

Identifying and Practicing Your 'Pain Cycle'

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FEELINGS

Unloved
Unworthy
Insignificant
Alone
Worthless
Devalued
Defective
Inadequate
Rejected
Unacceptable
Hopeless
Unwanted
Abandoned
Discouraged
Disrespected
Not Measuring Up
Powerless
Out of Control
Unsafe
Insecure
Disconnected
Unknown
Controlled
Vulnerable
Invalidated
Failure
Not Good Enough

Source Words for Truths/Strengths: Terry Hargrave in 5 Days to a New Marriage and in Restoration Therapy

Instructions: Write down in the box below every word you feel when you are conflict with someone (i.e. spouse, friend, co-worker, boss. Think about feelings you experienced growing up in your family of origin). Put the 3-4 words that you experience most often at the front of that list below.

COPING BEHAVIORS

Blame others
Rage
Angry
Sarcastic
Arrogant
Aggressive
Discouraging
Threatening
Hold grudges
Retaliatory
Withdraw to punish
Shame self
Depressed
Negative
Anxious
Inconsolable
Catastrophizing
Whiny/Needy
Manipulates
Withdraw to pout
Isolate
Fault-finding
Perform
Controlling
Perfectionistic
Defensive
Judging
Withdraw to Avoid
View Pornography
Act Selfish
Minimizes
Impulsive
Avoid Issues
Hide Information
Demanding
Critical
Nagging
Lecture
Intellectualize
Escape
Drink
Irresponsible
Use Drugs
Numb Out
Get Dramatic
Withdraw to Defend

Write down in the box below every coping behavior you do when you are in conflict. (i.e. connect the feelings on the left to the coping behavior. Ex. "When I feel like a failure, I withdraw from relationships.") Put your 3-4 most common coping behaviors at the front of that list below.

Practice Identifying and Saying: 1) I feel...
2) And when I feel _____, I tend to cope by...