

The Imploders



Some kids explode their feelings outwards, letting the shrapnel land wherever it may. Other children prefer to swallow their feelings, until finally their emotional “bomb” quietly implodes deep within, and they’re wincing in agony from 1000 cuts that you can’t even see. These are our highly sensitive, anxious children who don’t want to feel what they’re feeling. They hope if they don’t look at their feelings, they’ll disappear – but of course that’s not how these things go. Our job? Help them release the pressure in little bits so they don’t implode.

Flip the card to learn how to use this in real life.

MFA Tips:



Imploders are high empaths. They feel everyone else's feelings so strongly that there isn't space for their own. Whether it's from world events, something happening in the family, or just the existential angst of being alive, they carry a heavy burden. Here's how to lighten their load:

☞ Don't push or prod to get at their feelings. Asking "What's wrong?" is way too direct. They'll likely say "nothing" because they don't know where to start with the storm that's raging inside them.

☞ Instead, give them time and space to unfold by going for a walk in nature, or cooking together. Talk about everything BUT their feelings, then hopefully they'll feel safe enough to let a few things out towards the end.

☞ If and when they open up, don't jump on their feelings with advice or big reactions of your own. Listening quietly, without fuss or judgment, is the best way to release a little pressure from that valve.