

# Hack 09

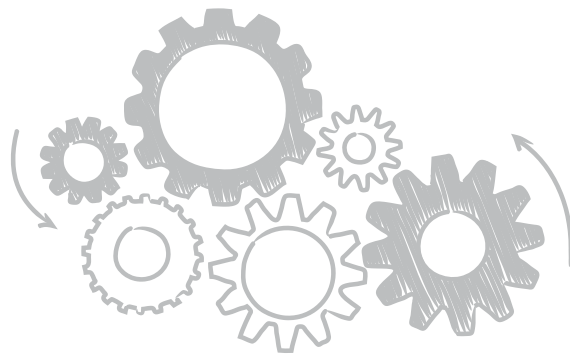


## Speaking Up & Speaking Out

**True strength is being able to admit  
first to yourself and then to others:**

**“ I am not okay ”**

( Y.B )



Speaking connects us to one another and is crucial to our success.



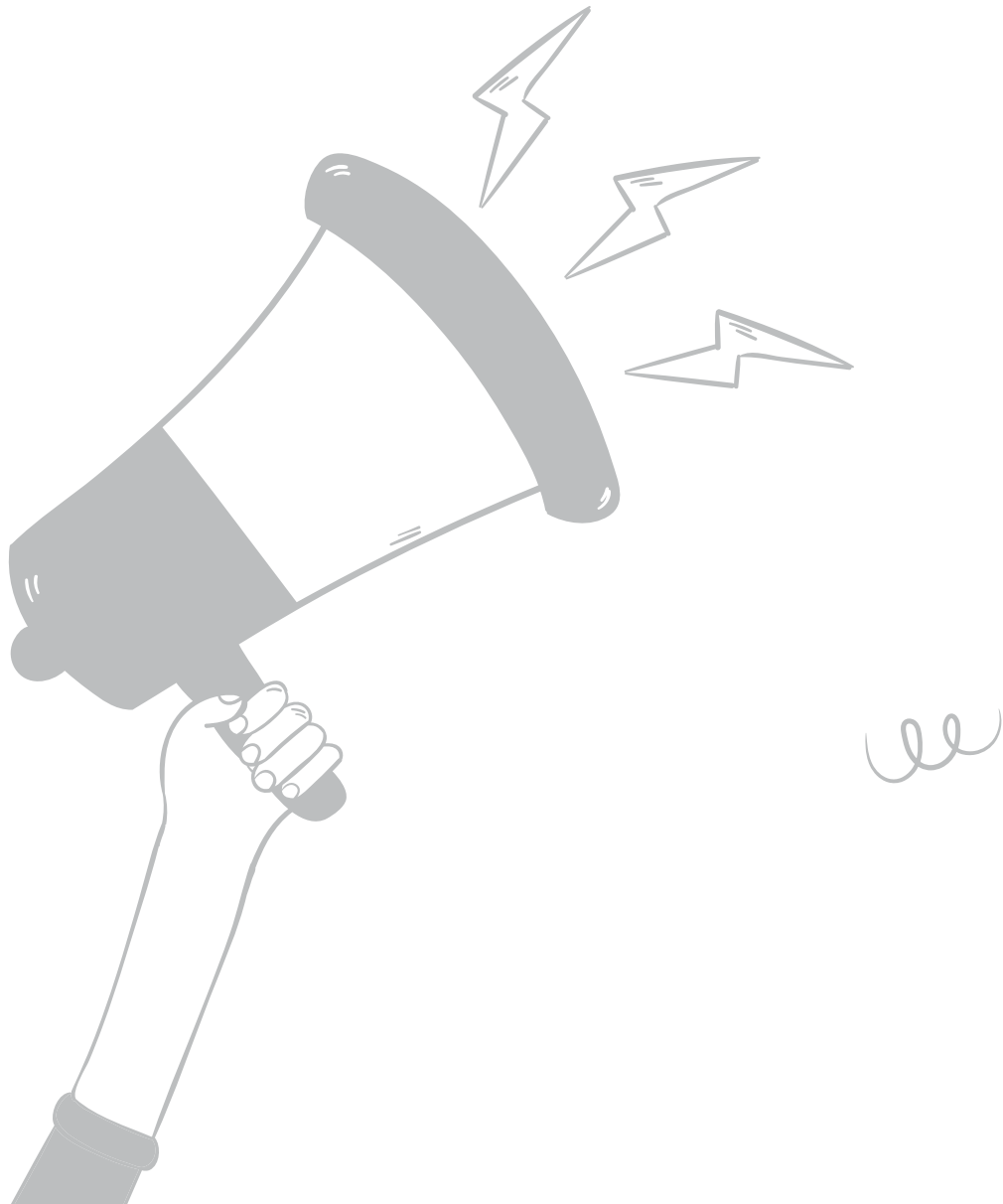
**There are two types of speaking that are very important:**

**1. Speaking up**

This type of speaking is when we are struggling, but it's difficult for us to reach out for help. We'll discuss how we can make it easier to do so.

**2. Speaking out**

This type of speaking is how we most effectively express ourselves when we are frustrated and annoyed about something or someone. It's called assertive communication.





## Speaking up



Everyone is going to hit challenging and tough moments in life. Keeping quiet can feel like the easy way out, but the truth is, helping ourselves usually means taking the harder and braver option.

It's during these times of struggle, that we need to have the courage to speak up and ask others for help and support.

Imagine you are cooking a massive pot of vegetable soup for the first time. When the soup starts to simmer, you place a lid on top of the very full pot to prevent it from splattering on the stove. The soup begins simmering more strongly, so you place your hand on the lid to hold it in place. The soup's simmering increases to angry bubbling, and now you're desperately clamping the lid down with two hands, trying to keep that soup inside the pot. But the conclusion is inevitable. The rising pressure of the steam overwhelms you and the lid, sending liquid cascading down the side of the pot, scalding your hand, and forming a messy pool of soup on the floor.

Your heart is like that pot. Difficult feelings and emotions, such as worry, fear, pain, hurt, anger and disappointment, are like the rising steam produced by the soup. We will sometimes go to any length to keep the lid on those painful emotions because they are unpleasant to deal with. After a while, however, the rising "*steam*" of emotions erupts in a volcanic explosion. When this happens, we may feel angry, overwhelmed, out of control, and sad.

**(For more on recognising and managing emotions, flip to Hack 12)**

