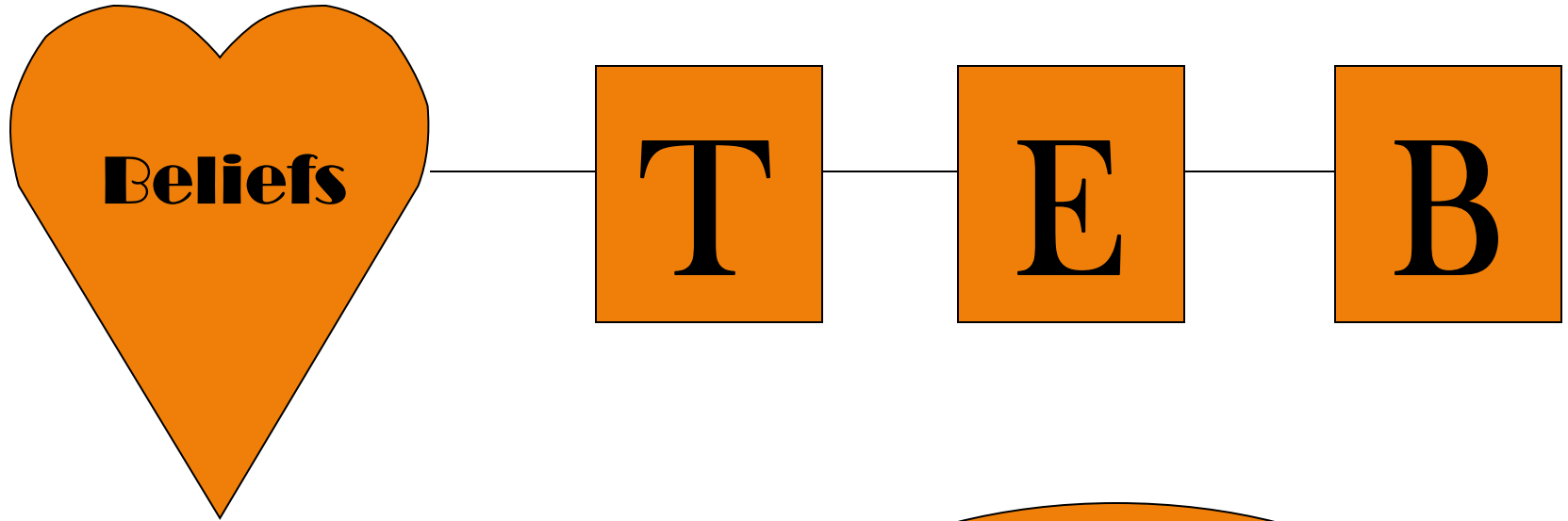


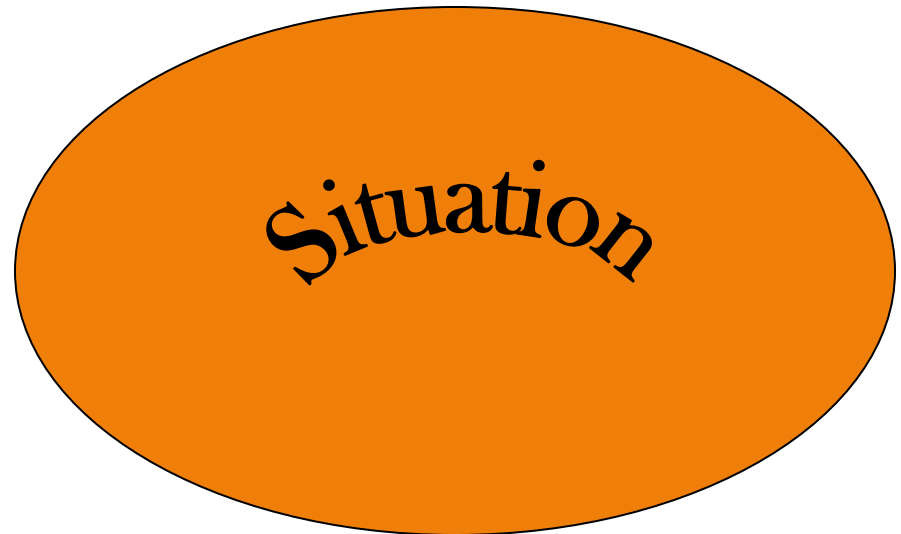
# Managing Emotional Pain

By Dr. Robert Pace  
Licensed Professional Counselor

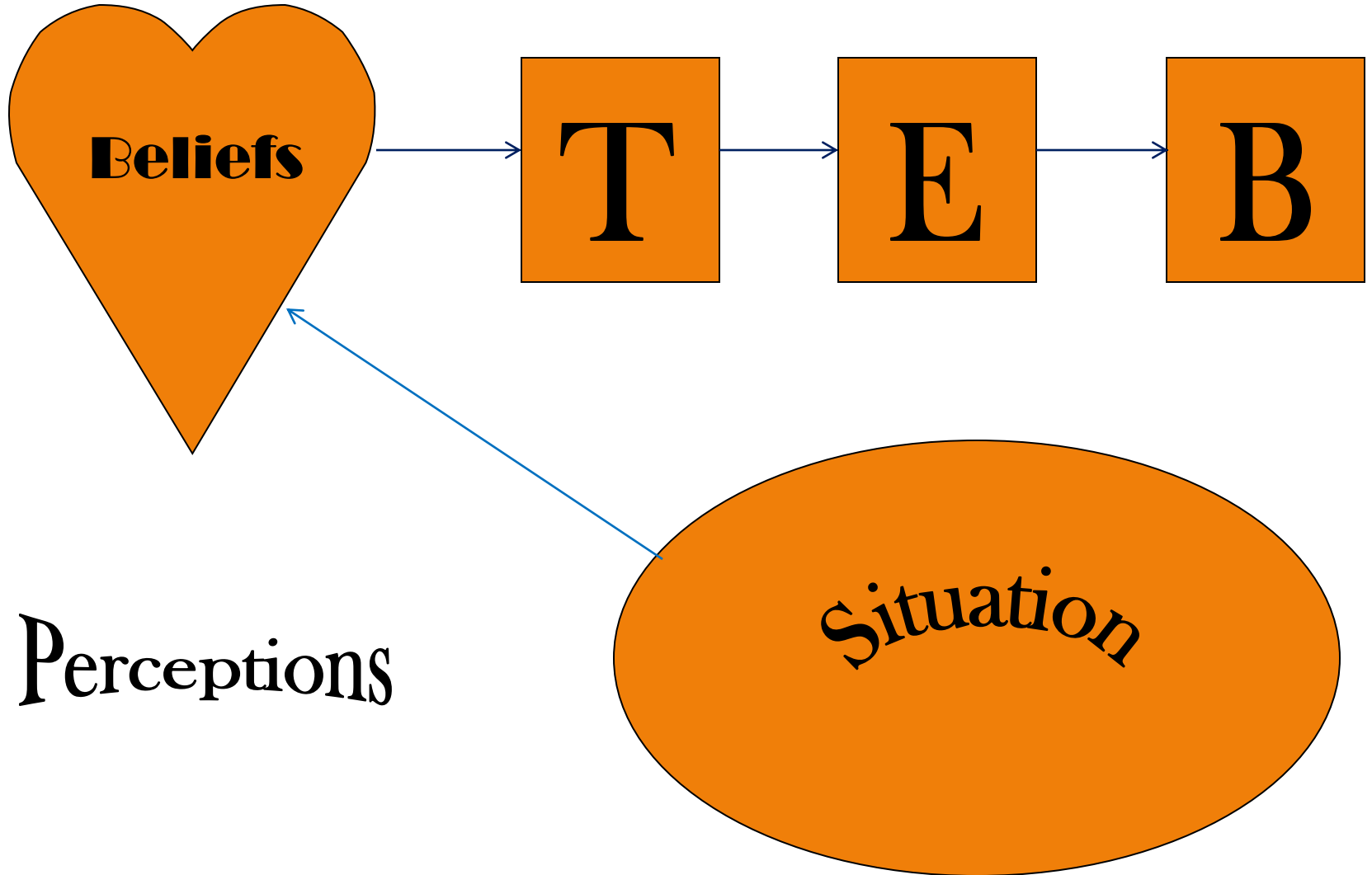
# Cognitive Processing



Perceptions



# Cognitive Processing



# *Slide Presentation*

- *Pain Management*
- *Grieving Process*
- *Forgiveness*

# Pain Management

**Addictive Method**

**Healthy Method**

Pain is evil..

**Perception**

**Focus**

**Action**

**Examples**

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil..

**Perception**

To numb the pain

**Focus**

**Action**

**Examples**

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil..

**Perception**

To numb the pain

**Focus**

Get a Quick-Fix

**Action**

**Examples**

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil..

**Perception**

To numb the pain

**Focus**

Get a Quick-Fix

**Action**

Drugs, Food, Sex,

**Examples**

Alcohol, Work.....



# Types of Addictions

- Drugs and Alcohol
- Codependency
- Sexual
- Work
- Food
- Religion
- Others

# Characteristics of Addiction

- Law of Diminishing Returns (tolerance)
- Life encompassing
- Compromising values and relationships

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil.

**Perception**

Pain is an indicator.

To numb the pain

**Focus**

Get a Quick-Fix

**Action**

Drugs, Food, Sex,

**Examples**

Alcohol, Work.....

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil.

**Perception**

Pain is an indicator.

To numb the pain

**Focus**

To find the source

Get a Quick-Fix

**Action**

Drugs, Food, Sex,

**Examples**

Alcohol, Work.....

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil.

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To numb the pain

**Focus**

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Get a Quick-Fix

**Action**

Employ a Life Skill

Drugs, Food, Sex,  
Alcohol, Work.....

**Examples**

# Pain Management

## Addictive Method

## Healthy Method

Pain is evil.

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Pain is an indicator.

To numb the pain

**Focus**

To find the source

Get a Quick-Fix

**Action**

Employ a Life Skill

Drugs, Food, Sex,  
Alcohol, Work.....

**Examples**

Prayer, Support,  
Sharing, Comfort,  
Communicating.....

# Life Skills

## Why We Hurt

- Losses
- Unmet expectations
- Rejection
- Unmet physical needs
- Unmet emotional needs
- Resentment/offenses
- Unfair treatments
- Betrayal

## Ways of Coping

- Healthy grieving
- Perceptual Changes
- Self Worth
- Finding recourses
- Support Groups
  
- Forgiveness
- Assertiveness
- Boundaries

# *Grieving*



- *Grieving Process*



# Grieving Process



- Denial
- Bargaining
- Anger
- Grief
- Acceptance

# Grieving Processes



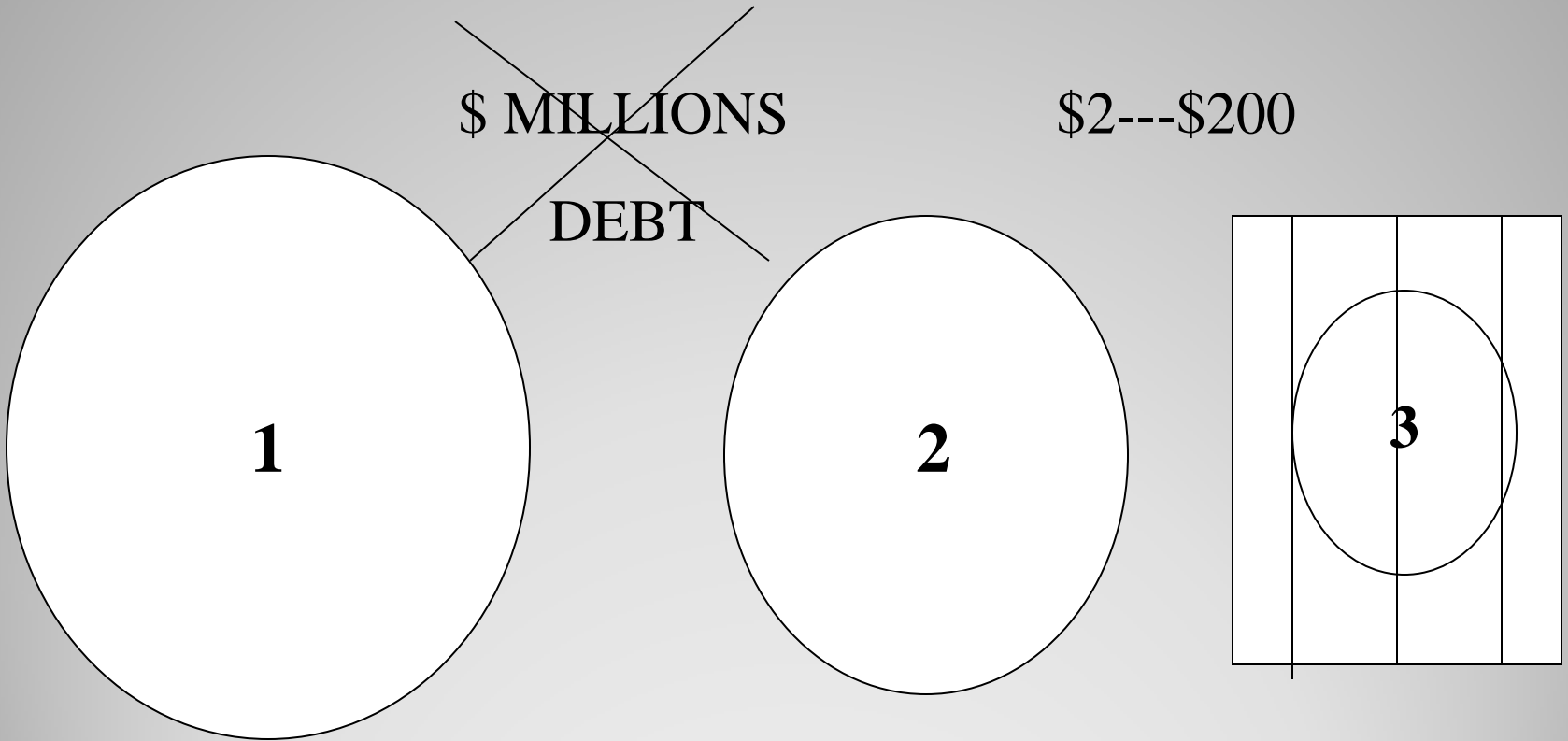
- Denial      Escape      Numbness
- Bargaining      Questioning      Anxiety
- Anger      Hostility      Depression
- Grief      Sorrow      Sadness
- Acceptance      Embrace      Peaceful

*Forgiveness*

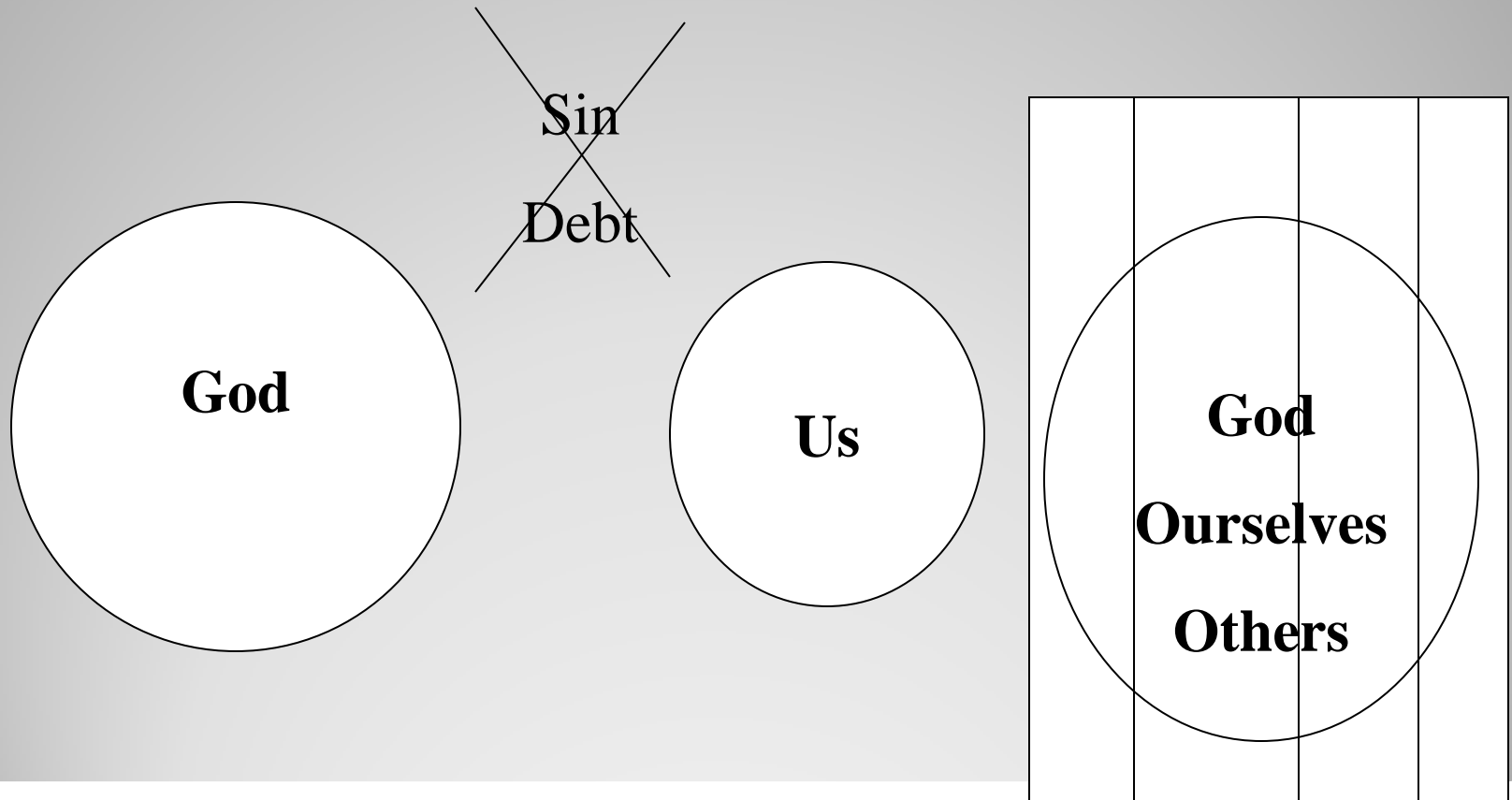


*Healing the Wounded Heart*

# Forgiveness Model #1



# Forgiveness Model #2



# 5 STEPS TO FORGIVENESS

- Reflect upon the times that God forgave you.
- Ask the Holy Spirit who you are ready to forgive.
- Drop all charges and accusations.
- Ask God to clean you from resentments.
- Give Thanks.

# *Slide Presentation*

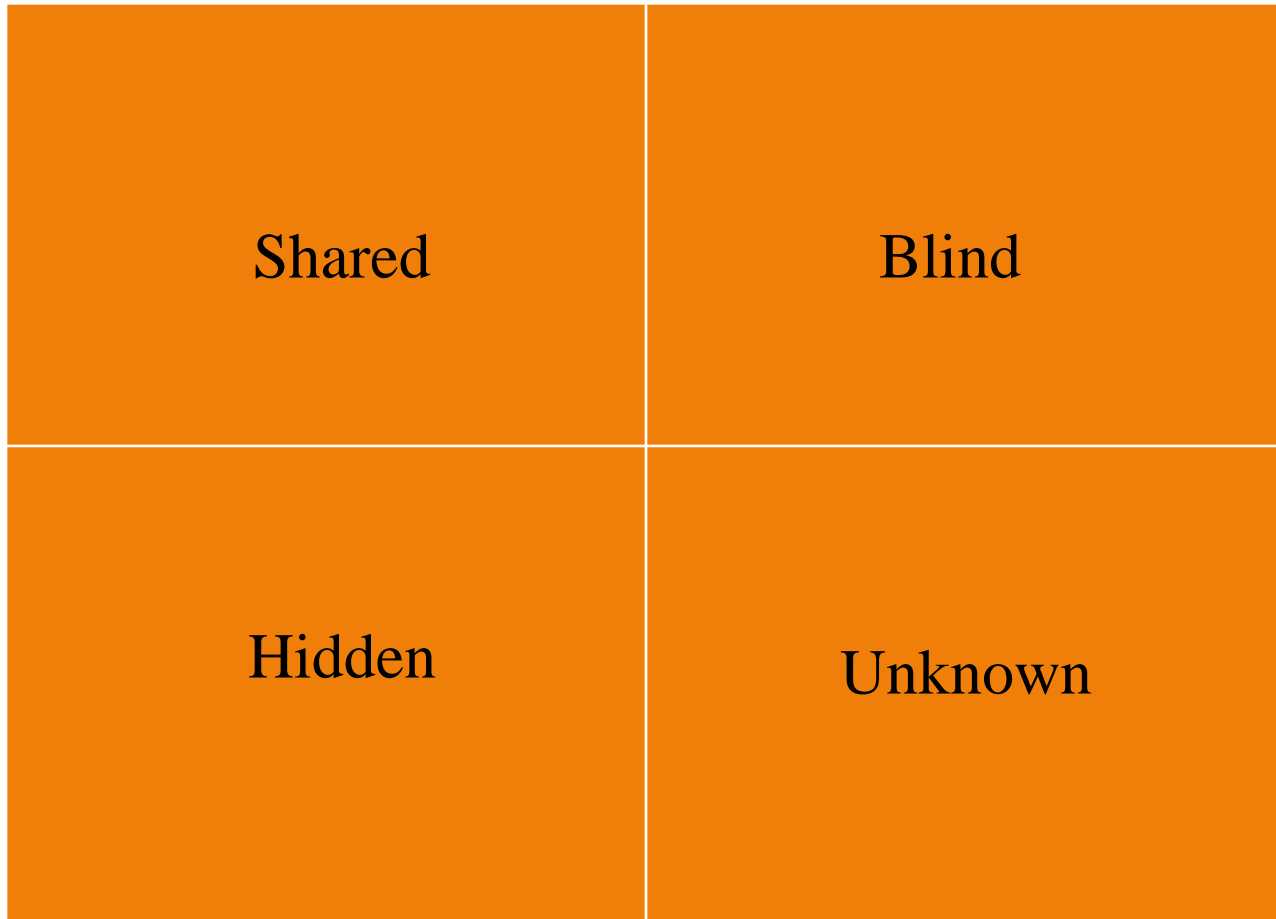
- *Cognitive Processing*
- *Pain Management*
- *Grieving Process*
- *Forgiveness*

# Jo Hari's Window

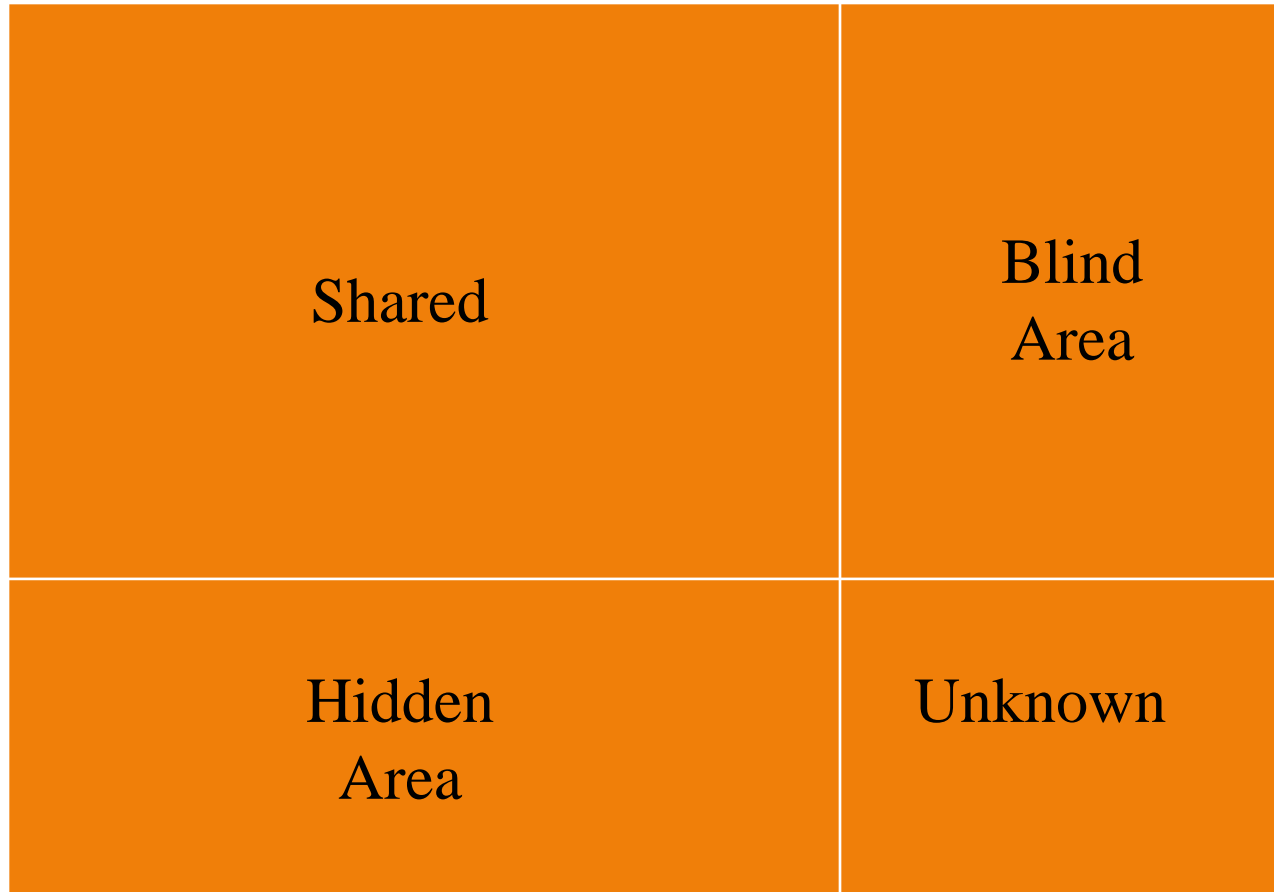
**Presented by Dr. Robert Pace  
Licensed Professional Counselor**



# Jo Hari's Window



# Jo Hari's Window



# Jo Hari's Window

Shared	Blind Area
Hidden Area	Unknown

# Jo Hari's Window



# Jo Hari's Window



**THE END**