

How Do You Deal with Emotional Pain?

What to Know

Being resilient does not mean you will not experience difficulties or distress. If you have suffered adversity or trauma in your life, you probably experienced emotional pain and stress. In fact, resiliency is often built through emotional distress.

Emotional pain is an inevitable part of life, and whether the pain is associated with trauma, loss, or disappointment, you can develop strategies to lessen and manage the struggle. By examining your emotions and taking action, you will learn to build your resiliency and cope with emotional pain.

What to Do

Over the next two weeks, use this chart to keep a record of the thoughts, feelings, sensations, and memories that cause you emotional pain. Write down what you did in response and whether your actions led to positive outcomes or outcomes that caused you to suffer more.

Date	Painful thoughts/feelings/ sensations/ memories	What you did in response	Outcome

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Was there anything that surprised you during this exercise?

Did your actions typically lead to positive outcomes or outcomes that caused you to suffer more? Explain.

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
