

Pain Identification

This tool assists us in identifying our past or current pain. Mark what applies to you or fill in your own.

Childhood or Teenage Years

Failure to Have Needs Met

Active Failures

- Sexual abuse
- Physical abuse
- Emotional abuse
- Verbal abuse
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Passive Failures

- Conditional love
- Parental addiction (substance, performance, sexual, etc)
- Abandonment physically or emotionally
- Parental depression or anxiety
- Separation of the family (divorce, death, foster care, etc)
- Failure to bond with spouse
- Lack of relationship with God
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Parent/Child Role Confusion

- Child functions as a parent or spouse
- Child functions as a caregiver/rescuer to parent
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Emotional Baggage of Parents

- Position in life vocationally, financially, or socially
- Obsession with status or achievement – “Have I made it yet?”
- How they dealt with tragedies and disappointments
- How they handled their emotions (stuffing, numbing, yelling, etc)
- View of God
- View of others
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Negative Messaging (Spoken, Unspoken, Experienced, Witnessed)

- “It is not okay to make mistakes.”
- “It is not okay to have your own needs or ask for help.”
- “It is not okay to have or express emotions.”
- “You cannot be too happy.”
- “You cannot be comfortable in this world. You must always strive.”
- “You cannot trust yourself.”
- “Take care of yourself because no one else will.”
- “Don’t be vulnerable or show your weaknesses.”
- “You can’t trust men.” or “You can’t trust women.”
- “Don’t talk. Your opinion doesn’t matter.”
- “You’re no good. There’s something wrong with you.”
- “If anything goes wrong, it’s your fault.”
- “You better not mess up or I will leave you.”
- “You are bad.”
- “You can’t change.”
- “There is no God. Don’t have faith.”
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Stuffed Feelings and Rejection

- Anger – from families that stuffed or raged
- Fear – from homes that were anxious, worried, or chaotic
- Rejected intimacy
- Rejected personal responsibilities, boundaries, or rights
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Adult Years

Marriage

- Legal divorce
- Emotional divorce or rejection
- Spousal or personal affair
- Spousal addictions, compulsions, or dependencies
- Spousal depression, anxiety, or mental illness
- Misguided priorities
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Parenting

- Disappointment with outcome of children's lives
- Death of a child
- Blended family struggles
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Extended Family

- Aging parents
- Parents with serious disease
- Unresolved conflict with family member
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Career/Vocation

- Dead-end job
- Fired or sudden loss of job
- Business changes
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Financial

- Bankruptcy
- Bad decisions
- Fraud
- Financial pressure
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Sexuality

- Infidelity
- Lack of desire
- Unresolved sexual issues/struggles
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Health

- Chronic illness/disability
- Terminal illness
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Friendships or Romantic Relationships

- Rejection
- Betrayal
- Isolation
- Lack of close friends
- Disappointments with romantic relationships
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Others Not Mentioned:

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