Emotional Pain

Negative thoughts and emotional pain get in the way of a solid bedtime sleep. To relieve emotional pain, you need to deal with it! Explore the various reasons that you are experiencing your emotional pain. (Example: feeling guilty about something you did or did not do.)

Complete the following sentence starters to begin dealing with your emotional pain.

Write about something that is on your mind.________________________________
______________________________________________________________________
______________________________________________________________________

Step 1: Acknowledge your feelings.
I feel
______________________________________________________________________
______________________________________________________________________

Step 2: Accept what happened.
Because of _______________________________________________________________
______________________________________________________________________
______________________________________________________________________

Step 3: Feel it.
I will allow myself to feel it by_______________________________________________
______________________________________________________________________
______________________________________________________________________

Step 4: Don’t mask it.
In the past, I have masked my feelings by_____________________________________
______________________________________________________________________
______________________________________________________________________

Step 5: Learn from it
I have learned the following from my pain:____________________________________
______________________________________________________________________
______________________________________________________________________

Step 6: Overcome it.
I will overcome my emotional pain by________________________________________
______________________________________________________________________
______________________________________________________________________

Use these six steps when you are emotionally troubled.

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