

IDENTIFY

ACKNOWLEDGE

UNDERSTAND

Your *Pain* Has A Past

A GUIDE TO HELP YOU DETECT AND LOCATE |
HOW YOUR PAST, PAIN IS HINDERING YOU FROM |
LIVING YOUR BEST LIFE, TODAY |

BELINDA S. ALLEN

Your pain has a Past

Copyright © 2018 BELINDA S. ALLEN.

Published by Belinda Allen

ISBN 978-1-387-70518-4

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without the prior written permission of the publisher

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a professional. Either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher does not assume responsibility for your actions.

Cover & Inside designed by Belinda Allen

Table of Contents

Introduction

Chapter 1

YOUR PAIN IS A PROBLEM.....15

Chapter 2

CULTURE SHOCK.....27

Chapter 3

IT'S GOING TO HURT.....36

Chapter 4

LEVEL UP.....49

Chapter 5

GET OUT.....58

Chapter 6

PICK UP THE PIECES.....68

Chapter 7

INTENTIONAL BREAKTHROUGH.....73

Chapter 8

LET GO.....82

This Book is

---Dedicated to My Love, Emmanuel, my family, friends, and everyone that encouraged me to write. To every word spoken, of comfort, exhortation, edification and rebuke, Thank You.

The Journey began, remains and continues...

INTRODUCTION

It's safe to say that there are common denominators shared between humans, in the same way there are common qualities shared among all women or men. There are also similar experiences shared among generations like events, music, etc. We could also broaden our view and explore similarities of people within the same culture. However, the way in which a person processes the moment could be very different.

You can take two people that were raised in the same home whose view of life were very different, both experiences were legitimate, but the affects, opposing opposites. We become a product of our processing based on how we perceived our life determines how we live our life. We make the mistake of believing that because two people shared the same experience their perception of the experience was the same. Similarities do not equate to equivalence, only the individual can elaborate on their mental process of that experience. The factors of why this happens can be based on age, race, sex, past experience, and the list goes on.

The emotional patterns that create our chaos and the pain that keep us stuck sometimes get buried under shame and embarrassment, this prevents us from acknowledging the severity of our issues. Most people would never admit or identify how their past has affected them, not because they don't want to

acknowledge it, but because they can't see it. Many people know that there may be something unseen that is stagnating progress however, linking the cause is often the challenge. We tend to look at surface issues connected to what we feel we are lacking, lack of money, lack of opportunity, lack of support, lack of companionship, we fail to see our past pain as a culprit of sabotage. We tend to believe that if we had more of what we lacked, things would be better, however the truth can identify, if we had more of what we lacked, it still wouldn't be enough. The reason can be found in our inability to process the root of why we are in lack or in our interpretation of what we identify as lack. When we haven't dealt with the hurt, disappointment, regret, and pain of our past we measure our lack based on what we didn't have that others did. This becomes the present omen that keep us from arriving at our fulfilled self, and confined within a box of our ability to understand. The truth is, your past is affecting you, not because you are perseverating over it, but because you refuse to face it. Our emotions and its connections to moments in time has to be processed so that we can eliminate the emotional instability of our perception.

Our emotions work together, creating our process of elimination or the revolving door of a past in repeat mode. We either grow from our past or we repeat it. Most people are unaware of the influence their past has had on them, it's past pain that cause hesitation, an inability to finish, anxiety, competitiveness, and other behaviors that prevent healthy growth. Its pains triggers that control your actions and send you into caves to be tormented with fear of the unknown, fear of failure, fear of success or pride, it causes detours to progression and could lead you into unethical situations due to intimidation. Know that your emotions are either working for you or against you.

Acknowledging your truth can only determine what is true to you. Where has your emotions taken you? Your emotions are like a web woven, that will entangle you if not processed properly. Many who consistently live in the pain of their past, never learned the art of expelling and never saw the beauty hidden in their scars therefore they either work to forget their past or live within the confines of their past. It's important that we are aware that all pain is triggered, and It has a pattern. If you are are working through the pain to forget or living within the limits of pain, when you are dealing with mental, emotional and spiritual pain, it is easy to allow yourself to become driven in hiding its effects because of the fear of looking unstable. When you fail to deal with the pain of your past, it becomes the wall in your present and the curse of your future. It will show up in your relationships, in your children, in your emotions, and it can become the curse carried throughout generations to follow.

Most pain start off intense and dulls with time, an individual may feel something that doesn't feel quite right in a moment, but that feeling goes away after a while. It may have a span of weeks to several months and is usually tied to a more current incident that disturbed you. When the normal process of pain is interrupted, it is an indication that there is a deeper issue. Many times, we ignore the patterns of our pain in hopes that it will go away on its own. We must become more in tuned with our body response and willing to confront abnormalities. Our body will reveal that there is a problem, through physical body aches, extreme

sensitivity, allergies, and other physical conditions. Our responsibility is to detect it's roots.

Pain is an indication that there is a deeper issue.

Intermittent Pain, may go away for a season but it comes back. This type of pain will show up on anniversaries of an event to remind you that you were hurt, or when you need to complete a task, to prevent results. This pain remind you that it hurt too bad to finish.

Chronic Pain, never goes away, you are constantly reminded that you were hurt, this type of pain torments you daily with negative thoughts of defeat, physical pain to keep you stagnant and spiritual pain to keep you hopeless.

It's true that time can heal, but only after you've pursued it with the intent to be healed. Your pain has a past that desires to keep you bound in turmoil and defeat and living within the confines of your thoughts-- you are what you believe. However, your pain also has a future end that must be pursued intentionally. It is during this pursuit, that you identify the growth in feeling weak and the strength in knowing that pains future is sealed in your truths actions.

In this book I will reiterate the point of dealing with your past pain, and offer help on how to work through negativity. It is my hope to guide you towards wholeness and educate you towards healing so that you can live your best life.

Chapter 1

YOUR PAIN IS A PROBLEM

Ask a person how they've arrived at where they are today, most people can recount one pivotal moment and many recurrences of the same type of moment, that shaped their life. Though the truth of the effect of those moments resonates within our mind, it's roots were developed over time, intertwining with other emotions causing a soul disturbance. A soul disturbance is when something happens that agitate you emotionally, it's when your peace is disrupted. The effect of time did not process the journey effectively, but preserved every moment, storing hurt and suppressing pain.

Hurt is the effect of trauma, it is emotional damage as a result of the impact of trauma, trauma is a mental injury, it's memory scarring. Trauma occur when you witness or experience a situation that you attempt to understand and make sense of, but you can't. An individual may become mentally stagnant and confused, which affect how you feel. With trauma an individual may know that they have been affected but can't grasp the how or the why, the mind continues to seek to understand why you feel a certain way, keeping you as a prisoner to time.

Although the scars of being hurt may not be a physical scar, it can be visible through behavior, showing up in an individual being cautious in certain areas or in a persons unwillingness to be cooperative. You shouldn't feel the pain of scarring. Doubt and hesitation can cost you emotionally, they should not show up on your scar, preventing you from enjoying and being productive in life. A scar is only meant as a reminder and shouldn't be a block in the way of joy. There shouldn't be a reaction to certain issues that make you feel vulnerable and like a victim.

People stuff their emotions not realizing that, this process of stuffing is being stored within their internal hard drive that consist of the physical self, emotional self, and spiritual self. Stuffing will allow you to remain intact until you are overloaded, its effects will hide until the whole of you need to show up within a situation. These situations that requires your whole self are times of crisis such as a death, a divorce, health issues and other trauma. It's important that we realize that our body in its totaling nature and divine engineering has a memory, and life in its constant evolution, keep our bodies needing a systems cleanse because of our daily exposures. We were designed to store information and function within our design, however these daily exposures, to people opinions, stereotypes, prejudice, expectations, make us vulnerable to system failures, viruses, and difficulties making, it impossible to perform as intended with all of the other stored disappointments, failures, and rejection.

Most people are not aware that they have stored their hurt and suppressed their pain, and that they are experiencing hurt and pain related problem. We can identify the storing and preservation of our hurt and pain by examining our

response to the thought of situations, circumstances, and events. What do you feel when you think about certain moments? The feeling of anger, bitterness, disgust, rage, or hate are emotional pain indicators of ***not processing*** the effects of an incident(s).

To help you identify if there are areas in your life that you haven't properly processed, I am providing a few descriptions of some of the emotions connected to pain. These emotions will invade your life, showing up at inconvenient moments, and disrupting your “normal”.

Anger is an emotion that has to be awakened, it's not a first responder emotion, its aroused. There has to be something within your mental confinement that triggers it, passion compels anger to react.

Bitterness is an emotion rooted in resentment and unforgiveness, it keeps the memory of an event, current. Bitterness links everything that has happened in a person's life to one incident, keeping the person feeling that their life is the way it is, as a result of an event or a person. Bitterness hold on to offense and refuses to forgive.

Disgust is an emotion that cause a sudden physical reaction of feeling appalled and sometimes nauseous. Disgust may trigger anxiety or aches within the body. It causes a draw back from anything that may remind you of a person, place, or thing.

Rage is an emotion of being out of control, unable to tame your reactions. Rage is a brewing of your emotions fueled by anger and acts out destructively. Rage has to be satiated with an outward violent response.

Hate is an inward fury of hostility. It causes a person to be fixated on the actions of another. Hate expresses a strong prejudice towards a person's existence.

Anger, bitterness, disgust, rage, and hate are *expressive* and want revenge. They keep the feeling of hurt and offense alive.

The feeling of hopelessness, sadness, sorrow, and defeatism are emotional pain indicators of not healing from the effects of an incident(s). To help you identify if there are areas in your life where you *haven't healed*, I am including a description to help you identify the lack of healing and emotional hindrances.

Hopelessness is an emotion that gives you the feeling of not being able to accomplish anything. It steals your desire to try and causes you to focus on your inability to comprehend and envision results.

Sadness is an emotion that prevent a person from feeling happiness. It refuses to allow a person to live in the moment and enjoy life. It's a deep feeling of discontentment and projects the feeling of heaviness in thought and emotion.

Sorrow is the feeling of regret and extreme disappointment, its agonizing torment. Sorrow is an emotion that cause a person to feel like their soul is crying and moaning with utter grief.

Defeatism is the feeling of expecting the worse to happen. Defeatism is an emotion that evoke a bad attitude. The person seem to always have a problem with trying things.

Stoicism the feeling of being numb, unable to feel or show emotions, its repressive. The individual will feel not bothered and not affected by situations, good or bad.

Hopelessness, sadness, sorrow, defeatism, and stoicism are *inwardly tormenting*. They desire consolation, but they cause the person to isolate and feel pitiful and inconsolable.

Most people exemplifying this behavior, learned to repress and escape their emotions.

Hopefully, you were able to answer the question of, What do you feel when you think about certain moments, answering this question will help you to identify if you've processed and healed.

THE WEB

Identifying and Acknowledging where we are in our emotions is crucial to experiencing wholeness. It is important that we attempt to understand this web that our emotional instability create for us. The starting point of the web can be traced back to the string that you've attached to everyone that didn't meet your expectations and to everything that didn't produce what you felt you needed.

Pain is what you feel as a result of the hurt, it's your response to the impact. Pain forfeits progress and keep you stuck in the moment the hurt occurred, pain is

the reminder that you were in a wreck. Pain prevent growth and won't allow you to move beyond your hurt. Pain will paralyze your progress. This disposition of being stuck becomes a mindless act of a continuum, spooning a web that hold you hostage to your past. The webs connectors are every memory recall of disappointment throughout your life. Initially, meant as protection, over time the web becomes the trap used to kill your hope and passions, while paralyzing your progress towards your purpose and destiny. It's the pressure of pains strength that is used to squeeze and drain the life out of you. The web serves as a barrier that prevent growth and vitality, it doesn't allow your seeds of potential to be nurtured. It won't allow you to fill fulfillment, but discontent, nothing satisfies. Soon, your life become a journey of survival where you are trying to keep your head above water, rather than a journey of life.

The web keep you busy assessing your life in an attempt to not look like your hurt and preoccupied with suppressing pain and numbing your emotions. The web is self sabotage, it keep you guarded and defensive. Self sabotage is when you interfere with your own progress. It's design is meant to keep the real you concealed and the victimized you, exposed. It doesn't allow healing, because it holds you in a cycle of making poor decisions in relationships, job choices, etc. you become attracted to the pain that's living in you and addicted to dysfunction and the webs process until it start to take its course, distorting your view with the feeling of jealousy, thoughts of prejudice and resentment towards a person(s) and coveting what they have--- this could be in their personal possessions or their influence. The web will also distort your view with envy, a strong dislike and longing towards a person(s) personal possessions or their influence leading one into an attempt to deliberately sabotage the person they envy. Jealousy and envy

will begin a spiraling effect of negative mental interference leading to stages of breakdown.

STAGES OF BREAKDOWN

The Denial Stage

You become a master artist in disguise, working hard to paint a picture of one having it all together, and being envied by others. However, it leads you on a never ending attempt to perfect your life to gain the approval of others.

Denial will keep you feeling like you are in control, it tells you, you could stop everything if you wanted.

Denial will not acknowledge areas of weakness, it protects you from the truth, that you are dealing with a problem too great for you to process and change.

The denial stage may include the following

Confusion - Having an inability to understand and come to a clear point of view.

Frustration - Feeling like things are unsettled and are headed towards a chaotic end.

Isolation - The person desires to be alone therefore they separate themselves from everything and everyone.

Paranoia - Thoughts of people speaking negatively of them. The person become overwhelmed with feelings of being unloved and out of control.

Emotional Outburst - The person have emotional tantrums, Crying spells, and feelings of being slighted that cause visible behavioral instability.

Private fits of rage - The person have sudden violent outburst that may include throwing things, pushing, aggressive cursing and gesturing.

Depression - Troubled feelings of wanting to give up or feelings of deep sadness and hopelessness.

Self medicating - Using substance or things to numb feelings such as drugs, alcohol, food, medication, sex, cutting, or anything used or done in excess. The danger of self medication is that it can be hidden under the guise of self reward, and control. It validates an individual with making them feel that they deserve the reward, and convincing them that they are in control and that they can stop when they choose -- its a tool of deception.

These emotions are no longer occasional visitors, but they play out in everyday life, an individual may experience a sudden release of tears because of mental frustration and fatigue. There may be adult tantruming about how life is unfair, daily complaints about people and how they aren't doing things right. Irritability because things are not perfect, constant comparison, and secret competitiveness, wanting to be the best at everything, becomes their drive. These seemingly harmless behaviors become more aggressive over time resulting in depression, poor relationships, health issues, mental torment, and internal conflict.

An individual may become stuck within their own web, unable to escape the life they've created. Although you may have experienced great success, it's never good enough, this web never allow the individual to live within the moment, but they stay actively perfecting the web keeping everyone far enough away as a way of protecting yourself.

Staying within the web will result in entering into a stage of great loss. Although the loss look differently per individual the affect is the same.

The Loss Stage is where the individual may experience the following.

Loss of drive - procrastination and constant reasoning becomes the hindrance towards changing.

Loss of relatability - the person is unable to see things outside of their hurt, feeling that no one understands them, making it difficult for them to understand others. It causes an individual not to have sympathy for others, having an inability to connect emotionally with others.

Loss of meaningful relationships - the person may become judgemental and non tolerant of others. Becoming hypersensitive to motives, questioning the motives of people, as well as feeling like others don't want them around so they withdraw.

Loss of desire to work - the person may become passive in there level of excellence, refusing to perform at their ability because of disappointment and rejection. An individual may become consumed with thoughts of conspiracy and overwhelmed with expectations resulting in an individual impulsively quitting,

constant calling in, and other insubordinate behaviors ultimately leading to them quitting or being let go.

The Loss stage promote feelings of not being able to get ahead, due to constant setback. The outcome of loss begin to brew an inward bitterness resulting in either a greater need to become better or a loss of will to live. Other times the need to please is greater than the need to care about what really matter. The pain of the past is a personality of its own, burying the person beneath the debris of hurt. The reactive response to hurt will program the brain to respond mindlessly to emotional pain--- this is why, an individual may perpetually do what they later regret, becoming entangled within the walls of instability and constant setback. The mind isn't aware that it's responding to past memory, the wound of yesterday is constantly being reopened by the encounters of today. Not dealing with the past is the knife that keep the cut fresh.

You have to crack the code of your reactive transmitters in order to respond differently to the hurt. Identifying where you are within the stages of the web will help you to stop these impulsive behaviors. Cracking the code, however, involves becoming aware of your behavioral patterns and their triggers. Our emotions are like security systems, a door must be opened before the system responds with an alert to turn the system off. You must find the door that's triggering your mental system and then you must switch it off. The alarm system doesn't sound the alarm unless there is an incorrect code entered or ignorance that a code is needed to turn off the triggered system. Unfortunately, many of us notice that something is wrong but we haven't identified the open door that's allowing our mental system to trigger our emotions. The door can be a person--- identify the toxic people in your life, or a place, there are some places that are attached to negative memories, or a thing---

it could be a piece of jewelry or an artifact. There are other things that may act as triggers such as smells, or dreams.

The code is the strategy used to stop the trigger, it is closing the door to intruders looking to steal your time, kill your purpose, and destroy your destiny, you may need to end a toxic relationship, take a different route to work or move out of that city. It may also require you to throw away an object, or stay away from a particular place, choosing not to view a certain film or refusing to participate in certain encounters with persons, may also be necessary.

Avoiding change is not an option, but a sacrifice that must be made, you must make a mental decision, a physical decision, and a spiritual decision to change each area providing a balance for the healing of the whole person. Make a decision to commit to your journey towards total freedom, your soul needs to be reclaimed from your past, and there must be an intentional pursuit, making emotional stability, mental clarity and a life of wholeness a priority. You can't continue doing what you've always done, but you must confront the past to free yourself from the web, or you will become prey to every negative word and every bad experience.

Stop living your life within the confines of how you feel, you will stay stuck if you allow your emotions to rule you. Identify and acknowledge that you have a problem, it makes it easier to confront the problem when you expose it. Understand, to feel and have an emotional reaction is not weakness, failing to deal with a problem is, its equivalent to running, stop running, and deal with your fear of looking weak.

You can untangle yourself from the web, when you make a choice to walk through those fearful valleys, those places of hurt and pain to get to the other side to greatness.