

The Emotional Effects of Stonewalling Handout

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Name: _____ Date: _____ dd / mm / yyyy

What is stonewalling? Stonewalling is a communication behavior where an individual withdraws from interaction during conflict, often shutting down either verbally or nonverbally. Whether intentional or not, this behavior disrupts communication and leaves issues unresolved. Common manifestations include the silent treatment, walking away, or avoiding eye contact. While it may arise from an attempt to avoid conflict, its emotional consequences can be deeply harmful. For the person on the receiving end, stonewalling often results in psychological distress, diminished self-worth, and increased relational tension.

Emotional effects of stonewalling Feelings of isolation and rejection Stonewalling often makes the recipient feel ignored, dismissed, and emotionally abandoned. This withdrawal from communication creates a profound sense of isolation and rejection, as the person is left without resolution or validation. Over time, these experiences erode emotional intimacy and trust, leaving individuals disconnected and unsure of where they stand in the relationship. **Frustration and anger** When one partner refuses to engage, the other may feel trapped in unresolved tension. The inability to express emotions or resolve conflict can lead to escalating frustration and suppressed anger. This buildup can eventually result in emotional outbursts or passive-aggressive behavior, increasing relational strain and turning minor disagreements into recurring, damaging patterns of communication. **Self-doubt and low self-esteem** Continuous stonewalling can lead individuals to question their value and place in the relationship. They may internalize the silence or disengagement as a personal failure, believing they are unworthy of attention or love. This erosion of self-esteem can make it difficult to assert needs, set boundaries, or maintain a healthy emotional identity within the partnership. **Resentment and relationship breakdown** Over time, repeated stonewalling generates unresolved grievances and emotional buildup, leading to bitterness and resentment. The recipient may feel emotionally neglected or invalidated, which undermines connection and commitment. If left unaddressed, this emotional distance can become a breaking point, ultimately contributing to dissatisfaction, detachment, and in some cases, complete relationship breakdown. **Impact on mental health** Being on the receiving end of stonewalling can deeply affect psychological well-being. Individuals may experience chronic stress, anxiety, and symptoms of depression due to ongoing emotional neglect. In severe or prolonged cases, especially when combined with other abusive dynamics, stonewalling may contribute to the development of trauma-related conditions such as PTSD or complex grief. **Physical health consequences** The emotional stress resulting from stonewalling doesn't just affect the mind—it impacts the body as well. Chronic emotional distress has been linked to elevated cortisol levels, poor sleep, and increased inflammation. Over time, this can contribute to physical health issues such as high blood pressure, cardiovascular problems, digestive disturbances, and musculoskeletal tension or pain.

Additional notes - Specify below:

Dangerfield, B. (2023, October 23). Understanding Gottman's stonewalling: The silent destructor of relationships. Students.
<https://students.ouhsc.edu/Campus-Life/Student-Wellness/WellnessArticles/understanding-gottmans-stonewalling-the-silent-destructor-of-relationships>