



EAGLE
CONSULTING SERVICES

Dealing with how You're Feeling Workbook



Emotional Pain

(Dealing with how you're Feeling)

*"The best people all have some kind of scar. The scar always tells a story."
~ Dr Rob*

Introduction

Most people have felt emotional pain at some point in their lives. From breakups to grief, life can throw painful curveballs at us, but there's no mental painkiller to help us deal with the pain.

It is also never easy to find the right words to describe the emotional pain, especially in different situations. Finding the proper words could be difficult even if you had a dictionary in front of you. It's because emotions are difficult to describe.

If you are looking for the right words to describe emotional pain, Dr Rob has several below that will perfectly fit any type of situation that you may experience.

Instructions

Take some time to read over the list on this page and the next of descriptive words and phrases for emotional pain and **circle** the ones that adequately describes the emotional pain that you have experienced.

Abandoned	Can't trust anyone	Despised
Abused	Cheap	Despondent
Accused	Cheated	Destroyed
Afraid	Coerced	Detested
All my fault	Condemned	Devalued
Alone	Confused	Didn't belong
Always wrong	Conspired against	Didn't measure up
Angry	Controlled	Dirty
Annihilated	Cornered	Disappointed
Anxious	Crushed	Discarded
Apathetic	Cursed	Discounted
Ashamed	Cut off	Discouraged
Avoided	Deceived	Disgraced
Awkward	Defeated	Dishonoured
Babied	Defenceless	Disregarded
Bad	Defrauded	Disrespected
Belittled	Degraded	Dominated
Betrayed	Depressed	Embarrassed
Bewildered	Deprived	Empty
Bitter	Deserted	Excluded
Blamed	Desires rejected	Exhausted
Can't do anything right	Despair	Exploited

Exposed	Molested	Torn apart
Failure	Neglected	Trapped
Fear, fearful	No good	Trashed
Foolish	No support	Tricked
Forced	No way out	Ugly
Forsaken	Not being affirmed	Unable to speak
Friendless	Not cared for	Unaccepted
Frightened	Not cherished	Uncaring
Frustrated	Not deserving to live	Uncared for
Good for nothing	Not listened to	Unchosen
Guilty	Not measure up	Unclean
Hated	Not valued	Undesirable
Hate myself	Opinions not valued	Unfairly judged
Helpless	Overwhelmed	Unfairly treated
Hopeless	Paralysed	Unfit
Humiliated	Powerless	Unimportant
Hurt	Pressured	Unheard
Hysterical	Pressure to perform	Unloved
Ignored	Publicly shamed	Unlovable
Impure	Put down	Unnecessary
Inadequate	Rejected	Unneeded
Incompetent	Repulsed	Unnoticed
Indecent	Resentful	Unprotected
Inferior	Revenge	Unresponsive
Inhibited	Ridiculed	Unsafe
Insecure	Ruined	Unwanted
Insensitive to my needs	Sad	Useless
Insignificant	Scared	Valueless
Invalidated	Secluded	Violated
Isolated	Self-disgust	Vulnerable
Knocked down	Separated	Walked on
Judged	Shamed	Wasted
Left out	Silenced	Weak
Lied to	Stepped on	Worthless
Lonely	Shattered	Wounded
Lost	Stressed	
Made fun of	Stupid	
Manipulated	Suicidal	
Mistreated	Taken advantage of	
Misunderstood	Terrified	
Mocked	Threatened	

Insights

So how can you deal with the emotional pain?

While there's **no fast-acting mental and emotional painkiller**, there are lots of ways to deal with emotional pain. Some of them, like alcohol and other addictive substances, may seem effective, but only short-term, and they impair functioning in other areas. They are really just an attempt to numb the pain.

Others, like distracting yourself by focusing solely on work or a hobby, can be beneficial, but they won't eliminate the cause of the pain.

Interventions like, Life Coaching and Counselling have been proven to be effective in helping people find both **relief from the pain and eliminating its cause**. As someone once said, "A burden shared is a burdened halved!" It's easier to solve a problem with some help.

As a Christian, Dr Rob has also found that **wisdom from the Bible** has been a tremendous source of help for people in overcoming their emotional pain.

How NOT to deal with how you feel (emotional pain)

Dealing with emotional pain is hard, which makes us **seek easier options**. However, some of the most common methods **aren't the best**.

1. Alcohol and other substances

- There is a romanticized idea of using alcohol to numb the pain. Whether it's drinking a bottle of wine with your friends while you curse out an ex, or using whiskey as a sleeping aid to take your mind off the constant loneliness, alcohol seems like an easy fix.
- Unfortunately, it works **only short-term and doesn't solve the cause of the pain**. Alcohol is also highly addictive and if anything, will cause you more problems.
- **Numbing yourself** to the pain isn't going to solve your problems.

2. Hurting others

- Pain can make us lash out at others, and while they may sometimes deserve it, being angry at other people will not make the pain go away.
- It's natural to be angry at those who have wronged us - at least in our eyes. **Addressing anger and its causes** can be a **powerful way to heal** and strengthen a relationship.
- However, hurting someone will rarely bring the catharsis we hope for.
- Instead, it can leave us **wracked with guilt or simply ashamed**.

3. Avoiding the pain

- Distraction is sometimes a good strategy, but not always. While burying yourself in work can bring the relief we need, it won't solve the cause of the pain and there may come a time when **we have to face the facts**.
- Finding fun things to do to avoid thinking about emotional pain all the time is a part of the recovery process, but **completely avoiding dealing with the pain** will only **prolong the process**.

How to deal with emotional pain

Dealing with emotional pain is hard, but it's not impossible, especially when you realise and accept that there are no easy fixes. It can be tempting to pick an easier way, but it's better to endure some extra discomfort for a **full recovery**.

1. Face the pain

- You cannot heal something you don't accept as a reality.
- **Accept the pain** and the **reason behind it** and don't try to fight it or push it away.
- Examining the pain closely and finding out what it's trying to tell you will help you start moving in the right direction towards healing.

2. Learn to cope with your emotions

- Often, the **pain is exacerbated** by the emotions of anger, sadness, or fear.
- A good way to learn how to handle emotional pain is learning how to handle emotions. Your Life Coach and Counsellor will help guide you through this.
- From meditation, prayer, breathing techniques, and mindfulness to journaling, there are **dozens of ways to cope** with your emotions **in a healthy way**.
- It may take you a little while to figure out which methods work best for you, but once you do, you will have some great tools in your emotional toolbox.

3. Asking the right questions

- As a Life Coach and Counsellor, Dr Rob will ask you several questions to help guide you in your recovery from emotional pain.
- Here are **three questions to ask about your emotions** when you're trying to figure out how to deal with how you feel. When you're angry or upset or frustrated—whatever you're feeling—consider these three questions:

“What’s the real reason I’m feeling this?” *Maybe the answer is fear or worry. Maybe it relates to something your dad said to you years ago. Someone else says something similar, and even though it's been years, that person becomes the target of all your pent up anger.*

“Is it true?” *Is what you're feeling at that moment true?*

“Is what I’m feeling helping me or hurting me?” *Will you get what you want by continuing to feel this way? A lot of feelings we have seem natural, but they're actually self-defeating.*

Illustration

Let's say you go to a restaurant, and the service is extremely slow. You wait a long time to be served, and then a couple comes in 15 minutes after you and gets their meals before you do. You become increasingly irritated until you feel something welling up inside you.

What's the real reason you're feeling that way? You're hungry!

Is it true? Yes. You're frustrated because the service is slow. But **consider if your emotion is helping or hurting?** Do you get better service by getting angry with the server? Absolutely not.

Does nagging work? Has it ever worked? When somebody tells you all the things you're doing wrong, does it make you want to change? No! All it does is make you defensive.

When you **ask yourself these three questions**, you get a better grip on why you feel the way you do and what you need to do to help the situation.

Introspection

Take some time to think through the following questions and discuss your answers with your Life Coach or Counsellor.

1. Why is it hard to sometimes admit when our emotions make us believe something that isn't actually true?

2. Think of a recent experience where you felt upset, angry or frustrated with someone. How do you think asking the three questions above would have changed the outcome of the incident?
