

Points of Pain and Lessons Exercise

This exercise helps you find the points of pain in your current experience and find the lessons for your life. The point is to help you find the lessons so you can fully integrate them into your life. Once the lessons are integrated, it has been my experience that the pain will dissolve.

On a sheet of paper or in a word processing document, write down one resentment you have or a pain that you feel on an emotional level.

Once you write down the resentment or pain, take a minute to explore why it hurts. What is causing the pain? Do you feel unseen? Unheard? Unloved? Write it down.

This next question is best done with a feeling of *gentle* curiosity. As best you can, be free of judgment when you ask it *and* when you answer it. How did you do this to yourself? How did you not see, hear, or love yourself?

Finally, to integrate the lesson, how can you give yourself more of what you feel you lack? If you feel like you aren't being heard, how can you listen to yourself more? If you feel unseen, how can you make yourself feel more visible?

It's when you incorporate the lessons that you will be free from the pain. The pain is there simply to lead us to the lesson.

EXAMPLE:

Resentment: I feel like my ex abandoned me after I worked so hard to help him get his dreams off the ground.

Why it hurts: I gave up my dreams to support his.

What I did to myself: I abandoned my own dreams, and a part of myself, for him.

Integration: To integrate, I need to pursue my own dreams.

In this example, I start off feeling abandoned. The initial feeling is important, because when you go back to how you did it to yourself, you'll want to use that feeling. If you feel frustrated, you'll want to explore how you frustrated yourself. If you feel abandoned, you'll want to explore how you abandoned yourself.

I explore why it hurts, and I see that it's because I feel like I gave up my dreams (another word for abandon). When I look at how I did it to myself, you'll see that I gave up my own dreams and that was the part where I abandoned myself.

In order to learn the lesson and be free from the pain, I had to pursue my own dreams. Any time the pain came up for me, I would remember the lesson tied to it, and then take action in the direction of my dreams. This is what I recommend you do, as well.