

# EMOTIONALLY DUMB

*An Overview of*  
**Alexithymia**



Jason Thompson

# Emotionally Dumb An Overview Of Alexithymia

**Patrick Dust**



## **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](mailto: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

*Subjective Experience* Morris N. Eagle, 2024-03-07 Morris N Eagle explores the understanding and role of subjective experience in the disciplines of psychology psychoanalysis and philosophy of mind Elaborating how different understandings of subjective experience give rise to very different theories of the nature of the mind Eagle then explains how these shape clinical practices In particular Eagle addresses the strong tendency in the disciplines concerned with the nature of the mind to overlook the centrality of subjective experience in one s life to view it with suspicion and to reduce it to neural processes Describing examples of research in which subjective experience is a central variable Eagle provides an outline of a model in which the dichotomy of conscious and unconscious is supplemented by subjective experience as a continuum This book is essential reading for psychoanalysts psychoanalytic psychotherapists psychologists and anyone wishing to gain a deeper understanding of the importance of theories of the mind to therapeutic practice *Finished Business* Patrick Dust, 2017-09-09 Ever wondered about the connection between psychological and physical illness We sense that the mind and the body don t exist in separate spheres that at some deep level they are fused and interrelate constantly in our daily lives *Finished Business* takes our curiosity about this reality to a new level with a passionate focus on two psychosomatic phenomena fibromyalgia syndrome and an eating disorder The roots of these conditions are examined in one person s experience of complex childhood trauma Employing the interdisciplinary lens offered by the powerful new method of Neuropsychoanalysis this volume confronts head on the realities of early abuse lost love identity dysregulation and physical illness Reaching beyond it forges a means for repair a healthy autonomy and an experience of recovery The memoir of Part One opens up wounds from the past and confronts the demons of childhood Part Two describes a post therapy period in which the examined life yields the first fruits of a recovery Part Three engages some of the most exciting cutting edge knowledge of the brain available today and connects critical issues concerning trauma and health with a nascent neuroscience of the whole person Part Four titled Afterthoughts deals with memory reconsolidation epigenetics dissociation and the creative unconscious *Finished Business* will appeal to those who know the rigors of mind body challenges to clinicians researchers and indeed to anyone who has pondered the enigmas of our mesmerizing body brain mind existence

**Alexithymia, A World Without Emotions** Juan Moises de la Serna,2018-11-01 Learn how to overcome the problem of not understanding your own emotions and those of others How do you say I love and not die trying Surely you know someone or maybe this happens to you that sometimes you have difficulty expressing your emotions especially when it comes to declaring your love to someone by saying I love you But there s also people who don t actually know what they feel for other people and what s most troubling they re unable to understand the feelings that others have towards them This is what s called alexithymia and it s more widely spread than we think it s estimated to affect one in every ten people worldwide Discover all the keys in this book What is it Who does it affect Can it be treated Can alexithymia be prevented Boys don t cry has been a tagline for little ones for a long time causing them not to know how to express their emotions in a healthy manner Which has led to a society with emotional illiteracy words of Daniel Goleman the father of Emotional Intelligence Discover how the government of Canary Islands corrects these errors educating the little ones to understand and appropriately express their own emotions while learning to understand and accept the emotions of others Did you know that having high levels of alexithymia is associated with problems related to the psychology field If you thought that suffering alexithymia didn t have bigger consequences than losing someone you love romantically for not declaring your love then you have to know that not knowing how to express your emotions whether they re positive or negative is associated with addictions eating disorders or psychopathic personality disorders Learn what this relationship is and how you can try to overcome it **Living with Alexithymia** Victor Williams,2025-05-26 Living with Alexithymia is a compassionate self help guide designed to support anyone struggling with emotional numbness emotional blindness or difficulty identifying and expressing feelings This transformative book offers practical tools for emotional regulation emotional intelligence and healing emotional disconnection Whether you re on a journey toward emotional awareness or you re dealing with the mental health effects of alexithymia this guide helps you reconnect with your inner self Through relatable stories and actionable strategies you ll learn how to build emotional vocabulary understand the mind body connection and create emotionally nourishing relationships Ideal for readers seeking emotional self help emotional healing and long term growth in emotional intelligence and resilience If you ve ever felt like you just don t get emotions your own or others this book was written for you Rediscover what it means to feel with clarity and confidence *This Is How I Feel* Logan Monroe,2015-03-13 Autobiographical view into alexithymia the inability to verbalize one s emotions The story is of a young woman s struggle with suicidality following a traumatic event as she describes what it is like to not be able to tell how she feels Through therapeutic relationships and the linking of past memories from her life to specific emotions the narrator gives the reader a journey through fear anger surprise disgust contempt sadness and joy The book is not only a rare insight into alexithymia but is a powerful experience that celebrates the beautiful gift of emotions **No Words for Feelings** Olivier Luminet,Kristy Nielson,Nathan Ridout,2024-08-23 This book shows that the facets of alexithymia influence several aspects of how one perceives and

responds to neutral and emotional situations by impacting multiple cognitive processes attention appraisals memory language and behavior

**Emotional Intelligence** Daniel Goleman, 2006-09-26 1 BESTSELLER The groundbreaking book that redefines what it means to be smart with a new introduction by the author A thoughtfully written persuasive account explaining emotional intelligence and why it can be crucial USA Today Everyone knows that high IQ is no guarantee of success happiness or virtue but until Emotional Intelligence we could only guess why Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our two minds the rational and the emotional and how they together shape our destiny But why is emotional intelligence important Drawing on groundbreaking brain and behavioral research Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well These factors which include self awareness self discipline and empathy add up to a different way of being smart and they aren't fixed at birth Although shaped by childhood experiences emotional intelligence can be nurtured and strengthened throughout our adulthood with immediate benefits to our health our relationships and our work The twenty fifth anniversary edition of Emotional Intelligence could not come at a better time we spend so much of our time online more and more jobs are becoming automated and digitized and our children are picking up new technology faster than we ever imagined With a new introduction from the author the twenty fifth anniversary edition prepares readers now more than ever to reach their fullest potential and stand out from the pack with the help of EI *Blocked Imagination - Emptied Speech* Jason Thompson, 2007-03-01

**Emotional Processing Deficits and Happiness** Linden R. Timoney, Mark D. Holder, 2013-07-26 This brief reviews the literature on alexithymia with a particular focus on the relation between positive well being and alexithymia It starts by exploring the definition history and etiology of the construct The brief then discusses the importance of research and presents new research which sheds light on why alexithymia is characterized by poor well being The research strongly suggests that people who score high in alexithymia are low in aspects of positive well being such as happiness life satisfaction and positive affect and high in aspects of negative well being such as depression and negative affect Next the book examines the correlates of alexithymia and the latter's relation with personality and subjective well being Although there has been an increased interest in human flourishing and even though research in positive psychology has included personality there has been little application of positive psychology to people with deficits in emotional processing including people with alexithymia This brief fills that gap *Emotional processing deficits in alexithymia* Edward Bloomfield, 2001

## Embracing the Beat of Expression: An Emotional Symphony within **Emotionally Dumb An Overview Of Alexithymia**

In some sort of consumed by screens and the ceaseless chatter of fast interaction, the melodic elegance and mental symphony produced by the prepared word usually disappear into the background, eclipsed by the relentless sound and disruptions that permeate our lives. But, situated within the pages of **Emotionally Dumb An Overview Of Alexithymia** a marvelous literary prize overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this fascinating masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden melodies and profound influence resonating within each carefully crafted phrase. Within the depths of this touching evaluation, we shall explore the book's main harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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