

EMOTIONALLY DUMB

An Overview of
Alexithymia



Jason Thompson

Emotionally Dumb An Overview Of Alexithymia

Maxine Aston



Emotionally Dumb An Overview Of Alexithymia:

Emotionally Dumb Jason Thompson, 2009 Alexithymia is an inability to identify and describe both one's own and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions such as tears, butterflies in the stomach or an increased heart rate, they are unable to recognize these responses in terms of the emotions they might be signifying. *Emotionally Dumb* describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions including Asperger Syndrome and posttraumatic stress disorder. The book provides details of the diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

Emotionally Dumb Jason Thompson, 2009-07 Alexithymia is an inability to identify and describe both one's own and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions such as tears, butterflies in the stomach or an increased heart rate, they are unable to recognize these responses in terms of the emotions they might be signifying. *Emotionally Dumb* describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions including Asperger Syndrome and posttraumatic stress disorder. The book provides details of diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

Internal Perception Sara Dellantonio, Luigi Pastore, 2017-09-19 This book investigates how bodily information contributes to categorization processes for at least some conceptual classes and thus to the individual mastery of meanings for at least some word classes. The bodily information considered is mainly that provided by the so-called proprioceptive and interoceptive systems introduced by Sherrington. The authors reconsider this in a new Gibsonian fashion, calling it more generally proprioception, which indicates the complex of all the bodily signals we are aware of and the qualitative experiences these give rise to. The book shows that proprioceptive information understood in this sense is essential for explaining, among others, how we develop broad categories such as animate vs inanimate concepts denoting bodily experiences such as hunger or pain, as well as emotions and abstract concepts such as friendship and freedom, and in accounting for how we master the meanings of the corresponding words in our language.

Connecting with Your Asperger Partner Louise Weston, 2010 Drawing on her experience of being married to a man with AS, Weston shows that the road to intimacy begins with letting go of expectations and looking after your own emotional needs. She provides strategies for connecting with your AS partner, tips for coping with hurtful words and meltdowns, and finding further sources of help and support.

The Autism Couple's Workbook, Second Edition Maxine Aston, 2020-10-21 This updated edition of Maxine Aston's

workbook is packed full of insightful helpful and easily accessible activities for couples where one or both partners is on the autism spectrum to understand and accept their differences This book expands on topics including verbal and non verbal communication sexual issues socialising and parenting with case studies from couples who have successfully worked through their issues This edition is fully updated for the DSM V and features new research into alexithymia further insights into couples counselling digital communication and sensory sensitivity with new worksheets and opportunities for collaboration and reflection Combining advice guidance and activities this book can be used independently by a couple at home or in conjunction with a therapist encouraging communication and empathy to help make a neurodiverse relationship successful

Dionysus, Silenus, and Emotional Intelligence Jason R. Thompson, Dionysus Silenus and Emotional Intelligence explores the relationship between the Greek deity Dionysus and his tutor Silenus providing an archetypal backdrop for understanding the complex relation between raw bodily emotion Dionysus and higher emotional cognition Silenus

The Asperger Couple's Workbook Maxine C. Aston, 2009 Aston has created this workbook to help couples where one partner has AS With candid advice activities and worksheets she explores a variety of approaches She identifies specific issues such verbal and non verbal communication sexual issues socializing and parenting and comes up with simple and effective ways of addressing these issues

"No Words for Feelings, yet!". Exploring Alexithymia, Disorder of Affect Regulation and "Mind-Body" Connection Domenico De Berardis, Michele Fornaro, Laura Orsolini, 2020-10-08 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org/about/contact

Red Pill Psychology Peter Wright, Red Pill Psychology provides a new look at men's mental health while rejecting the usual approaches of the mainstream therapeutic industry its gendered assumptions casual misandry default gynocentrism and general disregard of men's issues The authors include a critique of modern sexual relations and offer new models with positive suggestions for improving the wellbeing of men and boys

A Brief History of The Men's Rights Movement Peter Wright, 2017-07-07 The Men's Rights Movement consists of groups or individuals fighting for improved human rights for men The movement is sometimes referred to as the Men's Human Rights Movement MHRM with human rights serving as a central focus that encompasses the same rights called civil liberties or civil rights but also including those rights that are not encoded in law such as compassionate and respectful behavior toward men and indeed toward all human beings The purpose of the movement has occasionally been misunderstood this partly because it has been poorly documented To correct that oversight this book attempts to provide a brief overview of both the historical beginnings and goals of the movement over the

last 150 years A historical survey reveals that the MRM is concerned with a large array of issues impacting men and boys such as alimony genital mutilation of male infants male homelessness mental illness false accusations family court bias suicide child custody low funding for male health issues educational performance and misandry in mainstream culture just to name a few The following pages provide examples of the early MRM in action focusing in Parts 1 3 on the rise of men s advocacy in the 1800s Part four provides a sample list of men s rights initiatives from the 1800s to recent times and Part five provides a few personal and co authored essays penned between the years 2012 2017 that give a taste of contemporary thinking with the concluding essay by Robert Brockway giving a general overview of concerns of the modern MRM With the publication of this material in one volume it is hoped that the historical footprint of the MRM will be set straight

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Table of Contents Emotionally Dumb An Overview Of Alexithymia

1. Understanding the eBook Emotionally Dumb An Overview Of Alexithymia
 - The Rise of Digital Reading Emotionally Dumb An Overview Of Alexithymia
 - Advantages of eBooks Over Traditional Books
2. Identifying Emotionally Dumb An Overview Of Alexithymia
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Emotionally Dumb An Overview Of Alexithymia
 - User-Friendly Interface
4. Exploring eBook Recommendations from Emotionally Dumb An Overview Of Alexithymia

- Personalized Recommendations
 - Emotionally Dumb An Overview Of Alexithymia User Reviews and Ratings
 - Emotionally Dumb An Overview Of Alexithymia and Bestseller Lists
5. Accessing Emotionally Dumb An Overview Of Alexithymia Free and Paid eBooks
 - Emotionally Dumb An Overview Of Alexithymia Public Domain eBooks
 - Emotionally Dumb An Overview Of Alexithymia eBook Subscription Services
 - Emotionally Dumb An Overview Of Alexithymia Budget-Friendly Options
 6. Navigating Emotionally Dumb An Overview Of Alexithymia eBook Formats
 - ePub, PDF, MOBI, and More
 - Emotionally Dumb An Overview Of Alexithymia Compatibility with Devices
 - Emotionally Dumb An Overview Of Alexithymia Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Emotionally Dumb An Overview Of Alexithymia
 - Highlighting and Note-Taking Emotionally Dumb An Overview Of Alexithymia
 - Interactive Elements Emotionally Dumb An Overview Of Alexithymia
 8. Staying Engaged with Emotionally Dumb An Overview Of Alexithymia
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Emotionally Dumb An Overview Of Alexithymia
 9. Balancing eBooks and Physical Books Emotionally Dumb An Overview Of Alexithymia
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Emotionally Dumb An Overview Of Alexithymia
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Emotionally Dumb An Overview Of Alexithymia
 - Setting Reading Goals Emotionally Dumb An Overview Of Alexithymia
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Emotionally Dumb An Overview Of Alexithymia

- Fact-Checking eBook Content of Emotionally Dumb An Overview Of Alexithymia
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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