

HEALING EMOTIONAL PAIN



Any emotion which causes discomfort can be labelled as emotional “pain.”

But we can go deeper...

True emotional pain occurs when uncomfortable emotions are buried and left to fester and rot.

Over time, these emotions compound upon one another to manifest in a number of toxic ways, slowly eroding our overall wellbeing.

Overcoming emotional pain is a process that requires time, but it's also a process that requires introspection.

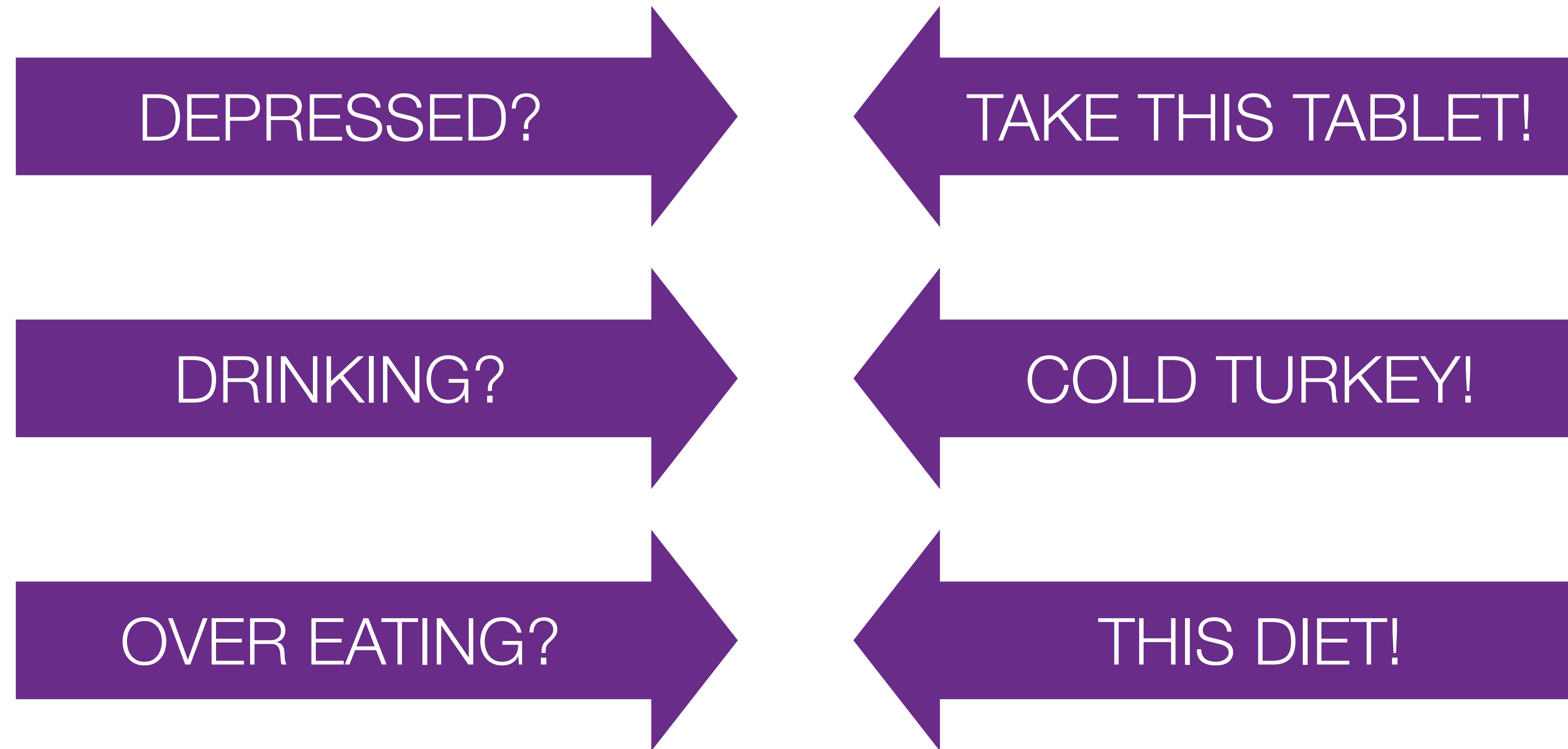
We may feel that the pain we experience is inflicted by others.

But it's our **responsibility** to heal it.

We are trained to accept surface level appearances as fact.

Once these superficial observations have been established as “just the way it is...”

...then the only option becomes
oppositional resistance.



Whilst you may need to 'get clean' - **prohibition** has a tragic track record.

When touched with a feeling of pain, the uninstructed run-of-the-mill person sorrows, grieves, and laments.

He beats his breast and becomes distraught.

So he feels two pains, - first physical and then mental.

Just as if they were to shoot a man with an arrow and, right afterward, were to shoot him with another one, so that he would feel the pains of two arrows.

The first arrow causes pain, the second creates suffering.

Pain is necessary. But suffering is optional.

~ *Buddha*

How Do We Create Suffering?

The problem is **pleasure** coupled with our desire to make it **permanent**.

We are so obsessed with pleasure and comfort, that we can't handle the thought of discomfort or pain.

Over the counter pain relief drugs constitute \$23,000,000 per year.
One in ten Americans is addicted to opiates.

How Do We Create Suffering?

Yet 90% of stress, frustration, anxiety, lashing out, shameful behaviour, outrageous reactions, addictions, compulsions and bad habits comes from our discomfort. **Discomfort with ourselves.**

But it's not the discomfort itself, it is the bad feeling about discomfort that creates problems.

How Do We Create Suffering?

We contort ourselves in myriad ways to avoid pain of any kind.

And that's precisely the problem.

Chasing pleasure and comfort, has robbed us of one of the most beneficial traits that anyone can have: **being able to accept and work** through discomfort and pain.

HEALING EMOTIONAL PAIN

SPIRIT

WHO WE REALLY ARE

Observer

GOD
Within

Universe

All seeing,
all knowing
awareness
without
emotion.

Inner
Peace

‘Splitting off’ from self

SELF IMAGE

WHO WE THINK WE ARE

Wound(s)

Pain

Contraction

Decision
about self

DRIVER =
“I will not survive this
happening again.”

PERSONALITY

HOW WE SHOW UP

Reactive
Defence
Strategy

Attitude
Towards
the world

Suffering

SUFFERING
IS DOING
THE SAME
THING OVER
AND OVER &
EXPECTING
A DIFFERENT
RESULT.

We continuously re-create the event in order to heal

The problem with any defence mechanism is it is reactive.

To “react” is to ‘re-enact’ or meet at the same level.

If you are in reaction - you are out of control.

You will not be free until you choose your response.

It may take considerable time to find this preferred response.

This is why we must be introspective and reflective.

A considered response takes wisdom, courage and thoughtfulness while a reaction only needs fear to be triggered causing a backlash.

Therefore reactions are about what we fear.

Examining our **reactive** defence mechanism will reveal what we are afraid of.

The perfectionist thinks **they are** their performance.

Therefore they must perform excellently or be held to account as substandard.

The Chatterbox is afraid they will be **seen** in any open stillness/silence.

Therefore they cackle continuously thinking everyone loves their conversational conviviality.

The rebel fears the 'prison' of **conformity** and 'normal'.
Therefore they must take up an oppositional
approach especially towards authority.

The victim fears further **belittlement** and humiliation.
Therefore they can't take a stand.

We could go on and on....

Healing Emotional Pain

We can only heal hurt when we stop contracting around it.
And organising our lives so that 'thing' will never happen again.

Therefore we must open to the pain we have kept buried (and nurtured) for so long thinking if it was unleashed we would die.

SPECIFICALLY

This means:

THIS KIND OF WORK
IS MESSY ENOUGH
FOR MOST PEOPLE
TO NEVER DO.

1. Identifying exactly what the fear is,
2. Naming the consequences of 'letting go',
3. Allowing the original feeling in,
4. Welcoming that feeling without holding back,
5. Sitting still with the change,
6. Acknowledging your courage and power.

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GENERALLY
This means:

MOST PEOPLE
WON'T MAKE THE
TIME OR THE
EFFORT FOR THIS.

1. Journalling as a practice,
2. Re-invention of self and personality,
3. Practicing self care,
4. Being present and choosing how you feel,
5. Expecting to be challenged to 'go back,'
6. Heighten your personal awareness.

	SURFACE	ACTUAL TRIGGER	BEHAVIOUR	HEALING
ANGER	Volatility	Something is not OK! My boundaries have been crossed.	Usually outrageous and counter productive.	Get under the anger and find what is really happening.
SADNESS	Flat, tears...	Loss and grief of someone or somethng that was valued.	Crying fits. 'Endless' tears.	Dive into the loss. Grieve.
FEAR	Fear	Fear (default emotion).	Pretending that everything is OK or that everything is life threatening.	Make friends with fear.
SHAME	Flawed	Rejection, judgement, humilaiton.	Overt displays of power or become victim.	Reconciliation with spiritual self.
GUILT	Mistake	Bad judgement, poor information.	Introverted.	Realistaion of healthy guilt.
ANXIETY	Generalised, low level fear	Fear of the unknown.	Hyper-vigilance.	Understand that there is no control.
DEPRESSION	Repressed, tired.	Unaddressed, unhealed emotions - likely anger.	Can't be bothered.	Anger work and gym trips.
HURT	Victim	Recoiling from damage, criticism, judgement...	Introverted or extroverted.	Re-united with spiritual self. Observer attitude

Assignments

<i>1</i>	Identify the original wound by examining what you 'run' from.
<i>2</i>	Identify the behaviours you use to make the 'running' happen.
<i>3</i>	What is the pain you need to release?