

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.

¹ "Techno-addiction," e.g., Glendinning, C. (1995). Technology, trauma, and the wild. In T. Roszak, M. E. Gomes, & A. D. Kanner (Eds.), *Ecopsychology: Restoring the Earth, healing the mind*. San Francisco: Sierra Club Books (pp. 41-54).

Goleman, D. (2009). *Ecological intelligence: How knowing the hidden impacts of what we buy can change everything*. New York, NY: Doubleday.

"Thing-a-holism" from Clinebell, H. J. (1996). *Ecotherapy: Healing Ourselves, Healing the Earth*. New York: Haworth Press. See also Koger, S. M. (in press). A burgeoning ecopsychological recovery movement. *Ecopsychology*.