

Conflicting Feelings

From the Wellness Center

OVERVIEW & PURPOSE

Today's world climate has been an adjustment for many of us and we are learning we have many different feelings about what has been transpiring around us. With this, many of us think in terms of either/or; we either like or dislike something, we either feel happy or sad. We may be realizing the either/or approach does not fully explain our true feelings. That is why accepting conflicting feelings and thinking in terms of both/and may be a helpful approach to take while identifying thoughts and feelings. It is not only acceptable, but also normal to feel both confusion AND clarity or joy AND sadness. We can all experience a myriad of emotions at one time.

Some Ideas To Think About

- Being open to both sides of a situation allows us to be more flexible.
- Taking a both/and thinking stance about the interests of opposing views can transform conflict into greater connection.
- Not limiting ourselves to one emotion can help someone accept their emotions and feel more authentic.
- “Mixed emotions reflect how mature and intelligent we are and recognize conflicting aspects of being human”. - Shahram Heshmat Ph.D.

Articles/Resources

Medium Read: [What Does It Mean to Have Mixed Feelings?](#)

Longer Read: [The Power of "Both-And" Thinking](#)

**If you have any questions please call the Wellness Center at (530) 280-2009.

