

# Identifying Emotional Pain

in Yourself or Others

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FITNESS  
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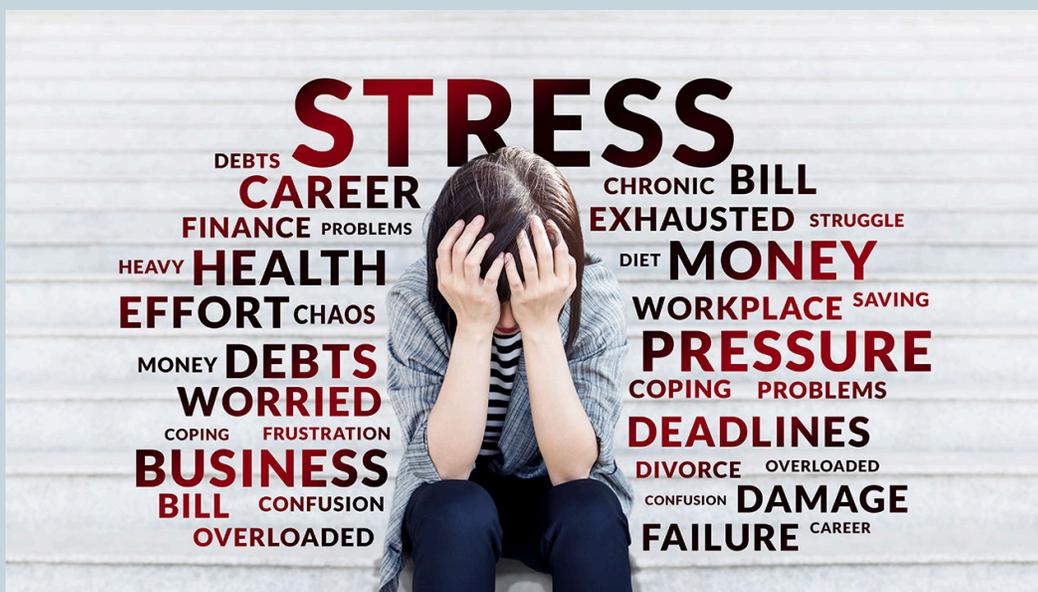
## Emotional pain can be & is seemingly invisible

(especially in a society predicated on a pushing through and 'powering over' mentality in which profit over people is valued the most)

*which is why it is so dangerous.*

Emotional pain can feel acute, or *de-sensitized*.

It is ongoing suffering from symptoms such as stress and overwhelm, apathy and disconnection, sadness and grief, guilt and shame, anxiety and fear, anger and rage, depression, PTSD, past trauma, traumatic injuries and more.



In this gilded, technological age where social media “Likes” can denote a person’s value and so-called “reality” television presents sculpted, scripted versions of individuals, we as a people are even harder pressed to present all of ourselves to our world. After all, we have to keep up with the Kardashians.

We don’t intentionally mean to hide; however, it’s become an ingrained instinct to want to pull the covers over our heads and hole up in a cave when we don’t feel good, especially inside of ourselves. But *this tendency is killing us*. Our World in Data reports that “globally, close to 800,000 people die from suicide every year. That’s one person every 40 seconds. Around twice as many people die from suicide as from homicide. Suicide is one of the leading causes of death in young people. And, globally, the suicide rate for men is twice as high as it is for women.”

In fall 2018, Live Science published an article titled, “People across the globe feeling more sad, stressed and in pain than ever,” which was based on Gallup’s Negative Experience Index - a survey that was conducted a year and a half before Covid rocked our world. In light of the fact that we are living the longest and more comfortably, than we ever have at any other point in history, we have to ask ourselves, **“Why are we so miserable?”**

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Something was amiss before a global pandemic kicked most of us in the pants, during which [Kaiser Family Foundation](#) announced: "During the pandemic, about 4 in 10 adults in the U.S. reported symptoms of anxiety or depressive disorder, a share that has been largely consistent, up from one in ten adults who reported these symptoms from January to June 2019. A KFF Health Tracking Poll from July 2020 also found that many adults are reporting specific negative impacts on their mental health and well-being, such as difficulty sleeping (36%) or eating (32%), increases in alcohol consumption or substance use (12%), and worsening chronic conditions (12%), due to worry and stress over the coronavirus."



Unfortunately, today's rising costs of daily livelihood affects our mental health and well being as well. In this year of 2025, we are also dealing with the ongoing death and destruction of a global economic and (false) power system, predicated on 'powering over' others, that is causing mayhem and misery across our planet. What's more is that, for those of us who are running just to keep up and are subsiding month to month, we simply don't have the bandwidth to tend to our emotional bodies.

**We just can't catch a break. Emotional pain is an unseen malady that is hurting all of us.**

**Unlike the obvious discomfort of physical pain, such as migraine headaches, a broken ankle, and chronic illness, it can be extremely difficult to identify when and how we are in emotional pain.**

# INDICATORS OF EMOTIONAL PAIN:

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## Easy to Anger

Frequent frustration; annoyance; a lack of patience; moodiness; consistent negativity; criticalness; judgement; sarcasm; aggression; & more.

## Perfectionism

Isolating yourself; strong protection of your intimate space; lack of physical touch; withholding your voice & expression; micro-management; extreme self-consciousness; & more.

## Negative Self Talk

Calling yourself names; keeping a list of all of the bad people, their behaviors and other things in your mind; speaking abusively towards others; berating yourself for your mistakes; & more.

## Sleep Disruption

Insomnia; heavy, lethargic energy; lack of inspiration, drive & motivation; avoiding self-care; sleeping too much; & more.

## Abusive Behavior

Over (and sometimes under) indulging in food, sex, substances, media, gambling, porn, gossip, judgment, & self-harm; forming, or falling into, abusive relationships & more.

## Frequent Procrastination

Distraction & boredom; consistent scrolling through your phone &/or social media; mindless consumption of things that do not support your growth & well-being.

## Gluttony & Greed (or Starvation)

Over-consuming (& sometimes under, or refusing to consume) food, as well as substances & material things; dieting extremes & pushing your body to the limits; hyper-focus on what you look like; & more.

## Putting People on Pedestals (& Throwing Them Under the Bus)

Comparing yourself and your life to others; thinking other people are better (or worse) than you; holding others in high regard & then throwing them away when they prove fallible; & more.

## Lacking Gentleness (Or Being a Push Over)

Being too hard, rigid and lacking emotional and intellectual flexibility; unable to cry; or unable to stop crying and unwilling to hold stringent boundaries in regard to how you allow yourself to be treated; & more.

## Overworking

Overthinking; hyper-independence; or, overly dependent on others; & more.

## Economic Desperation

Struggling under the heavy weight of capitalism; barely making ends meet; not having the bandwidth (or finances) to tend to your emotional, mental, physical & spiritual health & well-being; & more.

## Excessive Fantasizing

Idolizing a person as a God/dess that you desire but ultimately believe is unreachable; controlling behavior; manipulation; lying; deceit; fueling a dopamine addiction via your social media profiles/phone; & more.

## Resistance

An unwillingness to change; overt stubbornness; blaming others for one's life and/or circumstances; defensiveness; quiet rebellion that manifests as paralysis; & more.

## Whining & Complaining

Listening to "broken hearted" music often; too rigid morals, or a broken moral compass; victimhood; or frequently playing the villain in other people's stories; lacking gratitude & more.

## General Malaise

Lost in a deep, internal fog; never feeling "good enough," why bother? Characterized by hopelessness; & more.

## REFUSING TO ASK FOR HELP!

Shut down; unable to vulnerably expose your true feelings, thoughts, experiences & authentic self; fearful of being judged; *refusing to ask for what you need.*

# Emotional Pain Chart

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

## Pain Areas and Probable Causes:

### Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

### Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

### Spine:

Represents the support of life.

**Upper:** Lack of emotional support.  
Feeling unloved.  
Holding back love.

**Middle:** Guilt. Stuck in the past.  
"Get off my back"

**Lower:** Fear of money. Lack of financial support.

### Elbows:

Represents changing directions & accepting new experiences.

### Wrists:

Represent movement and ease

### Hips:

Fear of going forward in major decisions.  
Nothing to move forward to.

### Knees:

Stubborn pride and ego. Inability to bend.  
Fear. Inflexibility. Wont give in.

### Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

### Bunions:

Lack of joy in meeting experiences in life.

## How It Works:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Find  
Your  
Center

## Other Connections:

**Arthritis:** Feeling unloved.  
Criticism. Resentment.

**Bone Breaks/Fractures:** Rebelling against authority.

**Bursitis:** Repressed anger.

**Inflammation:** Fear. Seeing red.  
Inflamed thinking.

**Joint Pain:** Represent changes in direction in life and the ease of these movements.

**Loss of Balance:** Not centered.  
Scattered thinking.

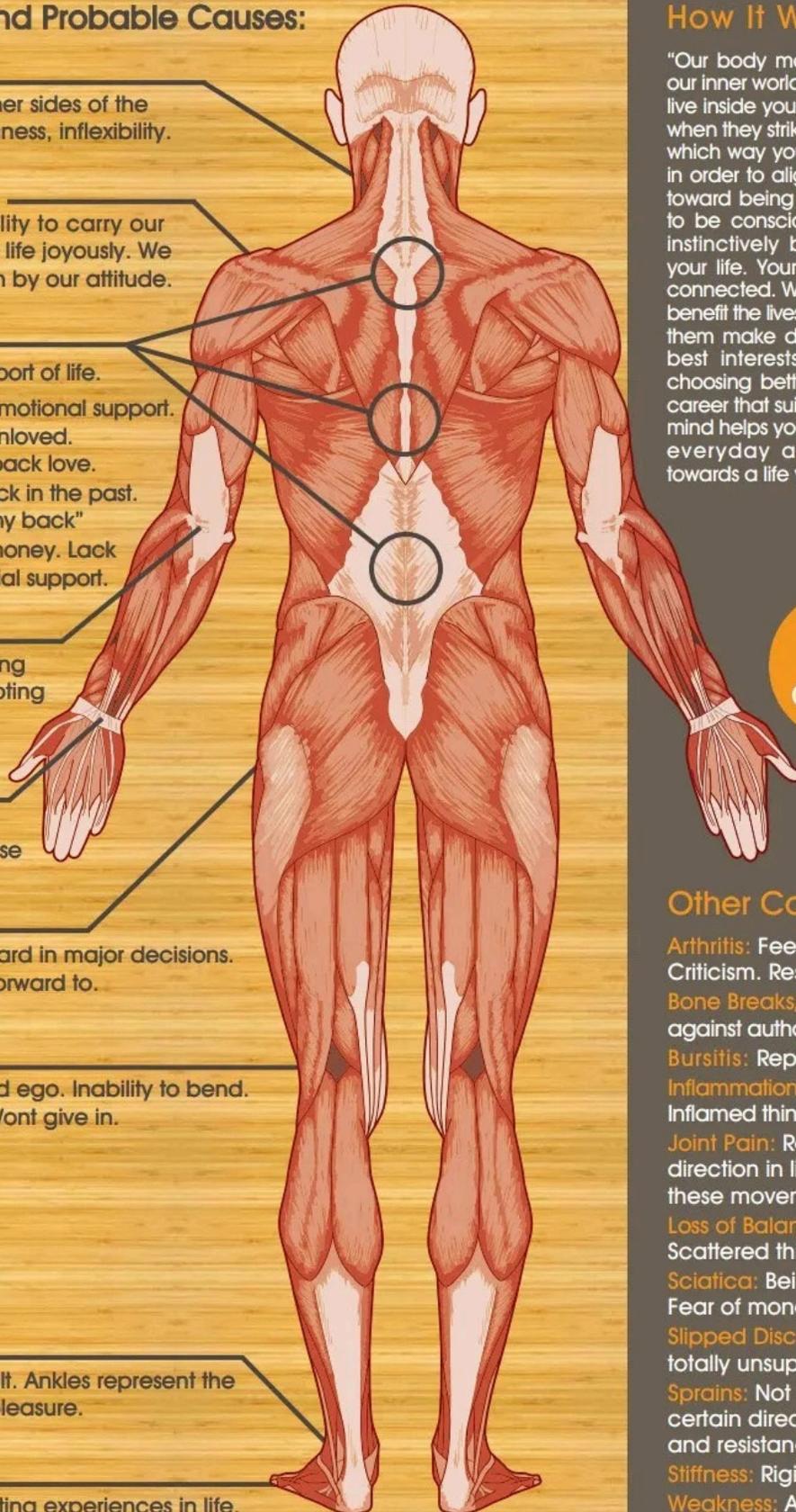
**Sciatica:** Being hypocritical.  
Fear of money and or the future.

**Slipped Disc:** Indecisive. Feeling totally unsupported by life.

**Sprains:** Not wanting to move in a certain direction in life. Anger and resistance.

**Stiffness:** Rigid, stiff thinking.

**Weakness:** A need for mental rest.



# Addressing Emotional Pain in Yourself

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I see myself - and my own behaviors and "pain" - in most of this list. And guess what?! That's okay. I am a human being and, yes, I have spent more time in emotional pain than not. This doesn't make me unlovable or unworthy of attention and success. In fact, by exposing myself, I make it easier for you to feel connected to me because chances are that you can see yourself in this list, too.

By sharing our perceived "failures," we realize we have more in common than not. The more we can admit to - and own - our shortcomings, the more adept we become at maintaining healthy relationships. Although we may currently feel like we are broken, we can still reclaim our wholeness. As Leonard Cohen sings in his song, Anthem:

*"Forget your perfect offering. There is a crack, a crack, in everything. That is how the light gets in."*

Not forcing a way but, rather, being in alignment with our whole Self requires us to own our "negative" emotions, such as jealousy, rage, despair, deceit, inferiority and unworthiness as well as be held accountable for all of the times when we have acted out and behaved destructively from these places. It's uncomfortable terrain, especially when we have been raised to deny and suppress that which is judged as "bad."

The more resistance we feel in our bodies, which can feel like a heavy, thick, sludge, that sucks us downwards and seemingly keeps us stuck in one place, typically the more {toxic} shame we are immobilized by. Our job now is to invite our shame to step forward so that we can lead the brilliant, successful, loving lives we each deserve, and are oh so worthy of!

In my life, I have been confronted with some of the worst versions of humanity (and the best too, of course!) and what I have discovered is that, within most of us there remains *a small, inner voice that clamors and longs for a TRUE LOVE that doesn't hurt.*

But...

*"If you want love, you have to go through the pain.  
If you want love, you have to learn how to change.  
If you want trust, you have to give some away,"*

These lyrics, by the band NF, are located in our EFD "ACCEPTANCE" playlist ([get your free copy here!](#)) and can accompany you on this journey. They attest to the true nature of relationships - when push comes to shove, we must change the error of our ways, especially when our behaviors are causing harm.

We have to go through the pain of owning our part and the role we play in causing suffering in both our's and other people's lives. We have to trust that we can be ourselves and that we won't get crushed or broken. Or, rather, that we are strong and resilient enough to deal with adversity as we learn to no longer take life so personally.

**Love and trust are ultimately derived from our willingness to be with our discomfort and to change course - with our words and deeds - when the moment requires it. As well, love and trust are found by practicing ongoing vulnerability.**

**Consistently exposing ourselves and our soft hearts to what can be the harshness of life lived on planet Earth is how we embody our authentic power and lead passionate lives filled with purpose, love and connection.**