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Emotional Claustrophobia: Getting Over Your Fear of Being Engulfed by People or Situations

Aphrodite Matsakis

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Emotional Claustrophobia: Getting Over Your Fear of Being Engulfed by People or Situations
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A vital self-help guide to managing emotional engulfment - "Authentic and highly readable, this groundbreaking book is a stimulating and practical guide to the difficult journey from traumatic isolation and aloneness to meaning and human intimacy." - on Trust After Trauma, Erwin Randolph Parson, editor-in-chief of Journal of Contemporary Psychotherapy - In both professional and personal lives, learn to confront your fear directly, eliminate or manage emotional claustrophobia, and gain control over your life - From bestselling author of Trust after Trauma, I Can't Get Over It, Compulsive Eaters and Relationships, and Post-Traumatic Stress Disorder ADDITIONAL INFORMATION: You finally meet the perfect person: someone right for you, in every way. But the closer you get, the more suffocated and trapped you feel. The same dynamic may occur in professional lives. The thought of taking on a new project or a new responsibility feels like it will somehow swallow you up, and you end up avoiding interactions with supervisors and colleagues. The emotional claustrophobia, or fear of engulfment, that underlies situations like these is not a psychiatric diagnosis, but it can pose a formidable drain on time, energy and emotions. This self-help book will guide you through the fog to regain control of your life once more.

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