

The Elephant in the Room: Things We Don't Talk About

There are certain topics that we often avoid discussing, even though they are important. These topics can be difficult to talk about, but it is essential to have open and honest conversations about them in order to move forward as a society.



Things You Don't Talk About by Drea Delgado

★★★★☆ 4.4 out of 5

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Here are some of the things that we don't talk about:

- **Mental illness.** Mental illness is a serious issue that affects millions of people, but it is often stigmatized. People who suffer from mental illness may be afraid to seek help because they fear being judged or discriminated against.



- Sexual abuse.** Sexual abuse is a traumatic experience that can have lasting effects on the victim. However, it is often difficult for victims to come forward and talk about what happened to them.

Long Term Effects of Sexual Abuse

- Feelings of guilt and shame
- Feeling different or alone
- Sadness
- Confusion
- Anger
- Low Self-Esteem
- Dissociation
- Fear
- Hatred
- Depression
- Promiscuity
- Eating Disorders
- Body Image issues
- Anxieties
- Changes in lifestyle
- Turning to violence
- Substance Abuse
- Self Injurious Behavior
- Post-Traumatic Stress Disorder (PTSD)
- Rape Trauma Syndrome (RTS)

- **Racism.** Racism is a system of oppression that has been used to justify discrimination and violence against people of color. However, it is often difficult to talk about racism because it can make people feel uncomfortable.



- **Poverty.** Poverty is a complex issue that affects millions of people around the world. However, it is often difficult to talk about poverty because it can make people feel ashamed or guilty.



These are just a few of the many topics that we don't talk about. It is important to start having open and honest conversations about these issues in order to break down the stigma and shame that surrounds them. By talking about these things, we can start to create a more just and equitable society.

How to Talk About Difficult Topics

If you are struggling to talk about a difficult topic, here are a few tips:

- **Start by listening.** It is important to listen to the other person's perspective before you share your own. This will help you to understand where they are coming from and to build rapport.

- **Be respectful.** Even if you disagree with the other person's opinion, it is important to be respectful of their views. This will help to create a safe space for dialogue.
- **Be open-minded.** It is important to be open to hearing new perspectives and to changing your own views. This will help you to learn and grow from the conversation.
- **Be patient.** It takes time to build trust and to have open and honest conversations. Don't get discouraged if you don't see results immediately.

Talking about difficult topics can be challenging, but it is essential for creating a more just and equitable society. By following these tips, you can start to have open and honest conversations about the issues that matter most to you.



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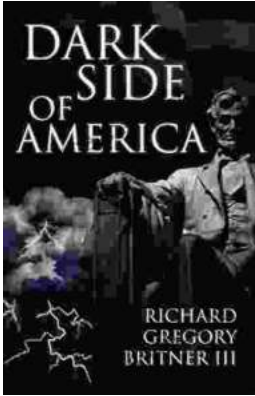
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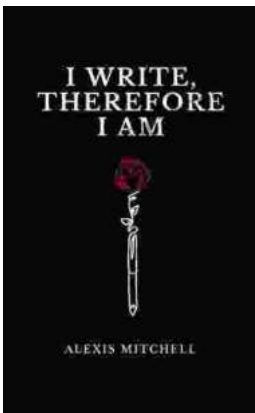
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