

## UNDERSTANDING MY PAIN RESPONSE

When I feel pain, I generally feel:

*(Write down 3 of these in 1. of Pain Cycle Form)*

Unloved	Hopeless	Disconnected
Unworthy	Unwanted	Unknown
Insignificant	Discouraged	Controlled
Alone	Disrespected	Vulnerable
Unworthy	Not measuring up	Invalidated
Devalued	Powerless	Abandoned
Defective	Out of Control	Failure
Inadequate	Unsafe	Less Than
Unacceptable	Insecure	

*These are your primary emotions with regard to not feeling LOVED and SAFE.*

When I feel the pain identified above, I normally cope by using these behaviors:

*(Write down how you react in 2. of Pain Cycle Form)*

Blame others	Catastrophizing	Intellectualize
Rage	Whiny/Needy	Escape
Angry	Manipulate	Drink
Sarcastic	Withdraw to pout	Irresponsible
Arrogant	Isolate	Use Drugs
Aggressive	Fault-finding	Numb out
Discouraging	Perform	Impulsive
Threatening	Controlling	View pornography
Hold grudges	Perfectionistic	Avoid issues
Retaliatory	Defensive	Hide information
Withdraw to punish	Judging	Get dramatic
Shame self	Demanding	Act selfish
Depressed	Critical	Minimizes
Negative	Nagging	Withdraw to avoid
Anxious	Lecture	
Inconsolable	Withdraw to defend	

*These are your primary coping behaviors you use to deal with a lack of LOVE and to try and be SAFE in relationships..*

# PAIN CYCLE

1.

WHAT I FEEL:

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2.

WHAT I DO OR HOW I COPE:

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3.

OTHERS REACT:

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