

Knowing My Painful Life Situations and Consequences

In this exercise, you'll investigate painful life situations and the short and long-term consequences of using the problem-solving approach to get rid of the pain. Complete the table below by filling in examples from your life. Included is an example to get you started. Try to list different painful situations so that you might identify any underlying patterns in your behavior. After filling in the table, answer the questions that follow.

Painful Situation	Thoughts, feelings, sensations, images	Action	Immediate or short-term consequence	Long-term consequence
<p>Yesterday at 5 PM, I was standing on the corner by myself outside work, waiting for my wife to pick me up, but she was late.</p>	<p>"She doesn't care about me." "She's inconsiderate." Hurt. Rejection. Disrespect. Tense neck. Queasy stomach. Hot face.</p>	<p>Paced back and forth at the corner. Yelled at her when she arrived.</p>	<p>She promised never to do it again. She apologized for being late. Thought, "I'm in control again." Felt respected.</p>	<p>As I continued to yell in situations like this, my wife got angry, and we argued a lot. Eventually, our relationship broke down, and we divorced.</p>

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1. Is there a pattern to your painful situations? In which situation or situations do I feel pain most often (e.g., when I feel disrespected)?

2. How do I usually feel after an attempt to control or get away from my pain?

3. What do I notice about the differences between immediate or short-term and long-term consequences? What purpose is pain serving in my life?