

why does physical touch make me uncomfortable

why does physical touch make me uncomfortable is a question that many individuals ask themselves when they experience unease or distress during physical contact. This discomfort can arise from a variety of psychological, emotional, and physiological factors that influence how a person perceives touch. Understanding the reasons behind this feeling is essential for addressing it effectively and improving interpersonal relationships and personal well-being. This article explores the common causes of discomfort with physical touch, including sensory processing issues, past trauma, cultural and personal boundaries, and mental health conditions. Additionally, it discusses coping mechanisms and strategies to manage and gradually overcome this discomfort. By examining these factors, readers can gain a comprehensive understanding of why physical touch might feel uncomfortable and learn practical steps to navigate this challenge.

- Psychological Causes of Discomfort with Physical Touch
- Physiological and Sensory Factors
- Cultural and Personal Boundaries
- Impact of Trauma and Past Experiences
- Mental Health Conditions Affecting Touch Sensitivity
- Coping Strategies and Therapeutic Approaches

Psychological Causes of Discomfort with Physical Touch

Psychological factors play a significant role in why does physical touch make me uncomfortable for many individuals. The mind processes touch in complex ways, influenced by past experiences, emotional states, and cognitive associations. Anxiety disorders, for example, can heighten sensitivity to physical contact, making even casual touch feel overwhelming or threatening. Additionally, individuals with attachment issues or difficulties in forming close relationships may associate touch with vulnerability, leading to discomfort.

Attachment Styles and Touch

Attachment theory explains how early relationships with caregivers shape an individual's comfort with intimacy and physical contact. Those with avoidant attachment styles often exhibit discomfort with touch, as they may have experienced inconsistent or intrusive physical contact during childhood. This early conditioning affects their adult responses to touch, often causing feelings of unease or the desire to withdraw.

Anxiety and Touch Sensitivity

People with generalized anxiety disorder or social anxiety may find physical touch triggering due to heightened alertness to potential threats. This physiological hyperarousal can make touch feel invasive, leading to discomfort or a fight-or-flight response. Understanding this relationship is crucial for addressing the root causes of touch aversion in anxious individuals.

Physiological and Sensory Factors

In some cases, why does physical touch make me uncomfortable can be traced to sensory processing issues or neurological differences. The body's nervous system plays a vital role in interpreting tactile stimuli, and disruptions in this system can lead to hypersensitivity or tactile defensiveness. These

physiological factors often underlie discomfort with physical contact and require careful consideration.

Sensory Processing Disorder (SPD)

Sensory Processing Disorder is a condition where the brain has difficulty receiving and responding to sensory information appropriately. Individuals with SPD may find certain textures, pressures, or types of touch overwhelming or painful. This heightened sensitivity can manifest as discomfort or avoidance of physical touch, making everyday interactions challenging.

Neurological Conditions and Touch Sensitivity

Conditions such as autism spectrum disorder (ASD) and fibromyalgia can affect how the nervous system processes touch. For example, many people with ASD experience tactile hypersensitivity, which can cause discomfort or distress during physical contact. Similarly, fibromyalgia involves widespread pain and altered sensory processing, contributing to touch sensitivity.

Cultural and Personal Boundaries

Culture and individual upbringing significantly influence comfort levels with physical touch. Social norms, family practices, and personal values shape how people perceive and respond to touch. These factors explain why some individuals may feel uncomfortable with physical contact that others consider normal or affectionate.

Cultural Norms Regarding Touch

Different cultures have varying expectations and rules about physical touch. For instance, some cultures emphasize personal space and minimal contact, while others encourage frequent touch as a sign of warmth and connection. Being raised in a culture with strict boundaries around touch can result in discomfort when those boundaries are crossed.

Respecting Personal Boundaries

Personal boundaries are the limits individuals set regarding physical contact. These boundaries are influenced by personality, past experiences, and social context. When physical touch violates these boundaries, it can lead to feelings of discomfort, anxiety, or even distress. Acknowledging and respecting these boundaries is essential for healthy interpersonal interactions.

Impact of Trauma and Past Experiences

Trauma, particularly involving physical or sexual abuse, is a significant reason why does physical touch make me uncomfortable for many people. Traumatic experiences can alter the brain's response to touch, associating it with fear, pain, or loss of control. This connection can trigger avoidance behaviors and emotional distress when faced with physical contact.

Post-Traumatic Stress Disorder (PTSD) and Touch

Individuals with PTSD often experience heightened sensitivity to stimuli that remind them of their trauma, including physical touch. This reaction is a protective mechanism designed to prevent re-experiencing the traumatic event. As a result, touch may provoke anxiety, panic, or dissociation.

Healing from Touch-Related Trauma

Recovery from trauma-induced touch discomfort involves therapeutic interventions that focus on rebuilding trust and safety with physical contact. Techniques such as trauma-focused cognitive behavioral therapy (CBT), somatic experiencing, and gradual exposure therapy can help individuals regain comfort with touch over time.

Mental Health Conditions Affecting Touch Sensitivity

Various mental health disorders influence how individuals perceive and react to physical touch. Conditions such as depression, obsessive-compulsive disorder (OCD), and borderline personality disorder (BPD) can contribute to discomfort with physical contact through different mechanisms.

Depression and Social Withdrawal

Depression often leads to social withdrawal and decreased interest in physical intimacy, including touch. Feelings of worthlessness or low energy reduce the desire for closeness, making touch feel burdensome or uncomfortable.

Obsessive–Compulsive Disorder (OCD) and Contamination Fears

Individuals with OCD may fear contamination or germs, leading to avoidance of physical contact. This aversion is driven by compulsions and intrusive thoughts related to cleanliness and safety, which can make touch anxiety-provoking.

Borderline Personality Disorder and Touch Sensitivity

BPD is characterized by intense emotional experiences and unstable relationships. People with BPD may have fluctuating responses to touch—sometimes craving it for comfort, other times feeling overwhelmed or threatened. This ambivalence can cause significant discomfort with physical contact.

Coping Strategies and Therapeutic Approaches

Addressing why does physical touch make me uncomfortable requires tailored strategies that consider the underlying causes. Coping mechanisms and professional therapies can help individuals manage their discomfort and improve their relationships and quality of life.

Gradual Exposure and Desensitization

Gradual exposure therapy involves slowly and systematically increasing tolerance to physical touch in a controlled and safe environment. This approach helps reduce anxiety and build positive associations with touch over time.

Mindfulness and Relaxation Techniques

Practicing mindfulness and relaxation can calm the nervous system and reduce the stress response triggered by touch. Techniques such as deep breathing, meditation, and progressive muscle relaxation promote body awareness and acceptance.

Therapeutic Support

Working with a mental health professional can provide guidance and support tailored to individual needs. Therapies such as cognitive behavioral therapy (CBT), somatic therapy, and trauma-informed counseling are effective in addressing touch-related discomfort.

Setting Clear Boundaries

Communicating personal boundaries clearly with friends, family, and partners is essential. This practice ensures that physical contact occurs only within comfortable limits and helps prevent unwanted touch that can trigger discomfort.

- Identify triggers that cause discomfort with physical touch.
- Practice gradual exposure in safe, controlled settings.
- Use relaxation techniques to manage anxiety related to touch.

- Seek professional help for trauma or mental health issues.
- Communicate and enforce personal boundaries effectively.

Frequently Asked Questions

Why does physical touch make me uncomfortable?

Physical touch can make some people uncomfortable due to personal boundaries, past experiences, or sensory sensitivities. It may also be related to anxiety, trauma, or simply a preference for less physical contact.

Can past trauma cause discomfort with physical touch?

Yes, past trauma such as abuse or neglect can lead to a heightened sensitivity or aversion to physical touch as a protective response to avoid feeling vulnerable or unsafe.

Is it normal to feel uncomfortable with physical touch?

Yes, it is normal. Everyone has different comfort levels with physical touch based on personality, cultural background, past experiences, and individual sensory processing.

How can I become more comfortable with physical touch?

Gradual exposure, setting clear boundaries, communicating your feelings with trusted people, and possibly seeking therapy can help you become more comfortable with physical touch over time.

Does anxiety contribute to discomfort with physical touch?

Yes, anxiety can heighten sensitivity to physical touch, making it feel overwhelming or intrusive, especially in situations where you feel vulnerable or stressed.

Are there psychological conditions linked to discomfort with physical touch?

Certain conditions like autism spectrum disorder, PTSD, or sensory processing disorder can involve discomfort or aversion to physical touch due to differences in sensory perception or emotional regulation.

Additional Resources

1. *The Power of Touch: Understanding Physical Boundaries and Personal Space*

This book explores the psychological and emotional reasons behind discomfort with physical touch. It delves into personal boundaries, trauma, and sensory sensitivities that influence how individuals perceive touch. Readers will gain insight into how to communicate their boundaries effectively and develop healthier relationships.

2. *When Touch Feels Unwelcome: Navigating Physical Discomfort and Social Interaction*

Focusing on the social aspects, this book examines why some people feel uneasy with physical contact in various settings. It discusses the impact of past experiences, cultural differences, and individual preferences. Practical strategies are offered to help readers manage uncomfortable situations with confidence.

3. *Touch and Trauma: Healing from Physical Discomfort*

This book connects physical touch discomfort with experiences of trauma and abuse. It offers therapeutic approaches and healing techniques to overcome negative associations with touch. Readers will find guidance on rebuilding trust in their bodies and others through mindful practices.

4. *In Your Space: The Science Behind Physical Touch and Personal Comfort*

A scientific exploration of how the brain processes touch and why some people may experience discomfort. The author explains neurological, developmental, and psychological factors influencing touch sensitivity. The book also discusses sensory processing disorders and their impact on everyday

life.

5. Boundaries and Touch: Respecting Personal Comfort in Relationships

This book emphasizes the importance of setting and respecting physical boundaries in personal and professional relationships. It offers advice on recognizing your own comfort levels and communicating them clearly. The book also covers how to handle situations when boundaries are crossed.

6. Why Does Touch Hurt? Understanding Sensory Processing and Emotional Responses

Delving into sensory processing issues, this book addresses why physical touch can cause discomfort or pain for some individuals. It explains the interplay between the nervous system and emotional reactions to touch. Readers will learn about conditions like autism and tactile defensiveness that contribute to touch sensitivity.

7. Comfort Zones: Overcoming Anxiety Around Physical Contact

This book focuses on anxiety-related reasons for discomfort with touch, including social anxiety and past negative experiences. It provides cognitive-behavioral techniques and mindfulness exercises to help readers gradually become more comfortable with physical contact. The goal is to foster emotional safety and self-acceptance.

8. The Touch Taboo: Cultural Perspectives on Physical Contact and Discomfort

Exploring how culture shapes attitudes toward touch, this book highlights differences in physical contact norms around the world. It discusses how cultural background can influence one's comfort level and reactions to touch. Readers will better understand the social context of their own feelings and those of others.

9. Healing Through Touch: Reclaiming Comfort and Connection

This book offers a hopeful approach to overcoming discomfort with physical touch by exploring healing modalities such as massage therapy, somatic experiencing, and bodywork. It emphasizes the potential for touch to become a source of comfort and connection rather than distress. Personal stories and expert advice inspire readers to take steps toward healing.

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why does physical touch make me uncomfortable: Living with Extreme Intelligence Sonja Falck, 2023-03-30 In Living with Extreme Intelligence: Developing Essential Communication Skills, Dr Sonja Falck provides a unique and practical manual of how to improve interpersonal interactions that involve adults who stand out from the neurotypical majority by having top 2% IQ. Her main message is that understanding the individual differences involved in extreme intelligence and mastering relevant communication skills can break through barriers of frustration, underachievement, and loneliness, to bring about brain-changingly positive conversations and interpersonal effectiveness, connection, and joy. Dr Falck begins by explaining the neurophysiological and social foundations of why we communicate the way we do, and then explains in detail seven essential communication skills. Following this, she shows how to put these skills into practice, applying insights from depth psychology and demonstrating how to have better conversations in a variety of contexts from general social gatherings to the workplace and intimate relationships. Particular attention is paid to areas that Dr Falck's research and professional practice have repeatedly shown her are challenging for adults with extreme intelligence, such as small talk, office politics, dating, and handling conflict. She draws on case examples from her consulting work (psychotherapy and coaching) with clients who have extreme intelligence, and examples from novels, cinema, the media, the literature on giftedness, and biographical material on high-profile high-IQ figures like Steve Jobs, Elon Musk and Lady Gaga. Throughout she emphasizes the theme from her original model of interpersonal relating, which is that experiencing freedom of self-expression with others who offer you a high level of acceptance is what puts you in a state of thriving. The book provides step-by-step guidance for engaging in numerous interpersonal situations, such as how to handle difficult conversations, how to write effective emails, how to breathe, listen, play, take a risk, bond, repair a broken connection, and keep yourself well through changes like failure, success, and falling in love. It is essential reading for anyone affected by, or interested in, issues associated with extremely high intelligence.

why does physical touch make me uncomfortable: Interpersonal Communication Richard West, Lynn H. Turner, 2018-11-29 Interpersonal Communication, Fourth Edition empowers you to

become a more confident communicator by providing you with both the knowledge and the practical skills you need to make effective communication choices in today's rapidly changing and technologically advanced society. Rather than telling you how to communicate, authors Richard L. West and Lynn H. Turner offer a toolbox of key skills so you can actively choose and experiment with strategies appropriate for a given situation. Filled with realistic examples and scenarios that reflect the diversity and interactions of today's students, this practical text makes clear connections among theory, skills, and the life situations we all encounter on a daily basis. New to the Fourth Edition: New personal reflection questions for the IPC Careers and IPC Around Us features help you discover the relevance of interpersonal communication in your everyday life. A new applied theory feature, IPC Praxis, shows you how to apply the theories outlined in the chapter narrative to your life experiences. New chapter wrap-ups, key questions for application, and communication application tests provide you with opportunities to assess what you have learned in the chapter. SAGE edge provides you with helpful tools, including eFlashcards, practice quizzes, and more, in one easy-to-use online environment.

why does physical touch make me uncomfortable: Juggling Food and Feelings Mary Elizabeth Gatta, 2002-01-01 In *Juggling Food and Feelings* Mary Gatta applies social and structuration theory to the workplace as she analyzes the emotional challenges faced by restaurant workers. Gatta utilizes extensive participatory observation of, and interviews with, restaurant managers and servers to explore how workers deal with emotional experience in the workplace. Positing that we ordinarily maintain an emotional balance, Gatta theorizes that our ability to cope with emotional disturbances in the workplace depends on situated rebalancing scripts used to control feelings. Contributing to the sociology of gender, social psychology, and labor theory this study of occupations expertly reveals the complex typology of emotion management.

why does physical touch make me uncomfortable: This Is Awkward Sammy Rhodes, 2016-03-01 Don't waste your awkwardness. The most difficult subjects in our lives are also the ones that we find most uncomfortable to talk about: divorce, body image, sexuality, pornography, or depression. Our awkward silence reveals the gap that exists between what we are and what we know we should be. But God loves those awkward moments, Sammy Rhodes argues, because they are precisely where we find connection with God and one another. In *This Is Awkward*, Rhodes talks directly, honestly, hilariously about the most painfully uncomfortable subjects in our lives. In chapters like "Parents Are a Gift (You Can't Return Them)" and "The Porn in My Side," he boldly goes where most of us fear to tread, revealing that we can be liberated by the embrace of a God who knows the most shameful things about us and loves us all the same. Because nothing is too awkward for God.

why does physical touch make me uncomfortable: Recognising Asperger's Syndrome (Autism Spectrum Disorder) Trevor Powell, 2017-07-05 Written by a clinical neuropsychologist, this book is an accessible guide to everything you need to know about Asperger Syndrome, offering information and guidance, self-help and coping strategies and illustrated throughout with over 150 personal quotes, vignettes and anecdotes from clients with AS with whom the author has worked with clinically over the last 10 years. The book is deliberately aimed at a broad audience of people: those who have just received a diagnosis and want to know more, those who are considering seeking a diagnosis, family members, relatives, friends and clinicians including mental health workers, psychologists, support workers and all those who work with people with AS. Trevor Powell is a Consultant Clinical Psychologist who is the Lead for Neuropsychology services for Berkshire Healthcare NHS Trust. He has written a number of books and research articles having worked clinically for over 30 years in the field of adult mental health, brain injury, particularly head injury, and with adults with Asperger's syndrome/Autism.

why does physical touch make me uncomfortable: Positive Ethics for Mental Health Professionals Sharon K. Anderson, Mitchell M. Handelsman, 2021-08-02 Develop a practical and comprehensive view of professional ethics In the newly updated Second Edition of *Positive Ethics for Mental Health Professionals: A Proactive Approach*, distinguished psychologists Drs. Sharon K.

Anderson and Mitchell M Handelsman deliver an insightful guide for mental health professionals and trainees to strengthen and/or develop their professional and ethical identities. Utilizing the same informal and inviting tone of the first edition, Anderson and Handelsman share the literature and provide positive discussions, exercises, case scenarios, and writing assignments, to help you explore and develop your ethical core. You'll also develop your self-reflective skills to learn how to make excellent ethical choices regarding psychotherapy and counseling. This edition of the book also offers: An introduction of the idea of tripping points, or predictable pitfalls, when making ethical choices. Discussions of nonrational factors in ethical decision-making, including biases, heuristics, and emotional influences. A renewed focus on ethical acculturation, which emphasizes the importance of your own background in the development of your ethical identity. Perfect for undergraduate and graduate students studying psychotherapy and mental health counseling, *Positive Ethics for Mental Health Professionals*, will also earn a place in the libraries of mental health practitioners seeking a primer on the complicated ethical issues that inevitably arise in their practices- and how to prepare for them and navigate them.

why does physical touch make me uncomfortable: *Overcoming Anxiety in Sex and Relationships* Paula Leech, 2024-10-16 This book gives readers an accessible and comprehensive understanding of how anxiety, stress, and pressure can have a profound impact on pleasure, connection, and sexual functioning, offering practical tips and techniques for resolving common sexual struggles. Anxiety can influence a multitude of aspects that make us who we are, changing how we move through, make meaning of, and interact with the world around us. Paula Leech begins by defining anxiety and how it affects our physiology before guiding readers to identify some of the primary sources of anxiety in their lives, such as family, gender, culture, religion, relationship dynamics, and sexual trauma. Encouraging clients to take responsibility, she offers alternative ways of conceptualizing and defining sex, sexuality, sexual values, and a client's ongoing sexual development as a way of addressing some of the emotional, social, and psychological barriers to intimacy. Practical and engaging, this book includes mindfulness and embodiment exercises to help clients release stored tension, work through specific sexual struggles and "dysfunctions," and deepen their connections with their body. This guide is essential reading for established and training sex therapists as well as for those who experience anxiety-based sexual challenges with their partner.

why does physical touch make me uncomfortable: *Runways and High Heels and Murder* Patti Larsen, 2018-07-10 An empowering kind of moment I had no idea hitting someone could be so emotionally satisfying. Not that I condoned violence on a regular basis, but I did happen to be known for my temper. Still, I usually took the pacifist route on the outside, if I tended to boil over on the inside. This opportunity to actually use my fists to strike out at another human being had much more appeal than I should have allowed myself. And the tight grin and panting half-hiccup, half-giggle that escaped me every time I punched Matt honestly had to go. Self-defense class was fun, yo. Fee and Crew have fallen into a delightful romance while Reading's continuing popularity keeps her busy at work. When a fashion show comes to town, Fee finds herself hosting Vivian French's favorite designer at Petunia's, along with the drama that entails. But when one of the elite ends up dead, it's the drama between her loved ones that gets Fee the most riled up while she does her best to solve yet another murder. cozy murder mystery series, cozy murder mystery, cozy murder mystery books, cozy murder, cozy murder mysteries, animal cozy mystery, animal cozy

why does physical touch make me uncomfortable: *Forever and Always* Celestia G. Tracy, Steven R. Tracy, 2011-04-07 This is a handbook for understanding and deepening the stages involved in bonding or attaching closely to another human being. Marriage, the most intimate of all human relationships, is described in Scripture as a one flesh mystery (Eph 5:31-32).

why does physical touch make me uncomfortable: *Awkward Conversations with Animals I've F*cked* Rob Hayes, 2014-08-01 One-night stands are awkward. One-night stands with animals are more awkward. And when you're as desperate to please as Bobby, things get awkward as f*ck. He's just a guy with too much love to give, and a burning desire to give it to consensual adult

mammals.

why does physical touch make me uncomfortable: Working with High-Risk Youth Peter Smyth, 2023-12-28 This fully revised and expanded second edition focusses on high-risk youth - whose struggles include neglect and abuse, alcohol and drug abuse, the risk of being exploited, mental health issues, and the inability to self-regulate and trust - a population of youth that government child welfare services and community agencies struggle to serve adequately. The focus has traditionally been on punishment-consequence interventions and demanding compliance, but experience and research shows that they can be better served through relationship-based practice incorporating harm reduction principles, resiliency and strength-based approaches, community collaboration, and an understanding that these youth typically come from experiences of early trauma impacting their brain development and their ability to form attachments. With new material on attachment, trauma and brain development, the perfect storm youth, how to end relationships, shame, and societal divisions, this book provides an overview of the Get Connected practice framework and philosophy which has been successfully used in Canada and New Zealand and provides strategies for engaging and working with the most disconnected, challenging, and troubled youth in society. It will be required reading for all agency service providers, community outreach workers, youth workers, group home workers, probation officers, foster parents, adoptive parents, service navigators, counsellors, addictions workers, mental health workers, teachers, youth group leaders, and youth pastors/advisors in religious settings, and camp counsellors.

why does physical touch make me uncomfortable: Getting Your Husband to Talk to You Bob Moeller, Cheryl Moeller, 2013-09-01 "The only husbands who will not talk to their wives are the ones who do not believe they will be listened to. If your husband believes you will listen to him, he will talk to you." In this eye-opening new book on communication—or its lack—in marriage, Bob and Cheryl Moeller help couples break free from behaviors that hinder heart connections. The book provides for wives such practical insights as the seven most common reasons husbands don't talk to their wives the five most common mistakes wives make when talking to their husbands seven winning strategies wives can use to get their husbands to open up In *Getting Your Husband to Talk to You*, the Moellers offer wise counsel that will help wives empower their husbands to share their hearts, draw closer than ever, and enhance their marriage bond.

why does physical touch make me uncomfortable: Just Work Kim Scott, 2021-03-16 From Kim Scott, author of the revolutionary New York Times bestseller *Radical Candor*, comes *Just Work*—how we can recognize, attack, and eliminate workplace injustice—and transform our careers and organizations in the process. We—all of us—consistently exclude, underestimate, and underutilize huge numbers of people in the workforce even as we include, overestimate, and promote others, often beyond their level of competence. Not only is this immoral and unjust, it's bad for business. *Just Work* is the solution. *Just Work* is Kim Scott's new book, revealing a practical framework for both respecting everyone's individuality and collaborating effectively. This is the essential guide leaders and their employees need to create more just workplaces and establish new norms of collaboration and respect.

why does physical touch make me uncomfortable: Stepping in the NOW Vaishnavi Dahake, 2021-07-14 *Stepping in the Now* is focused to be a YA contemporary that revolves around the life of Prayaag—a sixteen year old boy who's walking on the path of pursuing his parents' dream of becoming a doctor, but secretly he wishes to be a writer and that means crushing and stomping over his parents' dream; Jeeval—a sixteen year old girl who's lost both of her parents at a very young age, as a result of which she's emotionally closed herself off completely until she meets Prayaag at the same coaching centre; Samtha—a lady they meet in a basement slam sort of place who's stepped out of a horrible marriage—she'd to do because of parental pressure—and that has left her devastated and unable to trust anybody; Abhinav—Jeeval's brother and a medical repeater at the same coaching centre, who's also dealing with his past demons along with his sexuality and the current pressure of cracking the entrance test that leads him on to a very dangerous path (drugs); Sameer—Jeeval and Abhinav's cousin who owns a freaking bookstore so Prayaag envies him

downright (I mean, who wouldn't?); and a stranger they come across with or rather with his diary—Arjav—who dreamt about watching every possible corner of the world. The trio of Jeeval, Abhinav and Sameer enter Prayaag's life like a hurricane, stirring him from top to bottom, and make him question all the things he's been doing wrong—Arjav's diary acts as a very good catalyst. And so, Prayaag mixes with them like hot chocolate does with warm milk; changing its colour and making it taste better. That diary contains nothing more than four pages in which the stranger—Arjav, had written about transcending each and every factor that was holding him back from following his heart, living the life he'd always imagined. That diary creates a chaotic mess inside Prayaag's head. He is constantly juggling himself between his and his parents' dreams. In between all this chaos, they discover a place of solace, SOUL's, an extension of coffee corner—where they all always sit to spend some time together. SOUL's is every writer's dream-come-true—where people could take the centre stage and share their words with people who are greedy and needy for them. That's where they meet Samtha for the first time. She touches Prayaag's life in a different and stupefying way. The way they both are walking on the path of medical science yet have a secret desire of becoming a writer develops an instant connection between them. Samtha is a frequent performer at SOUL's and Prayaag never once misses any of her performance, even if that means bunking his classes. She isn't just a random performer for him; she's his friend, philosopher and guide, who helps him in clearing a lot of his mess. As time passes by, Jeeval, Prayaag, Abhinav, Sameer, and Samtha grow to be inseparable part of each other's lives—with an addition of Bilal, Abhinav's secret companion. Through series of events like—chatting with Samtha on life and philosophy; meeting his childhood best-friend who is a fashion designing student—something she wanted to do all her life; a book launch at Sameer's bookstore—where a young bestselling author of an inspirational novel shines his thoughts on how taking two steps forward on your account, to make yourself happy, and a step back-dragged by others is still one step forward; meeting Arjav and knowing his story—Prayaag finally gets the courage to write his story, take a step toward his dreams, believe in them and make others (his parents) believe in them too. The story takes a turn when they are on a road trip. Jeeval has issues celebrating her birthday as the day on which the accident that killed her father clash with that day. But trying to shoot it out and to leave all the scars behind, they go on a road trip to meet Arjav. Through his diary they manage to find Arjav, who now stays in Udaipur. On their trip back home, their car meets with an accident as a result of which Prayaag has a near-death experience and an acute memory loss...that leads to some blank spaces on his memory but not enough to make him forget his passion and his love and his I-could-do-anything-for-them-and-that-is-mutual-too friends. Stepping in the Now isn't just about Prayaag following dreams. It's also about: Jeeval: who carries her I-don't-care-about-anyone-but-me façade yet deep down she feels deeply—not just for Prayaag—for everyone around her; who falls for a boy who tries to push her away consistently, but she sticks to her ground and make that boy realize—push-away-s don't work when the fire is burning with equal intensity on both the sides. Abhinav: who is constantly fighting with himself ever since his parents died four years ago, and even before that by keeping a major part of him a secret. Being a medical repeater he has more pressure on him. Getting involved with drugs, he is almost on the path of ending his life, but with the help of his friends-slash-family he finds a new and brighter path for himself. Samtha: a lady who's stepped out of a horrible marriage and is trying her best to find an anchor within herself; who thought life's just a means to wait for death, finally realizes that a flower has to wilt after blooming but that shouldn't bring a pause to the beautiful phase of blooming. The story ends with Prayaag writing his story and continuing his journey with Jeeval, Abhinav giving himself another chance...giving his life another chance, and Samtha—who initially stopped believing in love and relationships—ending up with Sameer.

why does physical touch make me uncomfortable: Communication in Healthcare Principles, Skills and Practices Dr. S.N. Basu, 2025-09-25 Communication is the heartbeat of healthcare. From building trust with patients to coordinating care within teams, effective communication is fundamental to quality, safety, and ethical practice in healthcare. Yet, it remains one of the most undertaught and underpractised skills. 'Communication in Healthcare: Principles,

Skills and Practices' is a timely and comprehensive guide that bridges theory and practice to address the realworld communication needs of healthcare professionals. Grounded in evidence and enriched with clinical insight, this book explores key competencies such as empathetic listening, shared decisionmaking, conflict resolution, and communication in emotionally charged or highstakes situations. Uniquely contextualised for Indian healthcare systems while drawing from global best practices, this book is an essential resource for medical and nursing students, educators, clinicians, and health administrators. Each chapter offers clear concepts, practical strategies, and reflective tools to promote effective, ethical, and communication. patientcentred Whether you are at the bedside, in the classroom, or shaping policy, this book will support your journey towards more meaningful, impactful, and compassionate communication in healthcare.

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