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twenty-nine, Tino found himself in a long-term relationship. What was his partner's major complaint? His unwillingness (or perhaps inability) to express his feelings and cry. He reported that, after a few counseling sessions, he became able to shed some tears for the first time since that day in the mall. It is still difficult for him to cry. He now states, "I can do it a little and that's a start."

Another reason is based on a fear that goes something like this: "If I start crying, I'll never be able to stop." This is related to Myth #3: *Once crying starts, it will never stop.* People with this belief imagine that, once the dam bursts (a phrase they often use), the flooding will be so great that they will lose control. This belief may be related to the finding, discussed earlier, that crying more often takes place at home and/or alone. These folks have a high need for control and they see crying as "breaking down" and perhaps looking vulnerable. Does this describe anyone you know?



Types of Crying

There must be a million ways to cry. In fact, crying is so individualistic that it just might be impossible to categorize crying types. However, here are a few of our ideas.

Weepers and Wailers. The Weepers and Wailers cry easily. They cry at "the drop of a hat." In fact, they cry so easily that they have been known to cry in their sleep! These people cry when they are happy. They cry when they are sad. They sometimes cry when they are angry or frustrated. Sometimes they cry when they are scared and even when they are bored. Tear release is quite easy for the Weepers and Wailers.

They've been called crybabies, blubberers, wimps, overly sensitive and in some cases manipulators. A nicer name is "those who carry their hearts on their sleeve."

They often accompany the stream of tears with some type of noise. Sometimes it is simply sniffing and sometimes it can become an outright wail. Some cultures require that the deceased be "wailed across" and Weepers and Wailers are in high demand. Sometimes the WW's fall into the arms of others around them or even fall on top of or *into* the casket at a funeral. Whatever the personal style of the Weeper and Wailer, they are open and demonstrative in their crying and often find relief in the emptying of the tears held inside.

The Silent Slider. The Silent Slider is more reserved and quiet in crying. These people do most of their crying quietly with little fanfare or noise. Tears most often simply begin to slide down the cheek. Sometimes these tears are checked with a finger or back of the hand, but often they are allowed to course their way to the jaw and left to drip off the chin or jaw line. Sometimes the Silent Slider does nothing to stop the stream of tears and just allows them to flow.

They may or may not use a tissue to mop up the dampness. Tiny tear streaks can often later be seen on the cheeks. The Silent Slider can become a Weeper and a Wailer at any moment, but is usually trying hard not to cry or to become a public spectacle.

The Hiccupper. This type of crier often experiences hiccups during a tearing moment. Hiccups usually occur when one is trying to stop the tears and their accompanying sounds (remember *Aerobic Swallowing?*) Holding one's breath will often stop the flow of tears and sounds, but may cause a spasm of the diaphragm,