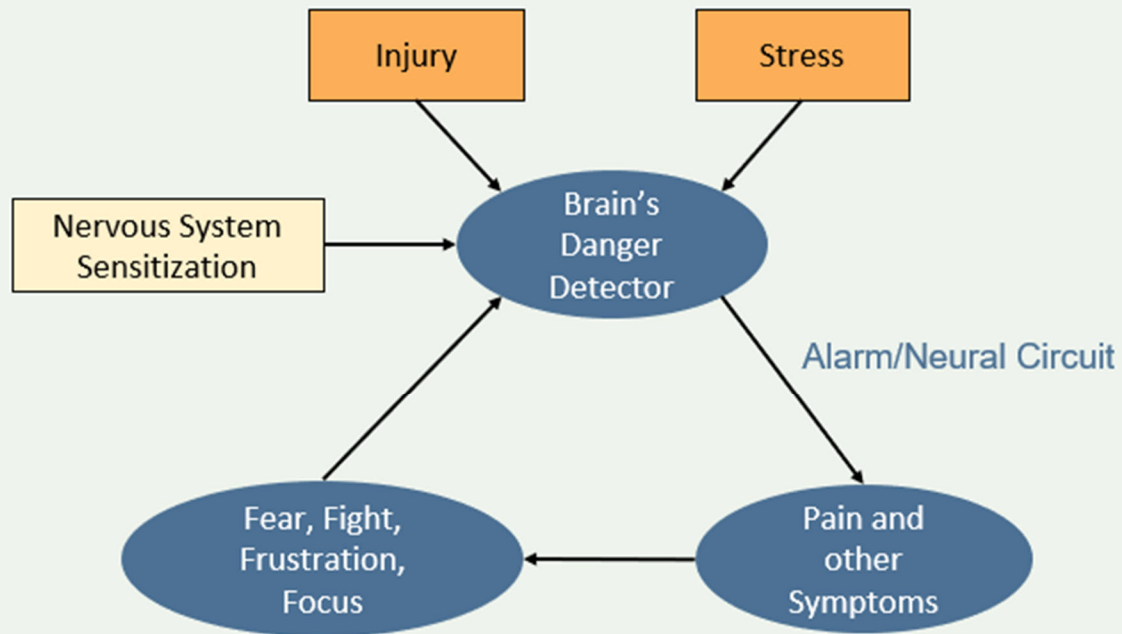
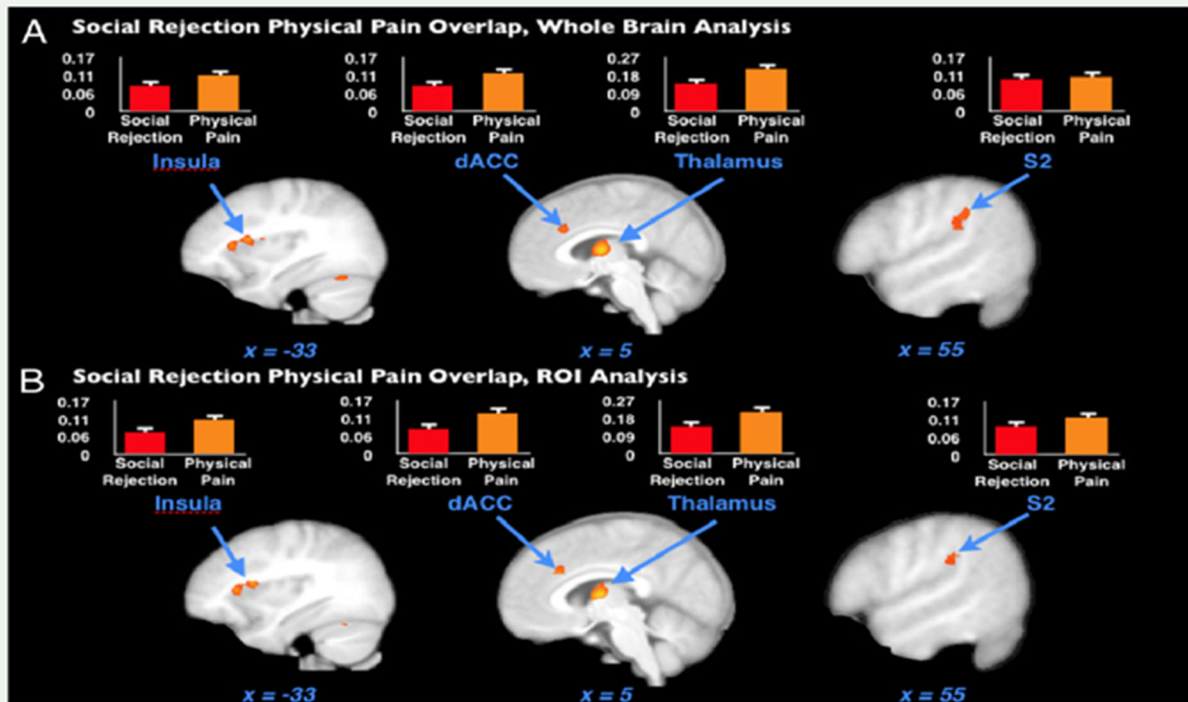


# Pain's Vicious Circuitry



# Emotional pain equals physical pain



(Kross et al., PNAS, 2011)

The same parts of the brain are activated by physical injury and emotional “injury.”

## Possible Triggers of Pain

Which of these happened when your pain started or worsened?

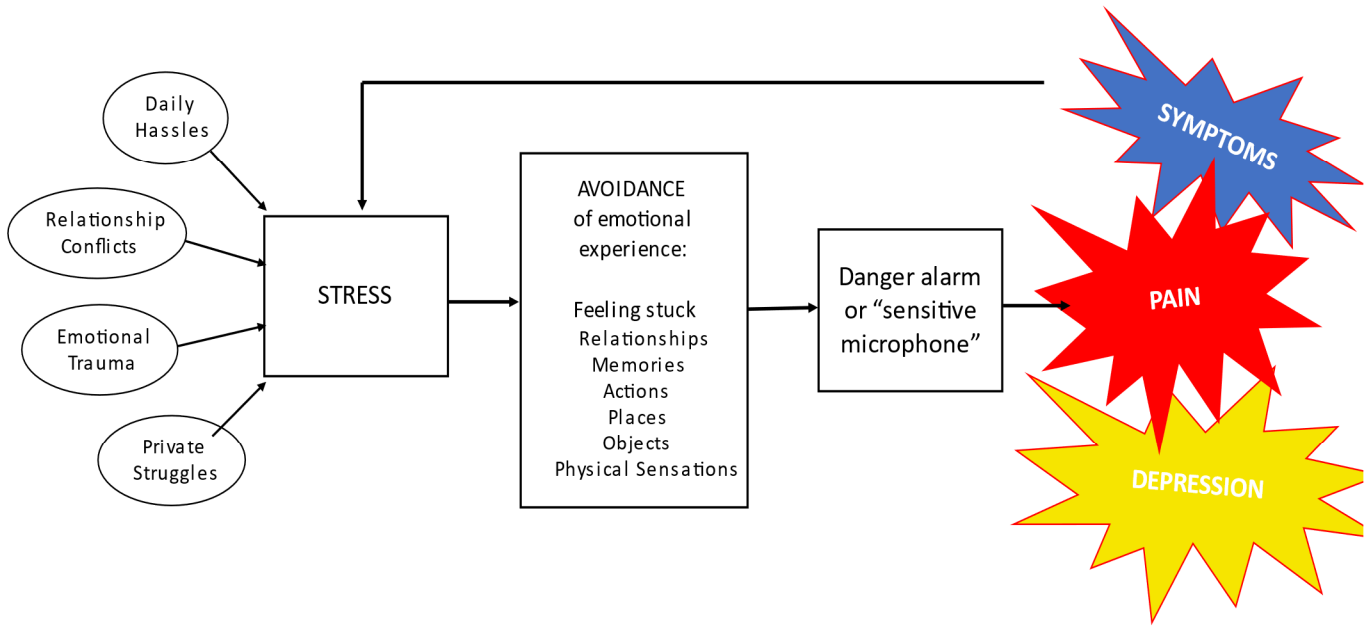
- Accident at home, work, or during recreation
- Exposure to toxic substances (e.g., chemicals, radiation)
- A physical attack or assault by someone, including a robbery
- A sexual attack or assault by someone
- Having a dangerous illness or disease
- Divorce, separation, or relationship break-up
- Death or serious illness of a loved one
- Ending work, including being fired, laid off, or unhappily retiring
- Being bullied or harassed at work or other places outside of home
- Family conflict, fights, or arguments, or other family problems
- Legal problems, including being sued, arrested, or jailed
- Financial problems, including loss of income or bankruptcy

## Childhood Stressors

Which of these happened to you?

- Parent / adult swore, insulted, humiliated, or scared you?
- Parent / adult pushed, grabbed, slapped, threw something, or hit you so that you had marks or were injured?
- Adult / older person touched or fondled you or had you touch their body in a sexual way? Or attempted to have any type of sex act with you?
- Often felt that no one in your family loved you or thought you were important or special? Or your family didn't support each other?
- Did not have enough to eat, had to wear dirty clothes, or had no one to protect you? Parent neglected you?
- Lost a parent through divorce or abandonment or other reasons?
- Mother was pushed, grabbed, slapped, kicked, hit, had something thrown at her, or threatened with a weapon?
- Lived with anyone who was a problem drinker, alcoholic, drug abuser, or addict?
- Had a household member who was depressed, mentally ill, or attempted suicide?
- Had a household member go to prison?

# Model of Stress & Symptoms



# Defenses Checklist

Which of these do you often do to avoid experiencing and expressing your feelings?

## Things you do with your actions:

- Change the topic
- Avoid eye contact
- Talk a lot
- Withdraw, move away, or leave
- Drink alcohol, use substances, or eat
- Get physically active, such as clean, exercise, or shop
- Laugh or giggle
- Make jokes or be sarcastic
- Make excuses
- Maintain your composure or act as if nothing is wrong
- Use a relaxation technique
- Meditate or pray
- Sleep or try to sleep
- Ask questions (“why”) rather than directly express thoughts & feelings
- Show a tough exterior (“this does not bother me”)
- Distract yourself with TV, videos, internet, or work
- Take care of others’ needs (family members, children, or friends)
- Be “perfect”
- Don’t “rock the boat”
- Procrastinate
- Use euphemisms—polite rather than offensive or unpleasant words
- Blame or beat up yourself (when you should be angry with others)
- Blame or become angry with others (when feeling upset with yourself)
- Put on a happy face and try to feel positive
- Cry

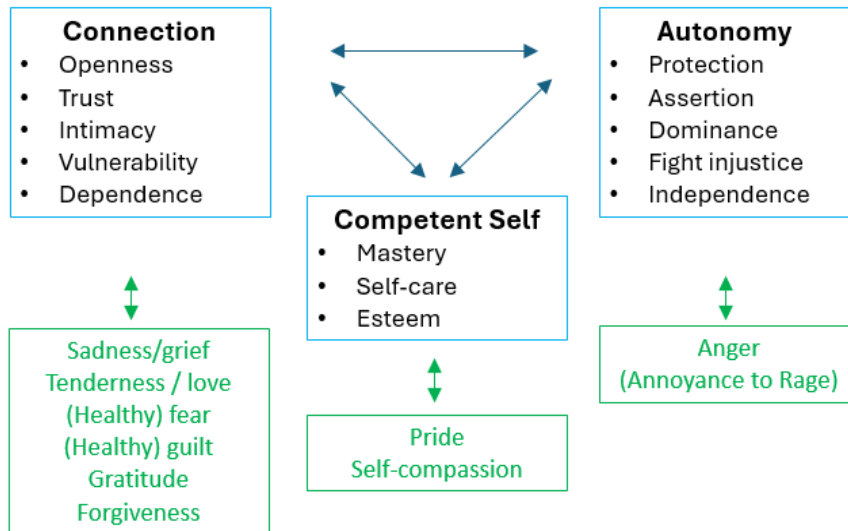
## Things you do with your mind:

- Think about something else, distract your mind
- Block thoughts or memories
- Remain certain rather than doubt or question
- Think only positive thoughts, minimize negatives, look on bright side
- Think logically or rationally about the issue
- Fantasize, daydream, or imagine something good
- Deny or pretend something is not real
- Mentally “check out” or go “numb”
- Reassure yourself, such as “everything happens for a reason”
- Think the worst possible outcomes

## Avoidances

- In daily life, we avoid many things that cause physical or emotional symptoms (pain, anxiety, tension, guilt, embarrassment)
- These can be placed in various categories:
  - People: family members, neighbors, co-workers, people at religious institution
  - Places: where you had an accident or trauma; a cemetery, a certain room in the house
  - Objects: pictures, memorabilia, medical things, some unique object that evokes discomfort for you
  - Actions: speaking up, disagreeing, getting close, touching, eye contact, swearing, sexual behavior
  - Thoughts & memories: disagreeable religious ideas, sexual thoughts, bad words, troubling memories
  - Feelings and emotions: experiencing or expressing anger, sadness, joy, love
  - Physical sensations: heart beating fast, light headedness, stomach upset, pain

# Important Needs and Emotions



# Experience, Express, & Release Emotions

