Psychological sources of repression:

- *Fear of pain:* see pain as dysfunctional, and look for a quick fix.
- *Fear of despair:* if we fully felt our pain for the state of the world, we couldn’t cope with daily life, or it would rob us of our faith.
- *Fear of appearing morbid:* we don’t want to burden others or wallow in gloom and doom.
- *Fear of exposing our ignorance* by getting involved in debates requiring facts and figures; leave it up to the experts.
- *Fear of guilt:* that we have too much, but don’t want to give anything up.
- *Fear of appearing weak and emotional:* objectivity and rationality are more valued.
- *Fear of powerlessness:* we don’t really know what to do about the problems; or don’t think there are options. Note that this becomes a self-fulfilling prophecy.

There are also important **social sources of repression:**

- *Mass media* generated misinformation or deception; serves mostly as a distraction and influence to consume (profit-motivated).
- *Job and time pressures* leave little time to learn about and reflect on environmental and other social issues.

Emotional Repression can lead to feelings of alienation and isolation, along with escapist pursuits; i.e., emotion-focused coping; “techno-addiction” and “thing-a-holism,”¹ substance use/abuse, along with interpersonal conflict, passivity, blaming and scapegoating, avoiding/suppressing reality, diminished intellectual performance, reduced concentration, burnout, feeling like a victim. It also creates a positive feedback loop, the more you try to avoid suffering, the more you suffer.

