



Options In Dealing With Pain

Option #3: Addiction Cycle



Relationship Implication:

"My heart is anesthetized 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

Option #4: Relationship Addiction (Codependency)



Relationship Implication:

"I deny my pain by:

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

Pseudointimacy Possessiveness
Control Struggles Artificial roles
Collapsed boundaries

Option #2: Projection

Turn Pain Outward

Criticism Attack
Blame Rageaholism

Relationship Implication:

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

Option #1: Introjection

Turn Pain Inward

Relationship Implication:

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

Anxiety Depression
Self-destruction Self-denial
Psychosomatic illness

Pain