

The Emotional Effects of Stonewalling

Abandonment and rejection

- Feeling emotionally deserted
 - Is left to grapple with unresolved issues or concerns on their own
 - Breed feelings of loneliness and isolation
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Heightened insecurity and self-doubt

- Makes their partner feel like their thoughts, feelings, or concerns are unworthy of acknowledgment or consideration
 - Can cause the individual to question their worthiness and the validity of their emotions
 - Can intensify feelings of inadequacy and uncertainty about the relationship's foundation
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Emotional distress and psychological impact

- Can evoke profound feelings of hurt, frustration, and helplessness
 - May contribute to heightened anxiety and uncertainty of when or if communication will resume
 - Fuels anticipatory stress
 - Can precipitate symptoms of depression and can take a toll on one's mental well-being
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Notes