

# Oh No! I Cried at Work Today

By [Elizabeth Black](#)

For centuries, there has been a stigma about crying at work. People will tell you that breaking down, especially in front of your manager, is the biggest career-limiting move. Others will say, "Emotions show that we are human; why shouldn't we be allowed to show them at work?" The fact is that emotions are part of what makes us human. We all have them; some people just hide them from others for many different reasons.

The bottom line is that, like many other things, it is the degree of emotions and the frequency of showing them that you should consider. For example, crying at minor things--such as after an abrupt encounter with a domineering manager or because an insensitive colleague made a boorish comment in the break room about the fact that it might be good exercise if you took the stairs to the office to lose some of those post-holiday extra pounds--and doing it regularly, could be perceived as inappropriate in the office. However, crying during a poor performance review or even when something triggers a memory of a loved one who might be ill, is totally understandable and will not be the black mark on your work history that perhaps people used to think. Most managers are taught how to handle emotions of their employees during these situations, and, for the most part, if they are not usual occurrences, they will be handled and then forgotten.

Crying isn't the only emotion that occurs in the workplace. Anger is another that, if it gets out of control or erupts often, could spell trouble. In fact, any emotion, including the positive emotions such as laughter, can be overdone.

If you are a sensitive, emotional person, you should think about how to balance the right show of emotion with being emotionally "trigger happy." It is not always easy to control emotions and you don't want to become a workplace robot, but the saying of "everything in moderation" is as applicable in dealing with emotions as it is in life in general.

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