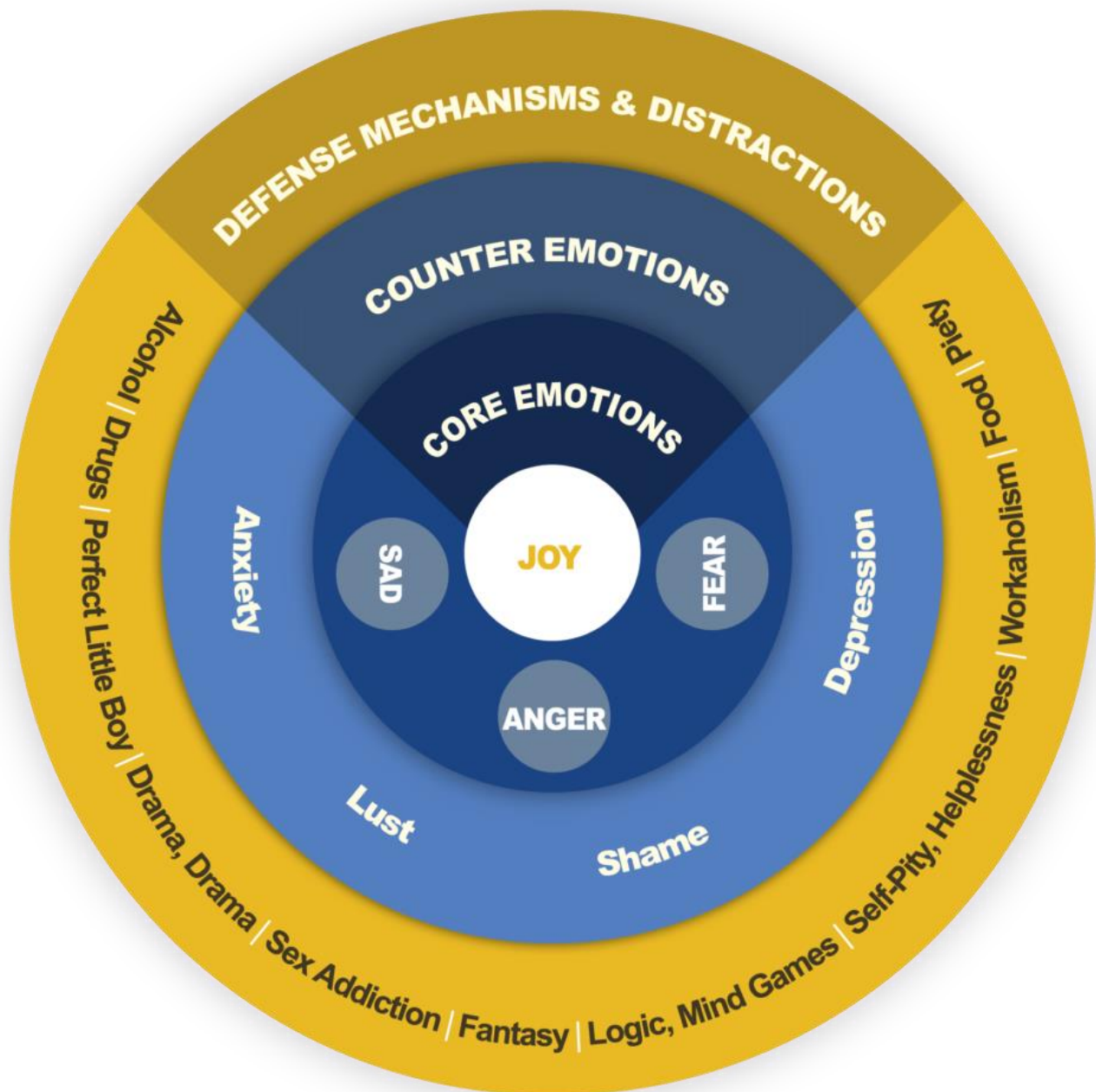


## Experiencing Core Emotions

Many of us learned, growing up, that emotions are bad. Especially anger, tears, and fear. Especially for boys. So we learned to stuff and hide our emotions, burying them under “counter emotions” that keep us stuck, or defense mechanisms and distractions that attempt to keep us from feeling altogether.

But our feelings didn't just go away, they just came out in unhealthy and sometimes dangerous ways. The truth is, time doesn't heal all wounds. Instead, as we often say, "You gotta feel it to heal it."



Learn about each of these core emotions, and what it means to heal old wounds, at <https://brothersroad.org/needs-fulfillment/>

