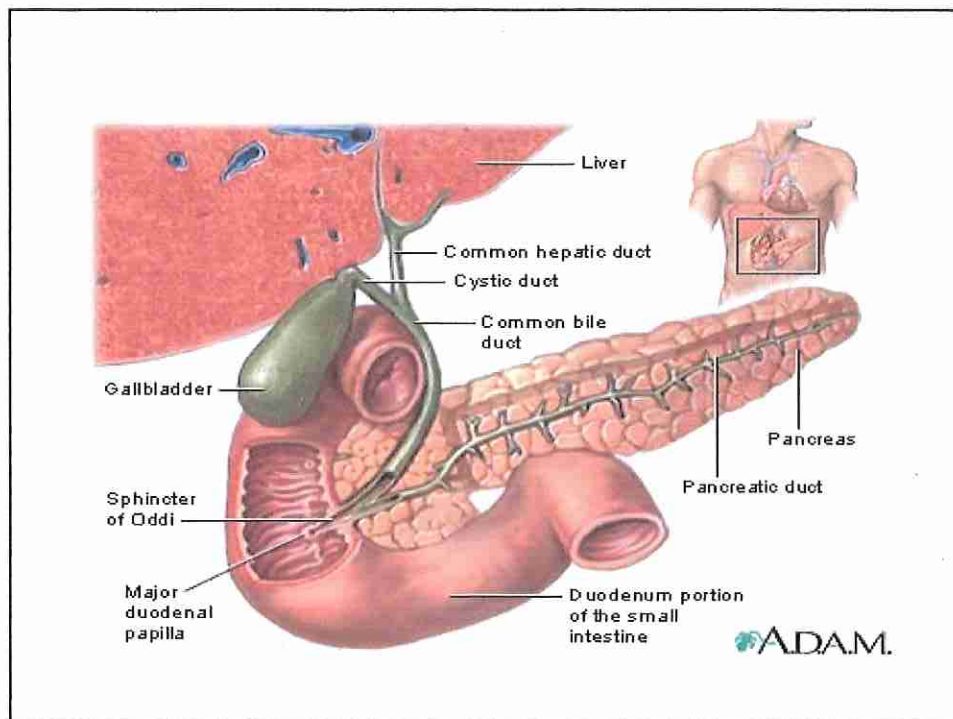
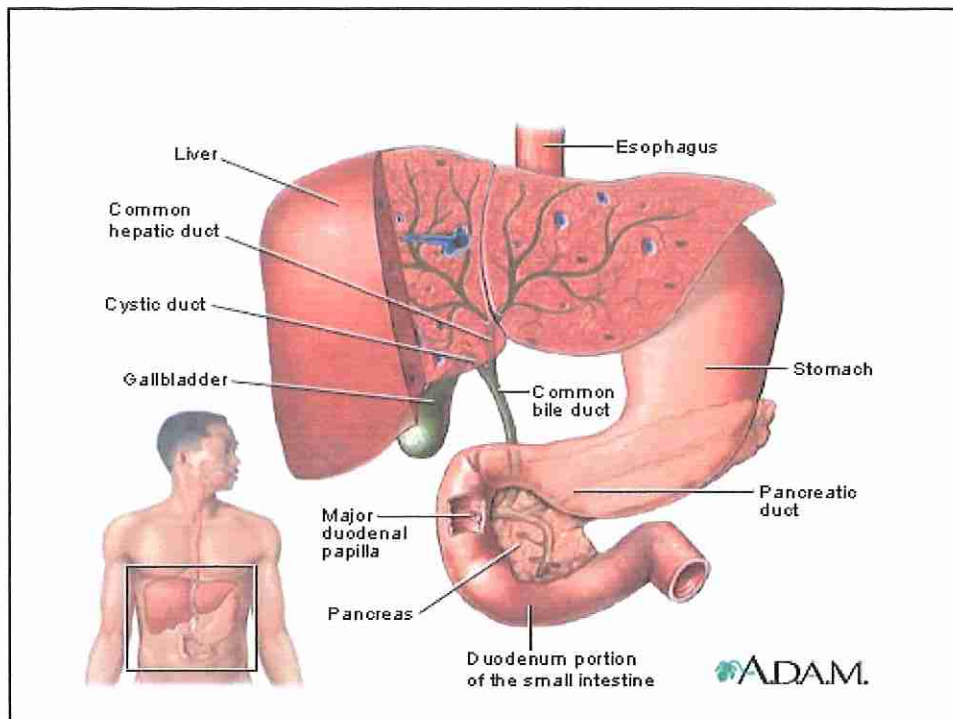


# Emotional Pain in the Human Person: Feeling, Dealing, and Healing

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## Emotional Pain in the Human Person

- Emotions: Definitions, Morality, Purpose
- A Model for Describing Emotions
- Authentically and Deeply Allowing Ourselves to Feel Our Emotions
- Changing Specific Emotions by Acting Opposite
- A Tool To Take With You



## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

### • **Observe**

- Describe
- Participate
  - Feel the feelings
  - Stay with it
  - Radically accept
- NOTE its presence
- Step BACK
- Get UNSTUCK from the emotion

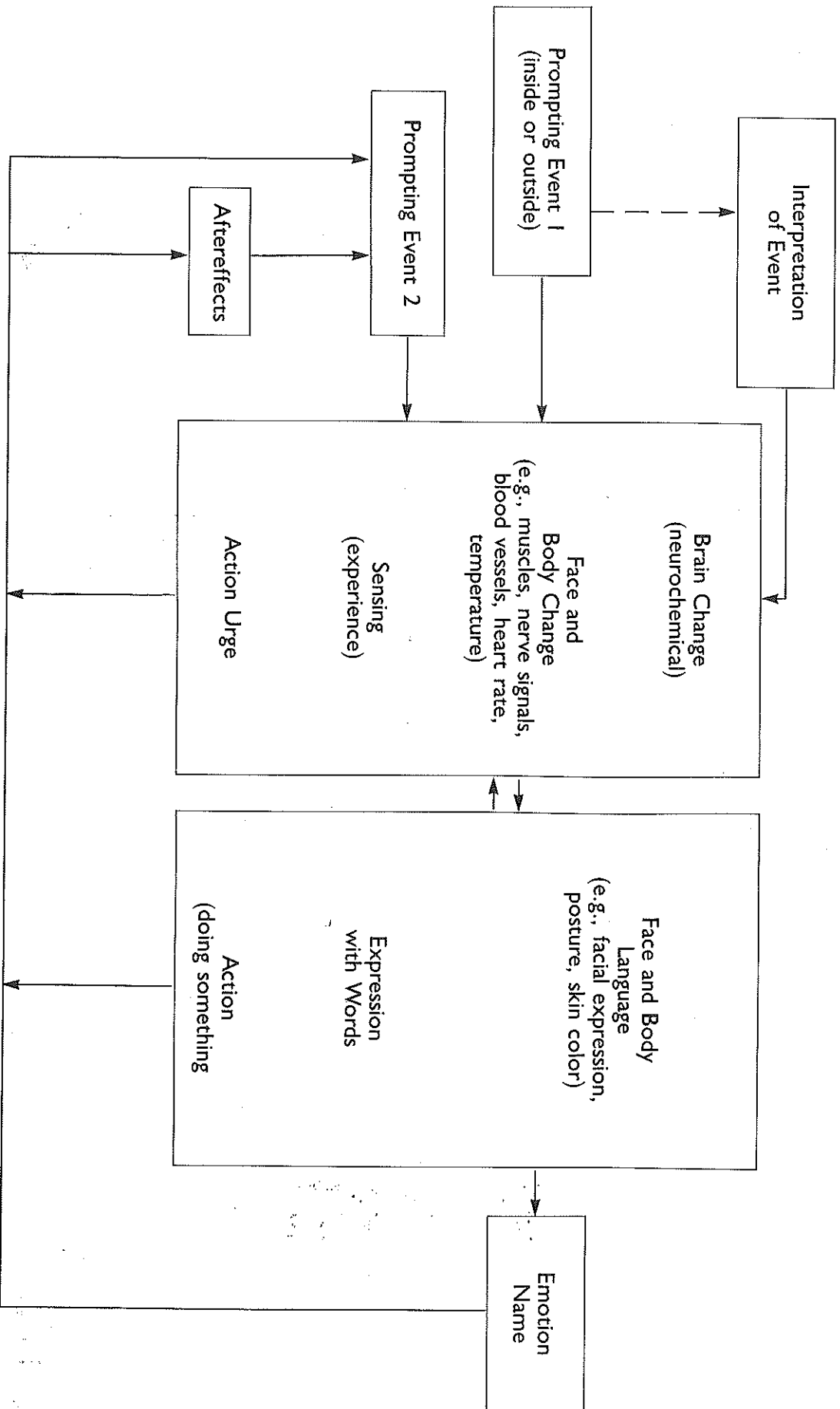
## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

- Observe
- **Describe**
- Participate
  - Feel the feelings
  - Stay with it
  - Radically accept
- Put words on the EXPERIENCE
- Put the EXPERIENCE into words
- Describe to yourself what is happening, both physically and emotionally
- Put a name on your feelings

# EMOTION REGULATION HANDOUT 3

## Model for Describing Emotions



## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

- Observe
- Describe
- **Participate**
  - EXPERIENCE YOUR EMOTION
  - Stay with it
  - Radically accept
- Enter into your experience  
Let yourself get involved  
in the moment, letting go  
'your conscious self'
- As a wave, coming and  
going
- Try not to BLOCK emotion
- Try not to SUPPRESS  
emotion
- Don't try to GET RID of  
emotion
- Don't PUSH it away

## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

- Observe
- Describe
- **Participate**
  - Experience your emotion
  - STAY WITH IT
  - Radically accept
- Be with yourself
- Become one with your  
experience
- W h e n you find that  
you are distracted,  
refocus on the experience

## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

- Observe
- Describe
- **Participate**
  - Experience your emotion
  - Stay with it
  - **RADICALLY ACCEPT**
- **ACCEPTANCE** is acknowledging what is
- To allow yourself to let go completely with what is
- To let go of fighting reality
- **Bite reality! Take it on! Face it!**
- Deciding to tolerate the moment is **ACCEPTANCE**

## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

- Observe
- Describe
- **Participate**
  - Experience your emotion
  - Stay with it
  - **RADICALLY ACCEPT**
- Pain creates misery only when you refuse to **ACCEPT** the pain. Mother Theresa said that for the Christian, suffering is not an option; misery is.
- To accept something is not the same as judging it to be good

## How to Authentically and Deeply Allow Ourselves to Feel Our Emotions

(adapted from Linehan, 1993)

- Observe
- Describe
- **Participate**
  - Experience your emotion
  - Stay with it
  - Radically accept
- Remember: you are not your emotion - You are a child of Almighty God
- Your emotions are “just emotions”
- Do not necessarily ACT on your emotion

## Changing Emotions by Acting Opposite to the Current Emotion

(adapted from Linehan, 1993)

### FEAR

- Do what you are afraid of doing....OVER AND OVER AND OVER.
- Approach events, places, tasks, activities, people you are afraid of.
- Do things to give yourself a sense of CONTROL and MASTERY.
- When overwhelmed, make a list of small steps or tasks you can do and do the first thing on the list.

**Changing Emotions by Acting Opposite to the  
Current Emotion** (adapted from Linehan, 1993)

**GUILT/SHAME**

If guilt or shame is JUSTIFIED (emotion FITS your values)

- Repair the transgression.
- Say your sorry, apologize.
- Go to confession & do your penance.
- Make things better, do something nice for person you offended (or someone else if that is not possible).
- Commit to avoiding that mistake in the future.
- Accept the consequences gracefully.
- Then let it go.

If guilt or shame is UNJUSTIFIED (emotion DOES NOT fit your values)

- Do what makes you feel guilty or ashamed....OVER AND OVER AND OVER...
- Approach, don't avoid.

**Changing Emotions by Acting Opposite to the  
Current Emotion** (adapted from Linehan, 1993)

**DEPRESSION**

- Get active, approach, don't avoid.
- Do things that make you feel competent and self-confident.



Changing Emotions by Acting Opposite to the  
Current Emotion (adapted from Linehan, 1993)

**ANGER**

- Gently avoid the person you are angry with rather than attacking them.
- Avoid thinking about the person you are angry with rather than ruminating.
- Do something nice rather than mean or attacking.
- Imagine sympathy and empathy for other person rather than blame.
- Forgive

**References**

- Baars, Conrad. (2003). Feeling and Healing Your Emotions Gainesville, FL: Bridge-Logos. Available through [conradbaars.com](http://conradbaars.com)
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- Rothbaum, B. O., Foa, B. & Hembree, E. A. (2007). Reclaiming Your Life From A Traumatic Experience: Workbook. New York, NY: Oxford University Press.

*Responding to Emotional Pain: Feeling and Healing Your Emotions*

Timothy G. Lock, Ph.D.

January 23, 2009

How to use Expressive Writing in the Most Effective Way

**WRITE FOR FOUR DAYS MINIMUM.**

**WRITE FOR TWENTY MINUTES A DAY.** If you wind up writing for more than twenty minutes, that's great. Nevertheless, the following day you must write for a minimum of twenty minutes. You may not count any extra time spent writing one day to carry over to the next day.

**WRITING TOPIC.** You can write about the same event on all four days or about different events each day. Not everyone has had a major trauma that they want to write about. However, we have all had major conflicts or stressors in our lives that you can also write about. However, whatever you choose to write about should be something that is extremely personal and important for you.

**WRITE CONTINUOUSLY.** Once you begin writing, write continuously without stopping. Don't worry about spelling or grammar. Your high school English teacher will never see it. If you run out of things to say, simply repeat what you have already written.

**WRITE ONLY FOR YOURSELF.** You are writing for yourself and no one else. Plan to destroy or hide what you have written when you have finished. Do not turn this exercise into a letter. After you complete your expressive writing task, if you want to write a letter, then do it. But this exercise is for your eyes only.

**THE FLIP-OUT RULE.** If you feel as though you cannot write about a particular event because it will "push you over the edge," then don't write about it. Deal only with those events or situations that you can handle now. If you have additional traumatic topics that you can't get to now, you can always deal with them in the future. It's ok to push yourself outside your comfort zone, but don't enter the danger zone.

**PENNEBAKER WRITING INSTRUCTIONS,** "Your goal is to write about your deepest thoughts and feelings about the trauma or emotional upheaval that has been influencing your life the most. In your writing, really let go and explore the event and how it has affected you. It may be beneficial simply to write about the event itself, how you felt when it was occurring, and how you feel about it now."

Adapted from the following book that I highly recommend:

Pennebaker, J. W. (2004). Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval. Oakland, CA: New Harbinger Publication, Inc.

*Emotional Pain in the Human Person: Feeling, Dealing, and Healing*

Timothy G. Lock, Ph.D.

July 11, 2009

St Therese mortifications

How can we trust our feelings? Our inspirations? Our intuitions? Before we can listen and follow these impulses, we need to first learn to discipline those feelings. Do we cater and answer to every physical whim? Then we should be wary of attributing mood swings or feelings as inspirations from God. Are we accustomed to denying ourselves? The level to which St. Therese mortified herself is astonishing. Take a look at this list of mortifications and see to what level she exercised self control.

1. *Generally refuse to nature what she asks without need.*
2. *Know how to make nature give to you what she refuses you, and allow her no reasoning.*
3. *If she asks you a few extra minutes after the rising bell, refuse her even a second.*
4. *If she suggests to you a comfortable position when sitting or lying down, do not heed her.*
5. *If she inspires you to lean during meditation do not do it.*
6. *She may whisper to you to shorten your meditation – if you are able to, lengthen it.*
7. *There is a small portion that tempts you in the portion of food you are served. Sacrifice it to Jesus who immolated Himself for you.*
8. *You are hungry; your mouth is watery –wait a bit, eat slowly.*
9. *You are sad, you feel like crying? Sing!*
10. *Are you tempted to ill humor? Laugh if you can.*
11. *Are you itching to speak, to say a good word? Remain silent. Sacrifice this word again to Jesus.*
12. *Are you tempted to be angry? For the love of Jesus, be loving, be kind.*
13. *To revenge yourself? Render good for evil.*
14. *Do you wish to frown at someone? Show kindness instead.*
15. *Are you tempted to speak ill of her? Speak well of her; at least keep silent.*
16. *You wish to avoid her? Try instead to meet her.*
17. *You would like to speak to her harshly? Speak to her very softly, courteously.*
18. *To give her a piece of your mind? Show yourself obliging and polite.*
19. *Because of self-love or laziness, it costs you to render a small service. Double reason to do it! Double merit to render it!*
20. *All makes you feel impatient? Remain even-tempered.*
21. *You are tempted to pursue, to act, to speak under strong emotions? Wait, let the storm abate.*
22. *You are tempted to walk with precipitation, to recite the Breviary fast, to act quickly? Go more slowly.*
23. *Your curiosity is aroused by a nearby conversation? Do not lend an ear for the love of Our Lord.*
24. *An interesting object is attracting everyone's attention? Do not even take a step to see it.*
25. *You desire to pick a flower or to smell it? Abstain from doing so, Jesus asks it.*
26. *You would like the pleasure of eating a fruit, a candy? Sacrifice it, give it to your Divine Spouse, who will repay you a hundred-fold.*
27. *You are tempted to eat or drink between meals? Do not do it. It is sensuality.*

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28. *You would wish to warm up without too great need. Flee from the heat in order to avoid that of Hell.*
29. *You have a tendency to complain when you suffer. It is through love and for your good that Jesus offers you a part of His Cross, Bless Him. At least keep quiet.*
30. *At the experience of humiliation, or of blame, or of contradiction, you are tempted to murmur or to feel saddened. Say with a willing heart or without a willing heart: Good enough! Amen.*
31. *You are tempted to make excuses. Accuse your own self instead, at least keep silent again.*
32. *It is the cold or the heat, or the rain that cause you to complain or to feel lonesome. Say with the psalmist: 'Cold, heat, rain, bless the Lord.'*
33. *Your emotions are cold and arid? Say the same thing.*
34. *You have fallen, maybe hurt yourself, say agina, Good Enough! Even though you can't help but cry.*
35. *Vanity tempts you to adjust your clothes in front of a mirror. Think how your Divine Spouse watches you with pity. You will, then, feel ashamed.*
36. *You cant' wait to read a letter you've received. Wait at least a minute before opening it.*
37. *You wish to do something that is naturally pleasing to you. Don't do it.*
38. *You do not wish to go somewhere because it displeases you. Go.*

(The preceding 38 rules in self-denial are taken from  
Correspondance Generale, Sainte Therese de L'Enfant et de la Sainte-Face,  
Les Editions du Cerf et Desclee De Brouwer, 1974 translated into English.)  
posted by Mary Vitamin at [21:11](#)

**Suggested Virtues, Faults, and Aspirations.** The following are sample examens, which may be changed or added to according to particular needs:

1. Love of God (selfishness)  
"Jesus, my God, I love You above all things."
2. Good intention (natural motives)  
"All for You, most Sacred Heart of Jesus."
3. Charity (self-will)  
"Jesus most amiable, have mercy on me."
4. Loyalty to Christ (inordinate attachment to persons)  
"Heart of my King, I love You."
5. Conformity to God's will (disobedience)  
"Grant, O Lord, that I may know and do Your will."
6. Abandonment to God's providence (lack of generosity)  
"My God and my all."
7. Self-conquest, for the dying (oversensitivity)  
"Heart of Jesus, once in agony, have pity on the dying."
8. Trust in God (discouragement)  
"Sacred Heart of Jesus, I trust in You."
9. Resistance to temptation (dallying with sinful thoughts)  
"Save me, O Jesus." "Cease, the Heart of Jesus is with me."
10. Humility (pride and vanity)  
"Jesus, meek and humble of heart, make my heart like unto Yours."
11. Patience (irritability)  
"My Jesus, mercy."
12. Chastity (unguarded senses)  
"Jesus, source of all purity, have mercy on me."
13. Hope in Mary (despondency).  
"Mary, our hope, pray for us."
14. Confidence in St. Joseph (anxiety)  
"Joseph most strong, pray for me."
15. Zeal (slothfulness)  
"Sacred Heart of Jesus, Your kingdom come."
16. Prudence (thoughtlessness)  
"Seat of Wisdom, pray for us."
17. Resignation (complaining)  
"Heart of Jesus, obedient unto death, have mercy on us."
18. Devotion to the poor souls (indifference to God's justice)  
"Merciful Lord, grant them eternal rest."
19. Preparation for death (spiritual tepidity)  
"Into Your hands, O Lord, I commend my spirit."
20. Spiritual joy (sadness)  
"Jesus, joy of angels, have mercy on me."