In “Dealing With Feelings,” Rudolph Verderber explains how describing feelings is superior to withholding them or displaying them. Withholding feelings is one way to deal with feelings. It is a very unhealthy approach. It can cause high blood pressure and other stress-related diseases. It also creates distance in a relationship. Another approach to dealing with feelings is to display them. This is also risky if the feelings are negative. It may feel good to “blow up” at the other person, but this hinders good communication and is therefore generally harmful to the relationship. It is usually best to describe your feelings. This means telling the other person how you feel as a result of what has occurred. For example, rather than asking “Why did you steal from me?” try saying “I feel hurt” or “I feel betrayed.” Then allow the other person to respond. Describing one’s feelings is not always easy, but it is the safest and healthiest way to deal with strong negative feelings.