Coping with Emotional & Physical Pain

workbook

Facilitator Reproducible
Guided Self-Exploration Activities

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& John J. Liptak, Ed.D.

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Facilitator Reproducible Guided Self-Exploration Activities

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Coping with Emotional & Physical Pain Introduction

Using this Book

Pain is an inevitable part of everyone’s life, and the effective management of pain is critical in people’s life satisfaction and general well-being. **Physical pain** is any pain experienced in the body signaling something wrong in the body and needing to be fixed. **Emotional pain** is the feelings associated with an emotional trauma either from the past or present.

Both physical pain and emotional pain have potential to cause considerable problems in a person’s life. Both types of pain must be explored and managed in order for people to live satisfying and healthy lives. Sometimes emotional issues manifest as physical discomfort; often physical pain leads to emotional suffering.

**Emotional Pain**

All people, at some time in their lives, struggle to overcome emotional pain. Emotional pain resulting from a past trauma might be caused by events in childhood such as neglect, abuse, abandonment, changes in a family structure and/or loss of parent. Emotional pain resulting from a trauma in the present might be caused from events as the end of a relationship, loss of a loved one, unemployment, divorce or separation, crime, rape, terrorist threat/event, and/or returning from war.

Emotional pain can affect relationships, personal lives, professional careers and general life satisfaction and physical health. Symptoms of emotional pain:

- Aggressive behavior
- Changed sleeping patterns
- Difficulty letting go of painful memories
- Difficulty managing angry feelings
- Disturbing sudden mental images
- Feeling of hopelessness
- Feelings of guilt
- Inability to forgive self or others
- Inability to stop dwelling on past events
- Lack of energy
- Recurring nightmares
- Reliving a painful event over and over
- Repression or denial of events
- Sadness and depression
- Self-destructive behaviors such as substance abuse
- Sense of worthlessness

Depending on the severity of a person’s emotional pain, treatment may take several forms including behavior modification and psychological counseling. In order to cope with emotional pain, one needs to enhance positive emotions and face and release negative emotions. This workbook is designed to help your participants with this coping process.
This book is not intended to be a substitution for medical treatment by a qualified physician.

Physical Pain

Physical pain is the body’s way of alerting us that something is wrong. Feelings of pain vary from person to person. There are basically two types of pain.

- **Acute pain** is a sudden and unusual mild or acute pain in the body. This pain may last for weeks or months. Examples of acute pain include broken bones, burns, cuts and childbirth. Unrelieved acute pain may lead to chronic pain.

- **Chronic pain** continues even after an injury has healed. This pain can last for weeks, months or years and can include tense muscles, limited mobility and nerve damage that affect a person’s ability to engage in normal work, leisure or community activities. Examples of chronic pain include migraine headaches, lower and upper back pain, arthritis and nerve damage. Chronic pain can originate from an injury, trauma, infection or other conditions.

Typical Pain Treatments

Depending on the severity of pain, the treatment can take various forms:

- Acupuncture
- Biofeedback
- Chiropractic Sessions
- Drug Treatment
- Nerve Blocks
- Physical Therapy
- Surgery
- Other alternative modalities

While these forms of therapy may be effective, many people continue to live with chronic physical pain. For these people it is important and helpful to learn techniques to manage their pain effectively. The *Coping with Emotional & Physical Pain Workbook* provides assessments and self-guided activities to help participants learn useful skills for coping with various forms of emotional and physical pain.

A variety of self-exploration activities is provided for participants to determine which best suit their unique needs.
Coping with Emotional & Physical Pain Introduction

Format of Book

The *Coping with Emotional & Physical Pain Workbook* contains assessments and guided self-exploration activities that can be used with a variety of populations to help participants cope more effectively with the various types of pain in their lives. Each chapter of this workbook begins with an annotated Table of Contents with notes and examples for the facilitator. Each chapter contains two primary elements: 1) A set of assessments to help participants gather information about themselves in a focused situation, and 2) a set of guided self-exploration activities to help participants process information and learn ways of coping with emotional and physical pain.

Assessments

Each chapter begins with an assessment that provides participants with valuable information about themselves. These assessments help participants identify productive and unproductive patterns of behavior and life skills and guide participants’ awareness of how they interact with the world. Assessments provide a path to self-discovery through the participants’ exploration of their own unique traits and behaviors. The purpose of these assessments is not to “pigeon-hole” people, but to allow them to explore various elements that are critical for coping with emotional and physical pain. This book contains *self-assessments* and not *tests*. Traditional tests measure knowledge or right or wrong responses. For the assessments provided in this book, remind participants that there are no right or wrong answers. These assessments ask only for opinions or attitudes about topics related to a variety of coping skills and abilities.

Assessments in this book are based on self-reported data. In other words, the accuracy and usefulness of the information is dependent on the information that participants honestly provide about themselves. All of the assessments in this workbook are designed to be administered, scored, and interpreted by the participants as a starting point for them to begin to learn more about themselves and their coping skills. Remind participants that the assessments are exploratory exercises and not a determination of abilities. Lastly, the assessments are not a substitute for professional assistance. If you feel any of your participants need more assistance than you can provide, please refer them to an appropriate professional.

As your participants begin the assessments in this workbook give these instructions:

Take your time. Because there is no time limit for completing the assessments, work at your own pace. Allow yourself time to reflect on your results and how they compare to what you already know about yourself.

- Do not answer the assessments as you think others would like you to answer them or how you think others see you. These assessments are for you to reflect on your life and explore some of the barriers keeping you from managing the emotional and physical pain in your life.
- Assessments are powerful tools if you are honest with yourself. Take your time and be truthful in your responses so that your results are an accurate reflection of you. Your level of commitment to seeing yourself clearly will determine how much you learn about yourself.
- Before completing each assessment, be sure to read the instructions. The assessments have similar formats, but they have different scales, responses, scoring instructions and methods for interpretation.
- Finally, remember that learning about yourself should be a positive and motivating experience. Don’t stress about taking the assessments or discovering your results. Just respond honestly and learn as much about yourself as you can.

(Continued on the next page)
Coping with Emotional & Physical Pain Introduction

Format of Book (Continued)

Guided Self-Exploration Activities
Guided self-exploration activities are any exercises that assist participants in self-reflection and enhance self-knowledge, identify potential ineffective behaviors, and teach more effective ways of coping. Guided self-exploration is designed to help participants make a series of discoveries that lead to increased social and emotional competencies, as well as to serve as an energizing way to help participants grow personally and professionally. These brief, easy-to-use self-reflection tools are designed to promote insight and self-growth. Many different types of guided self-exploration activities are provided for you to pick and choose the activities most needed and/or will be most appealing to the participants. The unique features of self-guided exploration activities make them usable and appropriate for a variety of individual sessions and group sessions.

Features of Guided Self-Exploration Activities
- **Quick, easy and rewarding to use** – These guided self-exploration activities are designed to be an efficient, appealing method for motivating participants to explore information about themselves – including their thoughts, feelings, and behaviors – in a relatively short period of time.
- **Reproducible** – Because the guided self-exploration activities can be reproduced by the facilitator, no more than the one book needs to be purchased. You may photocopy as many items as you wish for your participants. If you want to add or delete words on a page, make one photocopy, white out and/or write your own words, and then make photocopies from your personalized master.
- **Participative** – These guided self-exploration activities help people to quickly focus their attention in the self-reflection process and to learn new and more effective ways of coping.
- **Motivating to complete** – The guided self-exploration activities are designed to be an energizing way for participants to engage in self-reflection and learn about themselves. Various activities are included to enhance the learning process related to developing important social and emotional competency skills.
- **Low risk** – The guided self-exploration activities are designed to be less risky than formal assessments and structured exercises. They are user-friendly, and participants will generally feel rewarded and motivated after completing these activities.
- **Adaptable to a variety of populations** – The guided self-exploration activities can be used with many different populations and can be tailored to meet the needs of the specific populations with whom you work.
- **Focused** – Each guided self-exploration activity is designed to focus on a single coping issue, thus enhancing the experience for participants.
- **Flexible** – The guided self-exploration activities are flexible and can be used independently or to supplement other types of interventions.

Note to Facilitators
For most of the activities contained in this book, the authors have provided one set of reproducible sheets for reflection and journaling. Participants may need multiple copies based on the number types of emotional and physical pain they are experiencing. For example, a participant who has both back pain and shoulder pain may need two sets of copies of each of the activities to complete. Please feel free to photocopy as many pages as necessary.
Chapter Elements

The Coping with Emotional & Physical Pain Workbook is designed to be used either independently or as part of an integrated curriculum. You may administer any of the assessments and the guided self-exploration activities to an individual or a group with whom you are working, and you may administer any of the activities over one or more days. Feel free to pick and choose those assessments and activities that best fit the outcomes you desire.

The first page of each chapter begins with an annotated Table of Contents with notes and examples for the facilitator.

Assessments – Assessments with scoring directions and interpretation materials begin each chapter. The authors recommend that you begin presenting each topic by asking participants to complete the assessment. Facilitators can choose one or more, or all of the activities relevant to their participants’ specific needs and concerns.

Guided Self-Exploration Activities – Practical questions and activities to prompt self-reflection and promote self-understanding are included after each of the assessments. These questions and activities foster introspection and promote pro-social behaviors and coping skills. The activities in this workbook are tied to the assessments so that you can identify and select activities quickly and easily.

The activities are divided into four chapters to help you identify and select assessments easily and quickly:

Chapter 1: Types of Emotional Pain
   This chapter helps participants explore the various types of emotional pain they may be experiencing.

Chapter 2: Coping With Emotional Pain
   This chapter helps participants identify their emotional pain coping skills.

Chapter 3: Level of Physical Pain
   This chapter helps participants explore the level of their physical pain.

Chapter 4: Pain Management
   This chapter helps participants identify how effectively they are managing the physical pain they are experiencing.

Thanks to . . .

Amy Brodsky, illustrator extraordinaire,
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Jay Leutenberg
Kathy Liptak, Ed.D.
Eileen Regen, M.Ed., CJE
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Participants will be asked to identify current connections and how they nurture them.

<table>
<thead>
<tr>
<th>My Current Connections</th>
<th>How They Nurture Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: The mountains.</td>
<td>When I see the mountains I feel safe and the beauty warms my heart.</td>
</tr>
</tbody>
</table>

Commonalities ....................................................... 18
Participants will be asked to list words or phrases that describe them.
Example: Fun-loving, cranky.

Alone Time .............................................................. 19
Activities I LIKE to Do by Myself
EX: Read a good book.
Activities I THINK I Can Do by Myself
I'll go to a movie myself that no one else wants to see.

Connecting with Others ............................................... 19

<table>
<thead>
<tr>
<th>Aspects of My Life</th>
<th>With Whom Can I Connect?</th>
<th>How I Can Connect</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: Community</td>
<td>The American Cancer Society</td>
<td>Walk in the Relay for Life and raise money.</td>
</tr>
</tbody>
</table>

Relationship Qualities I Cherish .................................. 20
Bring to the session: magazines, art supplies, quotations, crayons, highlighters and paste or glue.

Walking ................................................................. 21
Prior to beginning the session, ask if the participants exercise by walking.
Brainstorm together ways they can find time to walk and where they can walk.

Laughter ................................................................. 21
Try some laughter therapy with the group. Ask if there’s anyone who can stand up and start laughing. Encourage the group to join in.

Hopeful People ......................................................... 22

<table>
<thead>
<tr>
<th>Person</th>
<th>How this Person Exhibits Hopefulness</th>
<th>How I Can Spend Time with this Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: Suzie</td>
<td>Always sees the silver lining.</td>
<td>Call her and invite her to lunch at my house.</td>
</tr>
</tbody>
</table>
Types of Emotional Pain

Table of Contents and Facilitator Notes

Hopeful Situations ............................................. 22

<table>
<thead>
<tr>
<th>Situation</th>
<th>How this Situation Promotes Hopefulness</th>
<th>How I Can Spend More Time at It</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: Going to the bookstore</td>
<td>Allows me to read about new insights in human development</td>
<td>Go once a week to my local bookstore</td>
</tr>
</tbody>
</table>

My Anger Log ............................................. 23

After participants complete the handout, ask for volunteers to share the reasons they become angry.

Write a Letter ............................................. 24

After participants have each written their letter, ask how they felt after writing it.

Your Thoughts ............................................. 25

Prior to distributing handouts, ask for a show of hands of people who are rarely anxious, those who are anxious sometimes, and those who feel a great deal of anxiety.

Stay in the Now ............................................. 25

Before they begin the handout, ask the group, “What does the phrase ‘Stay in the now’ mean?”

Situations I Usually Worry About ......................... 26

Prior to participants completing handouts offer a few examples.

<table>
<thead>
<tr>
<th>Situation</th>
<th>My Worry</th>
<th>Is there anything I can do about it? If so, what? If not, write a calming thought about this situation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOME</td>
<td>EX: Mom is very sick</td>
<td>No, but I can be helpful and supportive.</td>
</tr>
<tr>
<td>WORK</td>
<td>They might want me to work on the computer.</td>
<td>Yes. Take some computer lessons so I’ll be ready.</td>
</tr>
</tbody>
</table>

My Self-Esteem ............................................. 27

Ask the group “What are some examples of jealousy?”

Of Whom am I Jealous? ..................................... 27

<table>
<thead>
<tr>
<th>Of Whom I Am Jealous</th>
<th>Why I Feel Jealous</th>
<th>Why I Should Not Be Jealous</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: My sister</td>
<td>She has a huge, gorgeous house.</td>
<td>Her partner is not as great as mine.</td>
</tr>
</tbody>
</table>

Comparisons ............................................. 28

<table>
<thead>
<tr>
<th>Of Whom I Am Jealous</th>
<th>Why I Feel Jealous</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: My brother</td>
<td>People always compared us and he was always better than I was.</td>
</tr>
</tbody>
</table>

What I Have (and Want) .................................... 28

After the handouts are completed, ask for volunteers to share what they discovered about themselves.

Forgive Yourself ........................................... 29

Share an example of feeling guilty. “I hit someone and caused a serious injury.”
Offer other examples.

Nurture Yourself .......................................... 30

Ask the group for the definition of ‘nurture’ before the handouts are distributed.
Types of Emotional Pain

Types of Emotional Pain Scale
Introduction and Directions

Name _______________________________ Date _______________

Emotional pain can be described as feelings resulting from difficult, frightening or painful experiences. Many different emotions cause pain. The purpose of this assessment is to help you identify your level of pain in five common areas of emotional pain.

The Types of Emotional Pain Scale is designed to help you understand any areas in which you are experiencing emotional pain.

This scale contains 30 statements. Read each statement and decide whether it is true or false for you. If the statement is true, circle the number under the TRUE column. If the statement is false, circle the number under the FALSE column.

I feel as if I'm outside looking in .................................................. 2 1

In the above statement, the circled 2 means that the statement is true for the person completing the assessment.

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

Turn to the next page and begin.
Types of Emotional Pain Scale

<table>
<thead>
<tr>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
</table>

I feel as if I’m outside looking in ........................................... 2 1
I feel invisible. .......................................................... 2 1
I find it painful to be alone. ...................................................... 2 1
I hunger for close friendships or a closer family group .............. 2 1
I have no one to ask for emotional support. .......................... 2 1
I feel easily rejected in social situations.............................. 2 1

SECTION I TOTAL = __________

I feel down in the dumps a lot................................................ 2 1
I am usually negative. ............................................................ 2 1
I want to sleep a lot.............................................................. 2 1
It is hard for me to experience pleasure .................................. 2 1
I often feel worthless and hopeless ........................................ 2 1
I constantly feel as if I’m going uphill.................................... 2 1

SECTION II TOTAL = __________

I become angry when little things go wrong .......................... 2 1
I am frequently irritable and argumentative. ......................... 2 1
I have a difficult time controlling my anger.......................... 2 1
I hurt other people when I feel hurt....................................... 2 1
I say things I regret when I’m angry...................................... 2 1
I hold on to my resentments.................................................. 2 1

SECTION III TOTAL = __________

Continued on the next page
### Types of Emotional Pain Scale (Continued)

<table>
<thead>
<tr>
<th>Statement</th>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I often feel frustrated.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I make small problems into large ones and then become anxious.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I worry about things that others do not worry about.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I am anxious about the least little thing.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I can’t stop worrying, even when I try.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I will look to find things to worry about.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>SECTION IV TOTAL = ________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I enjoy putting others down.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I often think others are better off than I am.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I resent others who I think have more than I do.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I feel relieved when others do not get more than I do.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I see my friends as rivals.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I am sad when others have more than I do.</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>SECTION V TOTAL = ________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Go to the Scoring Directions on the next page*
Types of Emotional Pain Scale
Scoring Directions

The *Types of Emotional Pain Scale* is designed to measure the emotional pain you are feeling in life. Add the numbers you’ve circled for each of the five sections on the previous pages. Put that total on the line marked TOTAL at the end of each section.

Then, transfer your totals for each of the five sections to the lines below:

- **SECTION I TOTAL** = _______ Loneliness
- **SECTION II TOTAL** = _______ Sadness
- **SECTION III TOTAL** = _______ Anger
- **SECTION IV TOTAL** = _______ Anxiety and Worry
- **SECTION V TOTAL** = _______ Jealousy

Profile Interpretation

<table>
<thead>
<tr>
<th>Individual Scale Score</th>
<th>Result</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 to 7</td>
<td>low</td>
<td>If you scored in the low range on any of the scales, you are probably not experiencing much emotional pain in your life.</td>
</tr>
<tr>
<td>8 to 10</td>
<td>moderate</td>
<td>If you scored in the moderate range on any of the scales, you are probably experiencing some emotional pain in your life.</td>
</tr>
<tr>
<td>11 to 12</td>
<td>high</td>
<td>If you scored in the high range on any of the scales, you are probably experiencing a great deal of emotional pain in your life.</td>
</tr>
</tbody>
</table>
Types of Emotional Pain

Scale Descriptions

Following are scale descriptions for the assessment you completed. After you explore the areas in which you scored in the moderate or high levels, you will have activities and exercises to help you better manage your emotional pain.

LONELINESS: People scoring high on this scale have few supportive or nurturing relationships in their lives. They feel a disconnection that keeps them emotionally isolated when they do not want to be. They long for a significant other, good friends, family and a sense of community.

SADNESS: People scoring high on this scale are unable to enjoy life because they feel despondent. They find it difficult to experience much pleasure, and they experience prolonged periods of feeling down, sad, pessimistic and self-critical. They may feel fatigued and uninterested in engaging in activities.

ANGER: People scoring high on this scale feel strong displeasure that arises when a need is not met or an expectation is not fulfilled. Sometimes anger arises for no good reason at all. These people may have a difficult time dealing with their anger and they often do things while angry that they regret later.

ANXIETY and WORRY: People scoring high on this scale tend to worry a lot. They feel an intensified emotional response to some sort of fear, whether this fear is imagined or real. They tend to be unable to find a sense of calm and well-being. They experience anxiety and may even have full-blown panic attacks.

JEALOUSY: People scoring high on this scale tend to become jealous of other people. They may feel as if they do not measure up to others or get their due. They do not want the best for others because it makes them feel unworthy and unappreciated. They may unconsciously put others down to defend their own self-image.
Types of Emotional Pain

**Acknowledge your Current Connections**

It’s important to acknowledge the supportive relationships you have already developed. These connections are not always with people; they may be with animals, nature or a spiritual being. In the spaces below, identify your current connections and how they nurture you.

<table>
<thead>
<tr>
<th>My Current Connections</th>
<th>How They Nurture My Commonalities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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**Commonalities**

It’s important to meet people who have characteristics similar to yours. How would you describe yourself? In the spaces that follow, list words or phrase that describe you.

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Where can you go to meet people and spend time with people like yourself?

_____________________________________________________________________________
_____________________________________________________________________________
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_____________________________________________________________________________
Types of Emotional Pain

**Alone Time**

Connecting with yourself can allow you to be aware that you are always with someone wonderful – YOURSELF! By tuning in to yourself, you will realize that you are never alone. What types of activities do you like to do by yourself, and which might you like to try?

<table>
<thead>
<tr>
<th>Activities I LIKE to Do By Myself</th>
<th>Activities I THINK I Can Do by Myself I Would Like to Try</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

**Connecting with Others**

Connecting with others can diminish your social isolation. You can explore many ways to overcome social isolation and connect with other people. Think about how you can overcome your social isolation in various aspects of your life.

<table>
<thead>
<tr>
<th>Aspects of My Life</th>
<th>With Whom Can I Connect?</th>
<th>How I Can Connect?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community</td>
<td></td>
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<tr>
<td>Spirituality</td>
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<td>Work</td>
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<tr>
<td>Leisure/Friendships</td>
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<tr>
<td>Other</td>
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</tbody>
</table>
Relationship Qualities I Cherish

In the space below, identify the types of relationship characteristics you desire (sense of humor, quiet, etc.). You can write the words in colors, highlighters or fancy lettering. You can also cut out and glue magazine pictures or words in the space provided.

Now, where can you meet people who have these characteristics?

_____________________________________________________________________________
_____________________________________________________________________________