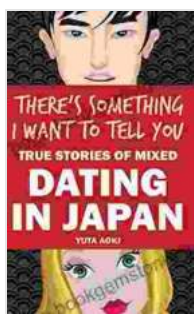


# There's Something I Want to Tell You

We all have things we want to say, but sometimes it's hard to find the right words or the courage to speak up. Maybe you're afraid of being judged or rejected, or maybe you just don't know how to put your thoughts and feelings into words.

This article is a safe space for you to share your thoughts and feelings, and to connect with others who understand what you're going through. We'll talk about the things we often keep to ourselves, and we'll explore the reasons why it's so hard to speak up.



## There's Something I Want to Tell You: True Stories of Mixed Dating in Japan by Yuta Aoki

★★★★☆ 4.2 out of 5

Language	: English
File size	: 759 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 230 pages
Lending	: Enabled



## The Things We Often Keep to Ourselves

There are many things that we often keep to ourselves, including:

- Our fears and anxieties

- Our dreams and aspirations
- Our mistakes and regrets
- Our secrets and traumas

We keep these things to ourselves for a variety of reasons. Sometimes we're afraid of being judged or rejected. Other times, we're simply ashamed of who we are or what we've done.

But keeping these things to ourselves can take a toll on our mental health. When we bottle up our emotions, they can fester and grow, leading to anxiety, depression, and other problems.

### **Why It's So Hard to Speak Up**

There are many reasons why it's so hard to speak up about the things we're struggling with. Some of the most common reasons include:

- **Fear of being judged or rejected.** This is one of the biggest reasons why people keep their thoughts and feelings to themselves. We're afraid that if we share our true selves, we'll be met with criticism or rejection.
- **Shame.** Shame is a powerful emotion that can keep us from speaking up about our struggles. We may feel ashamed of who we are or what we've done, and we may be afraid that others will see us as flawed or unworthy.
- **Lack of support.** Sometimes we don't speak up because we don't feel like we have anyone to support us. We may feel like we're alone in our

struggles, and we may be afraid that no one will understand what we're going through.

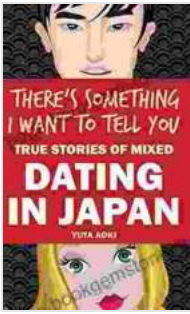
It's important to remember that you're not alone. There are many people who are struggling with the same things you are. And there are many people who are willing to listen and support you.

## **How to Speak Up**

If you're struggling to speak up about the things you're going through, there are a few things you can do:

- **Start small.** Don't try to share everything all at once. Start by sharing something small with someone you trust.
- **Be honest with yourself.** The first step to speaking up is to be honest with yourself about what you're struggling with.
- **Find someone to talk to.** This could be a friend, family member, therapist, or anyone else who you feel comfortable talking to.
- **Practice self-compassion.** Be kind and understanding towards yourself. Remember that you're not perfect, and that everyone makes mistakes.

Speaking up about the things we're struggling with can be difficult, but it's important to remember that you're not alone. There are many people who are willing to listen and support you. And when you speak up, you're not only helping yourself, you're also helping others who are struggling with the same things.



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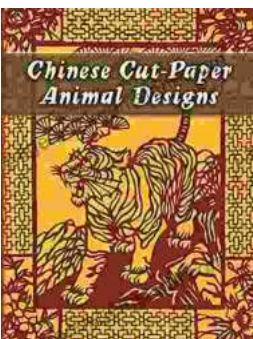
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