. Lack of Communication is one of the most frequently given reasons for breakdown of marital relations. Pamela Fishman taped daily conversations of three young American couples fifty-two hours of speech. She found that women asked the vast majority of questions: Women are much more likely to use minimal responses e. In mixed-sex conversations men interrupt women more, with the result that women are less able to complete their turns at talk and tend to talk less. As a result, men tend to dominate topics of conversation and women tend to take on the role of listener. Super polite forms e. Speaking in italics, e. Hypercorrect grammar and pronunciation; 7. Lack of a sense of humour e. Question intonation in declarative contexts. Record conversations between men, women and mixed man and women. Do you agree with the conclusions above? Taking the conclusions above, draw up a list of opposite features which might be typical of men. Discuss the idea that either women "get their own way" by using the above features of language or women would be more powerful if they used male language features.

Chapter 5 : The Expression of the Emotions in Man and Animals - Wikipedia

She is the author of The Language of Emotions: What Your Feelings Are Trying to Tell You (Sounds True,), the online course Emotional Flow: Becoming Fluent in the Language of Emotions (Sounds True,) and The Art of Empathy: A Complete Guide to Life's Most Essential Skill (October,).