

# The Emotional Pain Map

## Where Are You On the Continuum?

(Romans 8: 22-25, NLT)

**Danger Zone:** Masking. Using a guise. Crossing into internalized focus on me, losing perspective, obsessed with replaying, forcing solutions, forcing my will, focused on negative emotions and the injustice, focused on positive emotions and my plans to detriment of others, manipulative, passive-aggressive, self-pity increasing, demandingness, cooperation ceasing, pleasure seeking is happening. Person has little to no empathy due to their obsession with self.  
**May respond positively to reminder at this point.**

**Danger Zone:** Masking. Using a guise. Crossing into losing perspective, disconnect, cold, numb, isolated, shutting down affect, overwhelmed, passive anger tactics, self pity, busy, loneliness—but using denial. Denial intensifies from there as emotional pain intensifies along with ineffective coping.  
**Person may still respond to a reminder or accountability at this point.**

