

Having a Relationship with an Unemotional Person

By Craig Miller

Do you live in a relationship where affection and loving emotions are not expressed or encouraged? When you do not share your innermost feelings with others there is an emotional disconnect that can cause you to feel lonely and isolated. The negative comments or silence from the unemotional person ultimately makes others feel they are wrong to express feelings or give an opinion. This way of treating people usually becomes the “normal” way of living for the unemotional person, which reinforces the belief he or she is always right. This belief hinders the unemotional person’s ability to see how they hurt others, even if someone points it out. This treatment destroys the foundation of a relationship. If someone is sad or hurt, the unemotional person rarely shows empathy since they do not have the capacity to use feelings to connect. Discussions will center on the facts of what and why something happened rather than a sensitive conversation to understand how the person is feeling or dealing with the problem.

Living with an unemotional person can be very lonely and discouraging, especially when you lose your dream of having a loving relationship and emotionally close family. In order to survive, the emotional person feels resigned to the lonely world. When there is no satisfaction in the relationship, the desire to fill the emotional emptiness is what lures family members to find meaning in other areas of life. When you pursue other activities outside the family, those activities become your substitute for what a meaningful relationship should be accomplishing. As a result, the relationship becomes more and more distant.

If you have a relationship with an unemotional person it is important for you to first recognize your own emotions. Even if you are discouraged to express feelings, remember that everyone is born with emotions and it is your natural God given ability to use what you are born with. Learn to identify what you feel and tell someone, tell God, or use a journal to write out your feelings. Next, I recommend you try to tell the unemotional person how you feel. If that does not work, I suggest you seek professional counseling to learn how to appropriately express yourself. I recommend purchasing my book, *When Your Mate Has Emotionally Checked Out* which describes these issue in more detail and provides a wealth of information and suggestions to deal with this situation.

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