



'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 (note which 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 some negative messages you received as a child.

- **Stuffed feelings/Rejected parts of you**

Anger; from families that stuffed anger or raged Fear/vulnerability;

from homes that were anxious, worried, chaotic Reject sexuality

Reject intimacy

Reject personal responsibilities, boundaries, rights

Sources of Pain – as an adult (note which applies to you)
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- **Marriage**

Legal divorce

Emotional divorce/rejection

Spouses

addictions/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 choices about what we do with the pain.
We have 5 different options to deal with the pain.
4 of the 5 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:

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 #3 – Medicate the Pain

How it affects me and my attitude:

- Alcoholism
- Workaholism
- 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: codependency

- 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: process grief

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, or deny.



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 also 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



3. Identify the source of the pain – be specific.

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.

Share what damaged feelings you struggled with.

Pray specifically for each other

5. Release the pain back to the cross.

“Surely He took up our infirmities and carried our sorrows, ...” Isaiah 53:4

If we do not, we will carry it ourselves 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 the pain.

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

I’m unworthy 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 topical.

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 our troubles, so that we can comfort those in any trouble with the comfort we ourselves have response from God.

II Corinthians 1: 3-4