






**RESILIENT DAD**  
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# **WHY BEING ABLE TO EXPRESS EMOTIONS AS A DAD IS IMPORTANT**



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We were raised in a world where men are expected to be strong and keep their feelings to themselves because showing them is regarded as a sign of weakness. But clearly, that is so wrong.

## **EMOTIONS ARE FREE, GO AHEAD AND EXPRESS THEM**

Are you feeling sad? Angry? Disappointed? Happy or Excited? How do you express them?




Allow these emotions to surface so that they can find a space within you. When we suppress our emotions, they resurface with a passion and become uncontrollable.

Emotions are not always negative. As humans, we are blessed to have the means of expressing our thoughts and feelings through emotions. What's keeping you from showing yours? Are you scared that showing your emotions will make you lesser of a man? Don't be.

*"Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier."*



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“Pent up emotions become uglier as time pass by. Don't let your emotions get the best of you and make you lose one of your most important roles, being a dad

— Sabaa Tahir

## DADS ARE STRONG, BUT WE HAVE FEELINGS TOO

Fathers must feel comfortable discussing their emotions without fear of being judged. They must understand that it is acceptable to hold strong emotions and that they will not be ridiculed for doing so. As a father, being able to express your emotions is an integral aspect that you should consciously be vigilant about. This alone helps you develop a closer bond with your children.






Just like everyone else, dads have feelings, too. They are valid and should be expressed accordingly. Showing one's emotions is not a sign of weakness. Remember, *"The clouds rain too when things get too heavy."*

## HOW IMPORTANT IS SHOWING EMOTIONS AS A DAD

When men are able to express their feelings, they demonstrate to their children that they are at ease with who they are and that it is acceptable for them to do the same. This can encourage children to be more honest with their fathers and foster deeper communication and connection.



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This is especially important for fathers who have boys. As a “boy dad”, you are setting the standards for your kids with how you express your emotions. These boys will eventually become fathers, too, and whatever you do now has an effect on how you shape them. Are you raising a version 2.0 of men who cannot express emotions? Imagine what it could bring to the next generation.

Fathers who cannot articulate their emotions may have problems bonding emotionally with their children. This might result in misconceptions and family conflict. In addition, fathers who repress their feelings may be more prone to engage in unhealthy coping strategies, such as substance abuse or, worst of all, suicide. Therefore, it is essential for fathers to establish healthy emotional expressions.

In addition, fathers must have a means to communicate their emotions, whether with their partner, friends, or a therapist.



We all need somebody to listen and understand us. Allow yourself to open up to the right people. If you can't find the right person within your circle of influence, why not talk to a stranger?—no judgments, just all ears. #justsaying



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# WAYS ON HOW A DAD SHOULD EXPRESS HIS EMOTIONS

The ability of a father to communicate his feelings is extremely important. But the question is, How do you communicate your anger and dissatisfaction with others? Are you the kind of person who keeps to themselves and maintains their composure, or are you the expressive type? You might want to take an honest look at the way you respond to anger and disappointment in both your actions and your attitude. Because as a dad, your children look up to you. You serve as an example for your children, and it should begin with how to appropriately communicate feelings.



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No matter how a father chooses to express his feelings, it is vital that he do it in a way that is not only comfortable for him but also consistent with who he is as a person. After all, observation is the most fundamental teaching method for young children. If a parent is able to freely, confidently, and conscientiously communicate his feelings, then it is more probable that his children will do the same.

So, let it go and let it all out!

*Pat Di Domenico*



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