



DEALING WITH PAIN

WORKSHEET

Recognize That Pain is Part of Life

Running/stuffing doesn't work

Being perfect/being good/following a formula doesn't prevent it

Being a super-spiritual Christian won't change this fact

"Yet man is born to trouble, as surely as sparks fly upward" Job 5:7

This is a fallen world – Look up afflictions in a topical Bible

Sources of Pain - from childhood (which one applies to you)

- Failure to have needs met as a child
 - Active failure Abuse; sexual, physical, emotional, verbal
 - Passive failure Conditional love
 - Parental addiction – substance, activity
 - Abandonment – physical, emotional
 - Parental depression
 - Break up of the family
 - Failure to bond with spouse
 - Lack of relationship with God
- Emotional Incest
 - Child functions as a parent or spouse
 - Child functions as a caregiver/rescuer to parent
- Parents emotional baggage
 - Position in life; vocational/financial/social "Have I made it?"
 - How dealt with tragedies, disappointments
 - View of God
 - View of others



- Negative messages about me
Spoken, Unspoken, Experienced, Witnessed
Examples: "You can't trust men/women."
"Don't ever be too happy."
"Don't talk, don't feel, don't trust."
"You're no good, there's something wrong with you."
"If anything goes wrong, it's your fault."
"Take care of yourself, because no one else will."
"You must be perfect!"

(Write down some negative messages you received as a child)

- Stuffed feeling/Rejected parts of me
Anger; from families that stuffed anger or raged
Fear/Vulnerability; from homes who were anxious, worried, chaotic
Reject sexuality
Reject intimacy
Reject personal responsibilities, boundaries, rights

Sources of Pain – as an adult (note which apply to you)

- Marriage
Legal divorce
Emotional divorce/rejection
Spouses addiction/compulsions/dependencies
Spouses depression
Wrong priorities
- Parenting
Disappointment with outcome of children's lives
Death of a child
Blended family struggles
- Extended family
Aging parents/parents with serious disease (Alzheimer's, Parkinson's, etc.
Unresolved conflict with family member



- Career/Vocation
 - Dead-end job
 - Fired/laid –off
 - Business changes
- Financial
 - Bankruptcy
 - Bad decisions
 - Fraud
 - Financial pressure
- Sexuality
 - Infidelity
 - Lack of desire
 - Unresolved sexual issues/struggles
- Health
 - Chronic illness/disability
 - Terminal illness
- Friendships/romantic relationships
 - Rejection/betrayal
 - Isolation; lack of close friends
 - Disappointments with romantic relationships
- Others not mentioned: _____

What do we do with the pain?

We do have a choice about what we do with the pain.

We have five different options to deal with the pain.

Four of the five are unhealthy.



Option #1 – Turn Pain Inward

How it affects me and my attitude:

- Anxiety
- Depression
- Self-destruction
- Self-denial
- Psychosomatic illness

How it affects my relationships:

I have no “me” to bring to you in a relationship.

Option #2 – Turn Pain Outward

How it affects me and my attitude:

- Critical
- Attacking
- Blame
- Rageaholic

How it affects my relationships:

I push you away from me out of fear that you may reject me.

Option #3 – Medicate the Pain

How it affects me and my attitude:

- Alcoholism
- Workaholism
- Religious addiction
- Religious addiction
- Perfectionism
- Compulsivity
- Money addiction
- Compulsive overeating

How it affects my relationships:

My heart is anesthetized to escape the pain so I don't feel emotions and don't have a way to become intimate with you.



Option #4 – Deny the Pain

How it affects me and my attitude:

- Lack of boundaries
- Assume false role/identity
- False intimacy
- Possessive
- Control freak

How it affects my relationships:

- Fuse myself into you to lose my own pain
- Rescue or control your pain
- Become a victim
- Manipulator

Option #5 – Heal the Pain

How it affects me and my attitude:

- Acknowledgement
- Expression
- Comfort
- Acceptance
- Forgiveness
- Resolution

How it affects my relationships:

- I am available for intimate, loving relationship with you because my heart is open and sensitive. I have something to offer to you and am able to receive from you.



Close-up of Option #5

How do we apply these principles in our lives?

1. Allow ourselves to feel the full weight of pain.

We must willfully choose not to escape the pain.

Feel the feelings, stop stuffing.

Case study – How Jesus Dealt with Pain

He experienced emotional pain and He faced His hurt:

"He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces, He was despised, and we esteemed Him not." Isaiah 53:3

He experienced rejection, grief, trials hatred, disrespect.

"And being in anguish, he prayed more earnestly, and His sweat was like drops of blood falling to the ground." Luke 22:44

Websters: anguish – great suffering as from worry, grief, or pain

Felt emotional pain, did not turn pain inward, outward, medicate



2. Express pain and feelings to God and possibly others.

Spend time in prayer, sharing in safe situations with safe people, like support groups.

Case study – Jesus

He expressed His pain to His Father:

"During the days of Jesus' life on the earth, he offered up prayers and petitions with loud cries and tears..."
Hebrews 5:7

He expressed His pain to His close friends and asked them for attention and support.

"He took Peter and the two sons of Zebedee along with Him, and He began to be sorrowful and troubled. Then He said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."
Matthew 26:37-38

When these close friends failed to meet his needs by falling asleep, he let them know that he was hurt and disappointed and then asked them again to meet His needs:

"Then He returned to His disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation."
Matthew 26:40-41

When He came back, He again found them sleeping, because their eyes were heavy. They did not know what to say to Him. Returning the third time, He said to them, *"Are you still sleeping and resting? Enough!"*
Mark 14:40-41 7



3. Identify the source of the pain – be specific

Already discussed some sources from childhood, adult life.

4. Receive healing for the specific damaged feelings.

Specific prayer for specific needs

Share one source of pain from childhood, one source of pain from adulthood.

Pray specifically for each other.

5. Release the pain back to the cross.

"Surely He took up our infirmities and carried our sorrow..."

Isaiah 53:4

If we did not, we will carry it yourself and deny the cross.

6. Rescue the part of me that I rejected.

Refers to blocked ability to see me in God's image.

What is God's image? (love, forgiveness, holiness, justice, mercy, truth, etc.)

Write down what part of you did you reject?

If you have problems identifying – ask yourself, "What was my perception of me as a result of this pain?"

7. Reject the lies that I believed that came out of pain.

If you really knew me you wouldn't like me.

I'm worthy of love aside from my performance.

I am what I am, I cannot change, I'm hopeless; I'm inherently flawed.

Write down what lies you believed as a result of the pain.

8. Replace the lies with specific truth.

What does God say about me?

Examples: I am deeply loved.

I John 4:9-11

John 3:16

Romans 5:8



I am fully pleasing.

Romans 5:1

I am totally accepted by God

Colossians 1:21-22

I am absolutely complete in Christ

Colossians 2:10

I am a unique unrepeatable miracle of God!

9. Release the offender(s) by forgiving them.

Case study – Jesus

Jesus forgave His offenders:

He prayed that His Father would forgive His crucifiers.

“Father, forgive them...” Luke 23:3

Look up forgiveness in Nave’s tropical.

Release them from the debt owed as a result of the offense.

Example from personal experience: Dream – shooting.

Resolution of the Pain

When the resolution of pain is complete, pain becomes a point of reference that I learned from, not a predictor of the future that labels me.

I no longer react to my buttons being pushed.

I don’t overreact because a circumstance consciously or unconsciously reminds me of the hurt.



Growth and Recovery

Respond instead of react to people and situations.

I recognize my options and can make healthy choices.

I experience peace and joy in my life.

I am able to minister to others out of the comfort and ministry I have received from God.

Praise be to the God and Father of our Lord Jesus Christ,
the Father of compassion and the God of all comfort, who
comforts us in all our troubles, so that we can comfort those
in any trouble with the comfort we ourselves have received
from God. II Corinthians 1:3-4