

PAIN
AND THE
CURE
FOR PAIN

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WHAT PAIN?

The following pages highlight principles for dealing with *psychological pain*. Some have called it mental pain or existential pain.

Some people are naturally gifted in some techniques mentioned. But I believe everyone can cultivate ability in exercising the techniques.



THE 5 GOLDEN TENETS

Observe

Record

Accept

Anticipate

Socialize



OBSERVATION

Observe your thoughts and emotions

Keep an eye on thoughts and emotions.

Some people might be more naturally skilled at introspection than others, while others (like myself at some point). It's a skill that's learnable.

RECORDING

Keep a readable record of major thoughts and emotions

The *mind is prone to forgetfulness*, a keen observer of the mind might tell you this. The mind is also prone to thinking that it will recall things.

You can record just your most frequent or strongest thoughts and emotions.

This might also be the only way to be sure that you actually had a thought or emotion.

Keep this as brief and re-readable.



ACCEPTANCE

Accept without condition all thoughts and emotions that transpire within yourself

Total unconditional acceptance of all thoughts and emotions that transpire within yourself

Totally accept your pain state without the expectation it will ever go away.

Perhaps ask yourself, "Am I ok if I'm like this forever?" Try to answer yes and see. Then is it possible to manage pain and open the door for its flight.



ANTICIPATION

Learn to expect thoughts and emotions in the future and prepare to deal with them via observation, acceptance and recording.

Learn to *preflect* (kind of projecting yourself into the future). What thoughts/feelings are you likely to experience moving forward?

Plan to apply any of the previous techniques – observation, recording and acceptance.

SOCIALIZATION

Cultivate the *willingness* to interact with other people, without necessarily feel forced to socialize.

Be willing to interact with others openly. You need not actively seek social contact, the *willingness* is the essential part.

Socializing also gives some ego boost, but it may be the cause of more negative thoughts and emotions. Watch, observe and accept these ensuing thoughts.

I think that I would like to encourage people to practice gratitude, manifestation, meditation, and the law of attraction. I've found meditation to be enlightening, while the others not so much.



CONCLUSION

This isn't a comprehensive guide about managing pain, but helpful guidelines about what I've seen works.

If you can develop your own frameworks that work well for you, that is encouraged.

I think that I would like to encourage people to practice gratitude, manifestation, meditation, and the law of attraction. I've found meditation to be enlightening, while the others not so much.



FURTHER READING

[The Unified Protocol](#)

[Cognitive Personality Theory -
YouTube](#)