

Recovery from Painful Relationships

What are the most common painful relationships ?

Romantic

Marital

Parental, as parent or child

Siblings

Vocational

Friendship

Church

You cried many a tear.

Sometimes, if you're a man,
you felt like crying,
but couldn't and didn't.

Real men don't cry.

Where did the tears come from or why were they caused ?

Most of the pain in our lives is not physical pain, but emotional pain.

Most of us bury our pain (alive) deep in our psyches, deep in our limbic system.

The Deep Limbic System

Studies show this is the seat of EMOTIONS, feelings, and a sense of well-being.

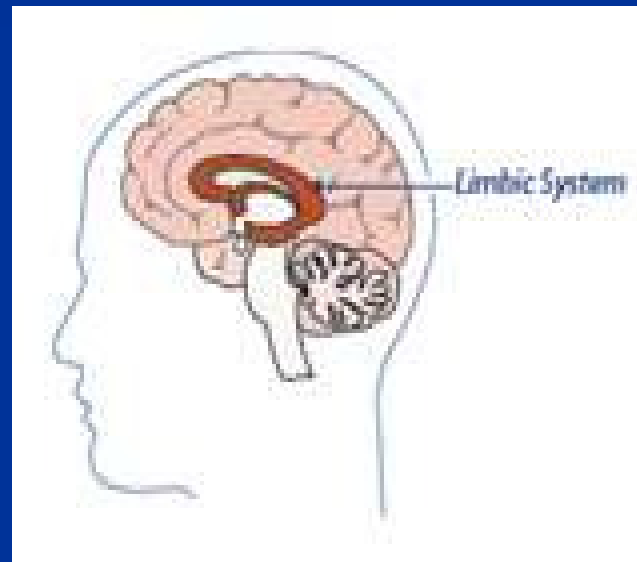
Kill the ANTs.

Feed the PETs.

Convert PETs

To PATs.

Keep it “cool.”

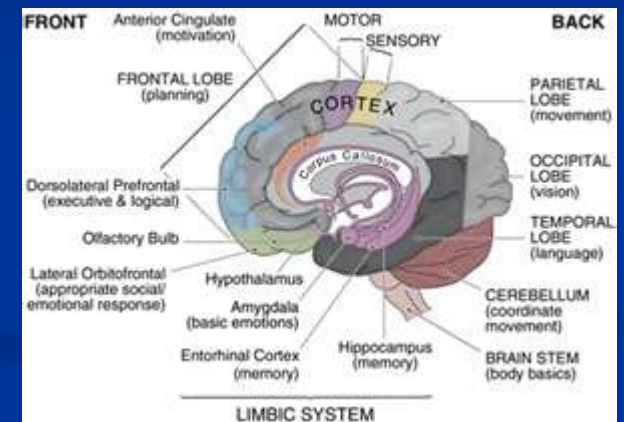


Emotional vs. Emotionless

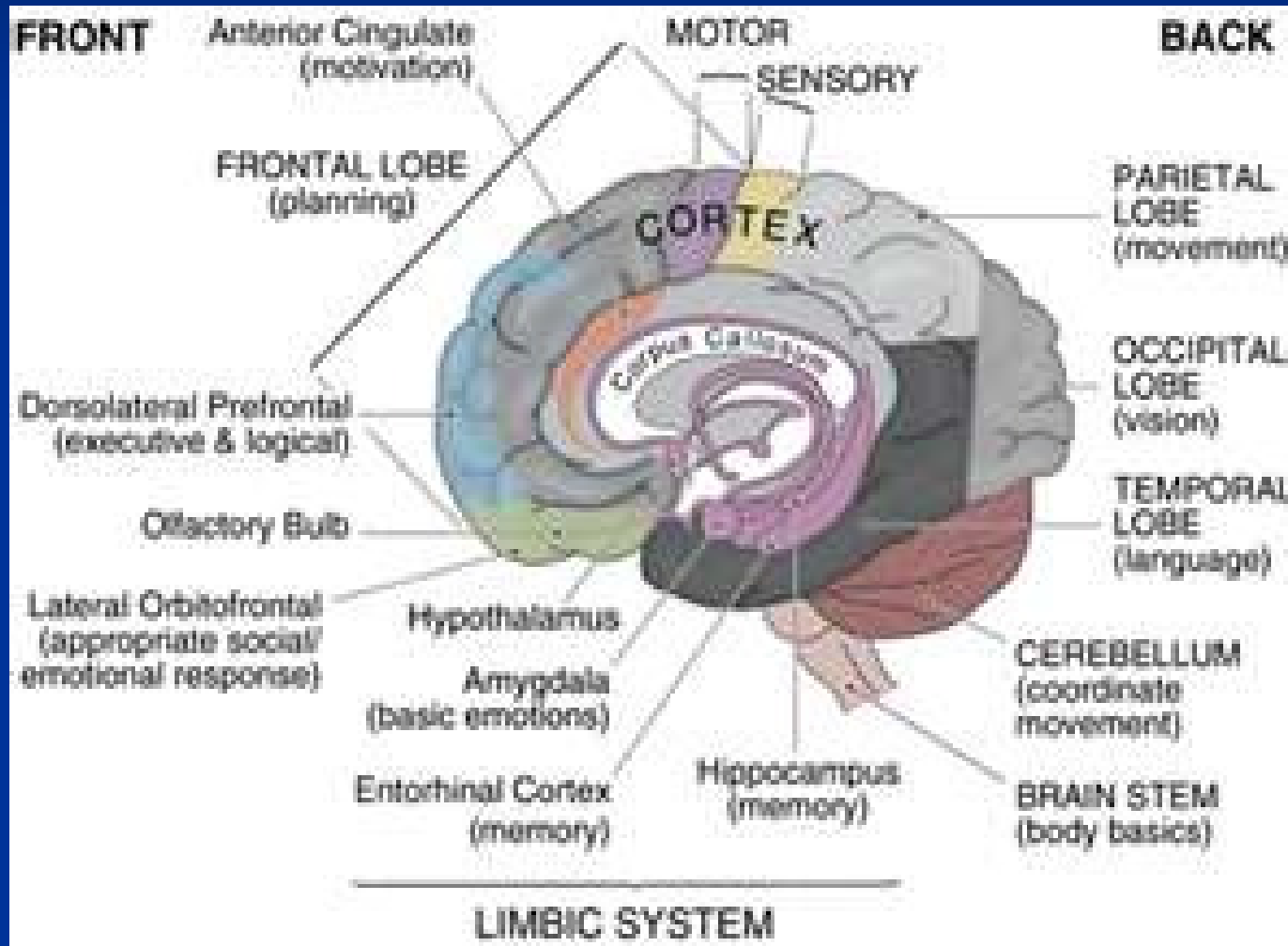
Avoid the extremes.

Frontal lobe only: Emotionless

Limbic system only: Emotional



It's not either-or, it's both-and.



Bonding

Commitments are made in the frontal lobe, kept in the deep limbic system. The 20-year marriage that ends “suddenly,” the dropout rate in Christendom, children who never accept our values or reject our values, are all examples of incomplete bonding.

“The Weightier Matter”

People may join a church on principle (frontal lobe), spouses may stay together (frontal lobe) on principle, children may not outwardly rebel (frontal lobe), but we may as well face it: People emotionally withdraw (deep limbic system) from people who are not meeting their needs. They become emotionally weary from trying to will it with their frontal lobe. In emotional exhaustion (deep limbic system), they give up and physically withdraw. And then we judge them.

Emotional Awareness

If you were able to save the relationship, remember what not to do to restart the pain.

- Don't get stuck in old conflict patterns.
- Don't placate the other person for "peace" sake.
- Don't play the victim.
- Respond with self-respect, not self-pity.
- Recognize blameshifting in you and in others.
- Be assertive, not aggressive.
- Walk away from unproductive encounters. Take a break.

After you've left, then what ?

- Grieve it through, without wallowing in self-pity.
- Bury it, dead, not alive.
- Do not visit the gravesite.



Rebuild your emotional infrastructure.

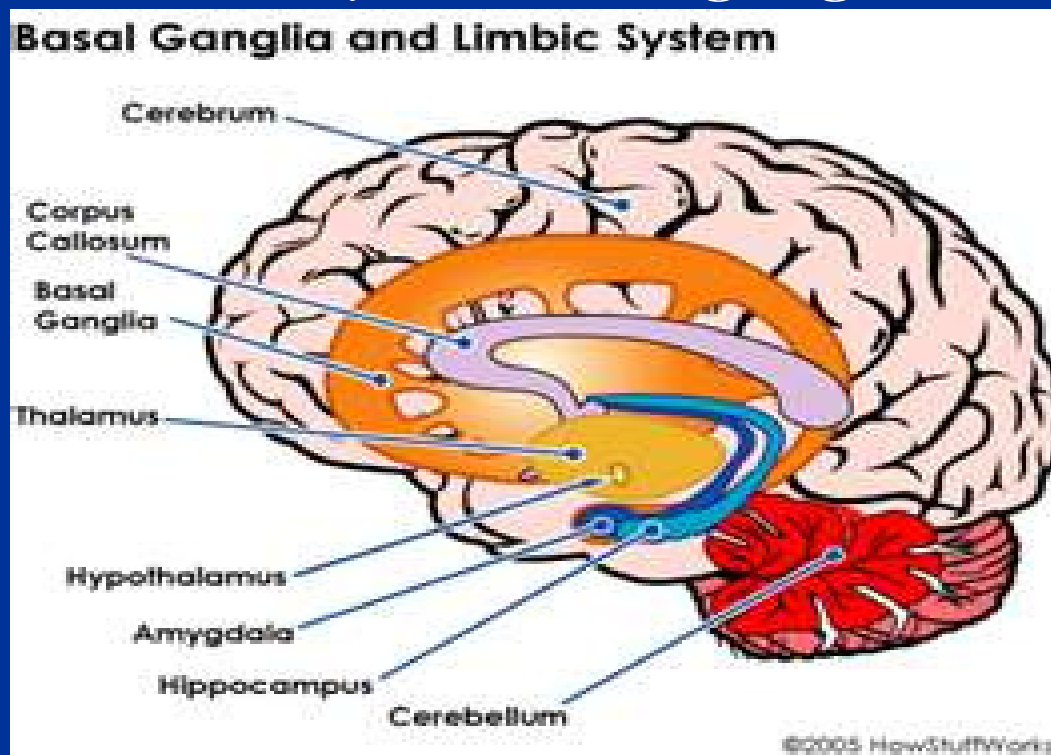
Get your frontal lobe and your deep limbic system to cooperate with your basal ganglia. ???

Call in and enlist your support system

1. Significant others
2. Counselors
3. Spiritual integration, i.e., prayer

Rebuild your emotional infrastructure.

Get your frontal lobe and your deep limbic system to cooperate with your basal ganglia. ???



Some self-care is helpful.

Slow down.

Apologize.

Take a vacation.

Soak in the tub.

Walk the dog.

Enjoy your favorite meal.

Enjoy your spouse.

Allow time for healing and recovery



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Expect good to flow to and from you.



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Refuse to live in the pit.

In the end, we will have to live by faith that

JOY IS COMING IN THE MORNING.



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THANK YOU !!!



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Visual Bibliography

