

Men Cry Too

*"It is the way we react to circumstances that determines our feelings."
-Dale Carnegie*

When we think about talking about our feelings or being emotional, generally we think of women. Psychologists have discovered that men clearly deal with their emotions differently than women. Men Are From Mars Women Are From Venus, by John Gray speaks to the many differences in the genders.

It's almost as if we brush men's feelings under the rug because we know they will handle it on their own and bounce back. But, we come running to the aid of our girlfriends because they "need" us. Let's face it; it's a whole lot easier for a woman to cry on your shoulder than it is for a man.

Women come with a built in support system. If they're heart broken they simply call a friend and get to cry their hearts out. If a guy is hurting over someone and calls a friend; more than likely there won't be a whole lot of crying going on.

They may hear stuff like: Sarah who? She wasn't worth it anyway. Or, forget that b*tch and let's go out. Or, come on man, feel bad for 5 minutes and get over it, the games on tonight.

Feelings aren't something that men share with their buddies. Unless they have friends that are women they will have to deal with all of their emotions; alone. Even though it's more accepted for men to talk about their feelings now, they typically aren't consoled the same way a woman would be.

But, the reality is; that it is just as painful for men to go through a breakup or divorce as it is for a women. We may have are many differences, but a broken heart feels the same whether it's in a man's body or a woman's.

So for all of you men out there who are quietly suffering through your heartache, it's time to reach out and touch someone. Don't be afraid to talk to your "girl" friends, you'll never find anyone more understanding. Find your way to a "relationship forum" on the internet. There you can anonymously pour your heart out and get some pretty good advice.

Go to the book store and read something that soothes your soul. Hang out with good friends. Keeping yourself busy is key to letting go of the past and moving forward. We all know it's no fun to have to go through, but the sooner you deal with your feelings and let them go; the better you will begin to feel.

Things don't always work out the way we want. But, as you know, it's not what happens to us that matters as much as how we handle it and who we become after we've lived through it. Just like we tell our girlfriends, "Don't worry, you'll get over it"...they always do and you will too!

Read more about it at: <http://www.whystay.com> in Susan's empowering book, *There Is Life After What's-His-Name*.

Susan Russo is the President of Pinnacle Thought Inc. Publisher for books and resources which provide inspiration, self-empowerment and the tools and strategies to help move you toward personal success and fulfillment. She is editor of "You've Got Power" ezine. Author of "There Is Life After What's-His-Name" and "The 7 Keys To Unlock the Power Within You" which can be found at: <http://www.susanrusso.com>
Copyright 2006 Pinnacle Thought Inc.