



15

# **WAYS WE REACT TO EMOTIONAL PAIN**

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1

# EMOTIONAL DETACHMENT

Emotional detachment is an inability to connect with other people on an emotional level. When people are emotionally detached, they block feelings for different reasons. Emotional detachment is often described as "emotional numbing".



## Signs of emotional detachment

- Someone is sharing their pain and the other person remains emotionally distant, does not reach out to touch them, does not care, and does not cry.
- For a detached person usually, everything is about sex in a relationship. They have no emotional connection with their spouse, they do not care about the other person.
- The only thing that they can feel is sexual excitement.
- A detached person will not cry, will not be depressed, will not feel anxious, and will not feel pain.





# Characteristics of the Emotionally Detached People

- They speak from the head, not from the heart. Conversations are often on an intellectual or business level.
- They cannot connect with people.
- They find it very difficult to love and accept others.
- They can be cold toward other people, attack and belittle them.
- They have a low sympathy level.
- They are very self-disciplined.
- They cannot enjoy a relationship. They need to do things for people.
- They are overachievers, workaholics. They cannot relax, feel, or enjoy. They have to be always on the run, always doing something.
- They have it all together and are very successful.

## 2 DISASSOCIATION

People who disassociate lose their memory and cannot remember what the other person spoke or did.

People that are highly sympathetic, people that feel everything, have a greater tendency to disassociate than others.

People do not disassociate purposefully. They do this because they cannot deal with the pressure and pain caused by something that they have experienced earlier in life.



### Signs of Disassociation

- People glaze their eyes over as if they don't really want to be there.
- They act differently or use a different tone of voice or different gestures.
- People suddenly switch between emotions or reactions to an event, such as appearing frightened and timid, then becoming explosive and violent.



## 3 SELF-FOCUS

- People who have been rejected and who are depressed, are likely to be self-focused. They start focusing on their pain and they will think and talk a lot about it.
- They will think and say such things as: "No one ever appreciates me." "No one ever talks to me." "Nobody wants me around" "Everybody hates me"
- They will have a lot of negative thoughts and will talk a lot about themselves. When they do this, they drain other people around them. They will drain their friends, their spouse, and their children and they will not be able to emotionally connect with them.
- People protect themselves by moving into the feeling of depression, rejection, and self-pity. They are so focused on their pain and they just want everyone to love them, to give to them. Unfortunately, they cannot give back because they are in so much pain inside.
- Because they are so self-focused, they cannot see another's need for love and cannot connect emotionally with them. They will only see their pain.
- They are not able to let go of painful experiences from the past. They can only think about how they were hurt or abused as a child. They have a lot of bitterness in their hearts.

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## CONTROL AND DOMINANCE

We protect ourselves from the pain that other people cause us, by controlling or dominating them.

Some people have been so damaged by control and dominance that they decide to be stronger than the person who is pressuring them.



## CRITICAL AND JUDGEMENTAL

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Critical and judgmental people put other people down.

They will always feel the need to correct others, sometimes using the Scripture.

They see everything in black and white and are very quick to criticize, judge, or attack one another. For them, the rules are more important than people.





## 6 LIE TO PROTECT THEMSELVES

People start lying under certain circumstances:

- An impulsive child that has a dominant and perfectionist parent will often start lying to them. Often the pressure of the parent will cause the submissive child to tell the parent what they want to hear. They want to please the parent and they will tell them what they want to hear so they gain his/her acceptance.
- A child who is afraid of being rejected will tell the parents many times what they want to know, in order to please the parent.
- Sometimes a submissive spouse will tell his partner what she/he wants to hear. For instance, a husband will tell his wife what she wants to hear even though this is not true, because he does not want to irritate his wife or get a reaction.

7

## BECOME DEFIANT

A defiant person will say: "You are not going to tell me what to do! I won't allow you to do what you want with me."

The reason people become defiant is that they do not want to be hurt again.

A person that is defiant will eventually block relationships and drive away his/her friends.



## BECOME A CLOWN

8

Some people, when you touch their pain, start making jokes. It looks like they take everything lightly. And they have a joke for everything. If you try going deeper into the conversation with time, you do not have success, because they will behave like a clown. But don't be fooled, behind the funny jokes and clown acts, there is a lot of pain.



# ANGER

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Anger is only an emotional response to being hurt. That is why it is important to find what triggers anger.

People who are angry have a hard time showing sympathy.

They might be aggressive or argumentative.

They are also viewed as harsh or cold.

A lot of times the cause is unresolved bitterness.

A person who has experienced pain in their life may bottle this pain up inside and have no ability to let go of it except through anger. This is how they destroy the relationships with people around them.

## 10 STOP TALKING

When you don't say anything, no one can get you, no one can hurt you. That is why people stop talking.

Some people can't talk because they shut down emotionally. If they are pressured, or dominated, they will shut down.



## TALK NON-STOP 11

People will not stop talking because of the pain they have inside. They will not leave a any place for someone esle to talk.



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# DEVELOPING AN ADDICTION

People can get addicted to Alcohol, Drugs, Pornography, or Food.

Some people, every time they feel pain, go to the fridge and eat because eating is the only good experience that they can feel.

Pornography makes someone lose temporarily their depression caused by the rejection pain.

The same thing happens with drinking alcohol and using drugs. It makes people numb so they do not think about their pain and don't feel their pain.

# PERFORM TO COVER PAIN

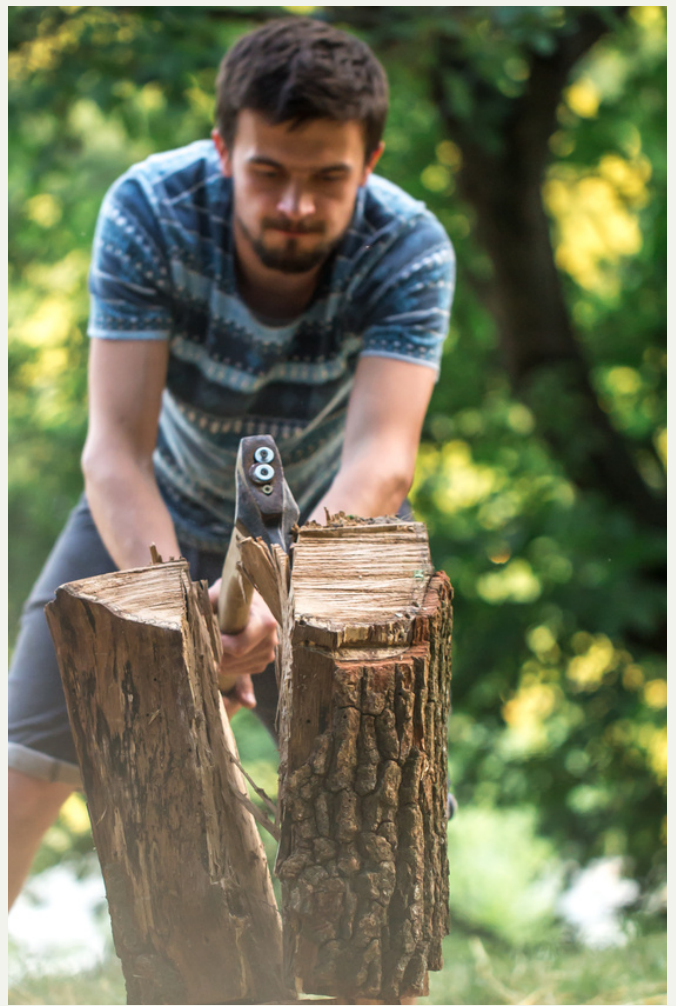
13

For these people, acceptance comes from performance and they become driven to perform. Performance can be found in a career, a hobby (sports), or even volunteer work.

They want to be accepted and they think that they will please others by doing things.

They believe that if they do everything perfectly, they're accepted and people like them

The only problem is that they do not feel love, so they perform.



# 14 WALK ~AWAY

Every time there experience emotional pain they walk away. And by walking away they hope to avoid the pain. The pain is too overwhelming for them.



## FOCUS THEIR THOUGHTS ELSEWHERE

15

Did you ever talk to someone only to discover that they have not heard anything? When you touch their pain, some people dissociate as we have already mentioned. That means that they disconnect from their thoughts, feelings, memories or sense of identity. Other people will simply think about something else. If what they hear causes them pain, they will run away from the pain by thinking about something else, so they won't hear you speak.

## *Check the way you react to emotional pain:*

- Emotional detachment
- Disassociation
- Self-focus
- Dominance and control
- Critical and judgmental
- Lie to protect themselves
- Become defiant
- Become a clown
- Stop talking
- Perform to cover pain
- Walk away
- Anger
- Developing an addiction
- Focus their thoughts elsewhere