



PAIN, SUFFERING, OR MISERY?

TOOLS: Anything for a quick note-taking

TIME: 5 minutes

EFFECTS: Less suffering

TO PLAY: Write a short list right now of things that that hurt, that ache, that are difficult, that lack, that are frustrating, and are obstacles. Don't hold back. Give yourself generous permission to whine, complain, bitch, list it. Date this list. It's fascinating data later.

Then simply go back to each item on your list and after each, write a 'T' for trauma pain or a 'W' for work pain. Whether it is mentally, physically, emotionally or spiritually, have you been injured in some way or is it the separate pain of effort and growth? Or...both?

How could each be met in a supportive way?

Since we usually do not control the arrival of pain, we can get beautifully clear about what actually is coming through the door, and who meets it.