

# **Options in Dealing With Pain**

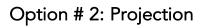
Option # 3: Addiction Cycle



#### Relationship Implication:

"My heart is anesthesized to the point that I have no emotions with which to achieve intimacy with you."

Alcoholism Workaholism
Perfectionism Compulsivity
Money Addictions
Food Addictions
Religious Addictions



#### Turn Pain Outward

Criticism

Attack

Blame

Rageaholism

# Relationship Implication:

"I push you away from me out of fear that you may reject me." Option # 4: Relationship Addiction (Codependency)



### Relationship Implication:

"I deny my pain by."

- 1. Attempting to lose me through merger with you.
- 2. Rescuing or controlling your pain (rescuer)
- 3. Carrying your pain for you (victim)
- 4. Inflicting my pain on you (victimizer)
- 5. Allowing you to over control me.

Pseudointimacy Possessiveness Control Struggles Artificial roles Collapsed boundaries



Option # 1: Introjection
Turn Pain Inward

# Relationship Implication:

"I have no 'me' to bring to you in a relationship."

Anxiety

Depression

Self-destruction

Self-Denial

Psychosomatic Illness

**PAIN**