

## How To Cry Safely as a Man?

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Added In:-29 Mar 2025 Sat

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*"Being Vulnerable Needs Courage too"*

## Introduction

Bhagavad Gita, Bible, Quran, Tripitaka all of these holy scriptures from hundreds and hundreds of years ago include crying in their segments. 'Cry' basically refers to the act of shedding tears due to extreme emotions. And there is no doubt crying is an important form of expression that balances the emotions and provides peace.



### But is Crying seen as Crying?

There is a big gap between crying along with gender. Crying generally for females is a normal and necessary act for expressing their emotions. But crying for men

is seen as an act of femininity and weakness. This difference is an important form of self-expression as Crying has seeded countless violence and disorder in our society. The purpose of this article is to undo the settled wrong beliefs in our society about crying and to provide comprehensive information regarding reasons why crying is hard for men, benefits of crying, Emotional Safety, Roles to play and Techniques/Therapies that can assist.

### **Emotional Safety?**



Crying can be different for different people depending on gender, sexuality, power, self-image and role of responsibility. Norms and societal expectations highly

influence crying. For animals including humans, crying is a normal phenomenon to release pain. It requires an environment of Emotional safety for a person to cry healthily otherwise the person can be harmed due to the comments/reaction of people around him/her or even by his/her own thoughts.

*“ Emotional safety refers to the feeling of safety for emotional expression a person gets in an environment where individuals feel secure enough to express their emotions without fear of ridicule, shame, or judgment. A safe space (relationships, workplaces, or therapy) that validates emotions, encourages vulnerability, and fosters genuine connection. It involves active listening, non-judgmental support, and an understanding that emotions, including tears, are a normal and necessary part of human experience. ”*

*-Dr. Shiromi Chaturvedi*

## **Benefits of Crying**



Crying comprises of various benefits both mentally and physically. In a social context, A society with healthy crying will have improved interpersonal relationships, less violence, and less crime. If males are allowed to cry or express their emotions, more females will feel safe to be vulnerable. Each individual will feel listened to, understood and can share without carrying the fear to be judged, not seen and not heard.

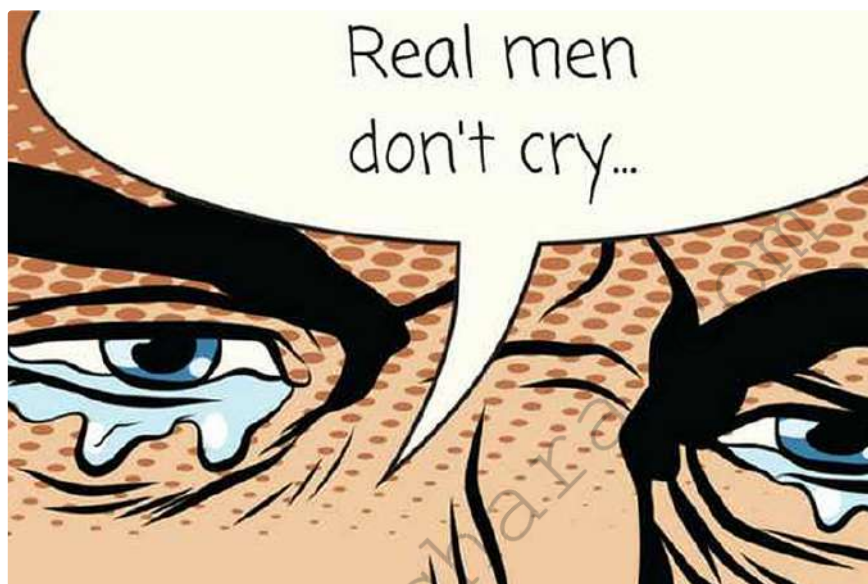
Some of it's benefits are:

**Short-term benefits:** Immediate stress relief,  
Emotional release, sense of catharsis, self-soothing,  
Pain relief

**Long-term benefits:** Improved mental health, Reduced risk of anxiety and depression, Stronger emotional intelligence, Deeper interpersonal relationships,

Increased resilience.

## Why is crying hard for men?



Men not being able to cry has been caused due to many factors of our society such as pressurizing men to embody wrong traits of traditional masculinity, emphasizing toughness and emotional restraint. Their conditioning from childhood, with boys being told to "man up" or "stop acting like a girl," reinforces shame around their vulnerability.

This statement explains about how these conditions are seeded:

***“We still hear people saying “Men don’t cry” . A male***

child from his innocent childhood need to carry this societal expectation that a male child should not cry..a crying male child is teased saying “ Are you a girl to cry like this?, only girls cry, Strong Boys don’t cry” ..these statements start to work as an input of belief that boys should be emotionally strong, which lead to repression of emotion. Emotions don’t just disappear if not expressed..it changes its form..like energy changing its form. Unshared, unreleased painful emotions can turn to anger if the person can externalize the emotion or turn to sadness or anxiety if the person internalizes the emotion which becomes more powerful that harms the person. Anger is often a form of sadness. If men are not taught to experience emotions, anger starts to become go-to expression emotion.”

-Hashana Shrestha

**Embracing Emotions as a Man**



The message about being comfortable with your emotions is that masculinity isn't about feeling a certain way, crying is not a sign of weakness and being vulnerable is courageous work.

Some of the tips are:

- Start by acknowledging that emotions are normal and healthy.
- Challenge societal messages that equate masculinity with emotional suppression.
- Find supportive people who encourage emotional expression.
- Recognize that emotional vulnerability is a strength, not a weakness.
- Practice small steps, such as talking about

emotions before moving toward crying.

## Practices For Better Emotional Health



Grounding techniques help people to stay in connection with self. They give a way to stay connected with sensation and body rather than rushing to thoughts. This awareness helps you to be with your emotion, recognize it, accept it and process it.

Gestalt Psychology also has a beautiful process of understanding emotions, exploring the function of emotional pattern, standing still in that emotion, bringing it into awareness and making a choice. Its therapy process stands on 'I thou' relation, work on

field relation, bringing into dialogue and believing in phenomenology. These processes really work beautifully in understanding the experience of emotions, accepting and expressing.



There are various grounding techniques that can be practiced by men to be comfortable with their emotions. Some of them are:

- **Deep Breathing Exercises:** Regulates the nervous system, making emotional expression less overwhelming.
- **Progressive Muscle Relaxation:** Helps release emotional tension.
- **Mindful Journaling :** Encourages self-reflection and emotional acknowledgment.

- **Guided Visualization** : This creates a mental space where emotions can be explored safely.
- **Body Scan Meditation**: This practice involves mentally scanning your body from head to toe, noticing any areas of tension or discomfort. It promotes awareness of physical sensations and helps connect emotional states to bodily experiences.
- **Nature Walks**: Spending time in nature can be grounding and calming. Observing the sights, sounds, and smells of the environment can help men connect with their feelings in a more relaxed setting.
- **Affirmations**: Use positive affirmations to challenge negative thoughts and reinforce self-acceptance. Phrases like "It's okay to feel" or "My emotions are valid" can help normalize emotional experiences.

Some of the Therapies suggested are:



- **Cognitive Behavioural Therapy (CBT):** Identifies and challenges negative beliefs around emotions.
- **Mindfulness-Based Therapy:** Encourages present-moment awareness to reduce emotional suppression.
- **Narrative Therapy:** Helps men reframe their stories around masculinity and emotional expression.
- **Gestalt therapy:** Helps to focus on the present to understand what is actually happening in their lives at this moment, and how it makes them feel in the moment.
- **Emotional Freedom technique (EFT):** Helps process past emotional wounds affecting current expression.

## Role as a Partner/Friend/Family

Family and friends play an important part in supporting men's emotional expression. But they are just a part of the whole image. Other important parts can be:- culture, rearing up style, family dynamic, language used by boys, expectations from boys, how peers react etc. Friends and Families should have understanding of human emotion and accepting that a man being human has lots of simple, complex emotions and understanding that it is always ok if a man wants to express his emotion by crying.



Partners also play an important role in creating a safe space/supporting environment for a man to express their emotions without holding fear or any assumption

or judgement. As a child, we believe that our parents and adult partner play an important role depending on how they treat us regarding our self-image and identity. It won't be easy for a partner nor for the man in supporting the journey of delearning and learning of experiencing emotions in a new way. Novelty can be most of the time not willing to go there, threatening so falling back and again in the same old pattern of holding emotions.

Active listening, understanding the partner from the point where he stands, responding not reacting, clarifying about own understanding rather than making assumptions, not taking everything personally what the partner says, trying to separate person and problem **because person is not the problem.**

Some Of the Strategies can be:

- Avoid ridiculing or invalidating their emotions.
- Encourage open conversations about feelings.
- Reassure them that vulnerability strengthens relationships, not weakens them.
- Be patient and allow them to express themselves at their own pace.

## Conclusion

Your life is a beautiful gift (even if sometimes it doesn't feel like that). Living a free life without any suppression is deserved by everyone. Men in particular suffer from emotional suppression and it's harmful to them and ultimately to the order of our society. If you are a man, look after yourself, taking care of yourself is what I believe should be our priority. Help others in need and break this cycle of suppression, let's share our emotions and let's shed a few tears if needed!!

## Reference:



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Clinical Psychologist

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Hashana Shrestha is a Licensed clinical psychologist (NHPC no. 20). She is Certified Gestalt therapist. And she is also the founder of [Samatha Psychosocial Care Pvt. Ltd.](#) Her areas of work are: Counseling/ psychotherapy, psychological assessments, training. She is working with men mental health since 2015.



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Dr. Shiromi Chaturvedi is a counselling psychologist and the founder of a trauma-informed and queer-affirmative mental health organization, [The Social Therapist](https://thesocialtherapist.in). Her practice focuses on working with individuals across diverse backgrounds, including men struggling with emotional regulation, attachment difficulties, and relationship satisfaction. Her work involves helping men navigate societal pressures, process unresolved trauma, and develop healthier emotional expression.

Photos

### Message for Men Struggling Emotionally:

*Be comfortable with who you are. There is no such norm that men should feel like this or shouldn't feel like that. Mental health is equally*

important to all humans. Believe the process of your emotion, give it whatever it needs but be aware about your emotions. Crying is not a sign of weakness as boys are made to be believed. Being vulnerable also needs courage. If you can break this cycle, your future generation won't feel hesitant, guilty or ashamed of sharing their emotions.

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## PARTNER:

It won't be easy for a partner nor for the man in supporting the journey of delearning and learning of experiencing emotions in a new way. Novelty can be most of the time not willing to go there, threatening so falling back and again in the same old pattern of holding emotions.

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## Emotional Safety?

It is shameful that men need permission to share their emotions

which is basic human. Men are often

which is basic human. Men are often treated as protectors so we rarely hold a space for them to accept their vulnerability and insecurities. So just being human, following awareness of emotions and experiencing it, share it where needed. Taking support, asking for help is not a sign of weakness.

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## Possible Grounding Techniques For Men's Comfort With Their Emotions

Deep Breathing Exercises

Progressive Muscle Relaxation

Mindful Journaling

Guided Visualization

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## Possible Therapies Effective For Men To Process Emotions:-

Cognitive Behavioural Therapy

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Mindfulness-Based Therapy

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Narrative Therapy

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Somatic Therapy

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Some Benefits Of Emotional  
Expressiveness:

Immediate stress relief,

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Emotional release

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Improved mental health

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Reduced risk of anxiety and  
depression

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**Myths:**

"Real men don't cry."

"Crying is a sign of weakness"

"Men should be stoic  
providers and protectors"

"Crying is unmasculine"

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Emotional safety  
refers to an  
environment where  
individuals feel  
**secure** enough to  
express their  
emotions **without fear**  
**of ridicule, shame, or**  
**judgment.**

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References



Toran Jung Bam

Hey! Thank You For viewing this article. I started this article from my own struggles with crying. Crying is so hard being a male and I want to help all of my fellow brothers in this. I am so grateful for being able to pull this off. This is no doubt an important topic to discuss in our society. I hope this article reaches the person/people to which it will be helpful. Thank you to both Ma'ams for helping me in this article and choosing to assist in this topic. I love to share my thoughts and my perspective. Do see my other articles and keep reading!

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