

S. A. PEACE

THE
MIND-BLOWING
SECRETS
BEHIND YOUR

Pain

DISCOVER WHY MAKING SENSE OF YOUR PAINFUL
EXPERIENCES MATTERS TO YOUR FUTURE HAPPINESS



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CONTENTS

Introduction

1. Five Surprising and Life-Changing Ways to Make Sense of a Seemingly Senseless Situation
2. Five Unforgettable Future Benefits of Making Sense of Emotional Pain
3. Making Inspiring Choices and Taking Bold Action

Final Thoughts

INTRODUCTION

Emotional pain: it can be simultaneously one of the most devastating experiences we can endure *and* one of the most educational, enlightening, and life-changing feats. My personal experience of emotional pain has taught me that we can learn much from what we endure; although I don't desire pain and hardship, I find my life is happier and more meaningful after enduring some hardships. I have acquired the wisdom to help others understand that, though this terrible pain may seem senseless to you now, it will ultimately reveal its lessons. We will all begin to realize that what we suffer, much of it due to circumstances beyond our control, makes us stronger and more resilient. Finally, and ironically, our experience of emotional pain gives us greater empathy and better hope for the future.

One of the surprising ideas here is that *emotional pain makes us stronger, not weaker*. Conventional wisdom seems to suggest that pain, of any kind, weakens our bodies and our minds, but this turns out to not be entirely true. In fact, surviving intense emotional pain gives us not only greater resilience, but greater confidence: we have *already* survived that emotional pain; we are fully aware that we can face those challenges again. Instead of seeing ourselves as victims, we begin to see ourselves as victors triumphing over our emotional pain.

Another surprising thing I learned from my experiences is that *our emotional pain connects us to our common humanity*. Each and every one of us must undergo this kind of pain, and if we can make sense of it over time, the impact it has on our perspective of life is undeniable: we begin to see that life has great meaning and ever greater opportunities for us. We recognize that our fellow sufferers can benefit from what we have learned on our journey through emotional pain, and the compassion that is developed out of those devastating experiences leads to increased empathy and outreach. Indeed, in the wake of collective emotional pain, humanitarian aid and selfless actions proliferate. For example, in the aftermath of a natural disaster, when those in the path of the destruction are in deep emotional pain, we manage to give of our time (by volunteering) and resources (by donating) in significant amounts. Ultimately, the impact of our personal emotional pain reverberates with positive energy throughout the world.



“Working Together with Positive Energy”

In addition, it is fascinating once we understand that the experience of emotional pain *actually acts like an immunization against future pain*. This is called “emotional immunity,” wherein we become inoculated against the most harmful effects of any future pain. Once we have acquired emotional immunity, we are equipped to handle just about anything that fate throws our way. We have developed healthy coping mechanisms and fostered an incredible amount of resilience. It gets even more fascinating from there: once we have developed that emotional immunity, we start to recognize that it is actually *contagious*. That is, the calmness and confidence that we display in the face of dire challenges actually influences others to start cultivating the same feelings and behaviors. We can help others simply by demonstrating our survival skills.

FIVE SURPRISING AND LIFE-CHANGING WAYS TO MAKE SENSE OF
A SEEMINGLY SENSELESS SITUATION

So, how do we begin to solve the mystery of our emotional pain? How do we make better sense of that difficult experience? We must first confront and gain some perspective on our emotional pain, as detailed at length in my book *Why That Pain Does Not Make Sense Now*. We must also start to recognize the sources of that pain. Here are just a few of the sources of emotional pain that we might encounter, as well as how we can attempt to counter them:

External sources of emotional pain are quite common: From our environment—whether that be personal, political, or ecological—to injustice and discrimination, we experience intense pain triggered by circumstances beyond our control. We are not at fault in these situations, and yet we become burdened from the emotional pain of the aftermath. It is in how we respond to these unexpected and demanding trials that makes us become wiser and stronger.

Internal sources of emotional pain can be equally, if not more, difficult to overcome: Our psychological tendencies coupled with challenging circumstances can cause intense emotional pain. From deep-seated insecurities, to depressive tendencies, to anxiety, bitterness, and fear, these internal origins of emotional pain can only be overcome when confronted and processed. The result is a powerful profusion of personal growth; we are better able to understand ourselves in general and our actions in particular.

There are also instances wherein our responses to external circumstances trigger internal reactions: These mixed sources of emotional pain can include a lack of resources (such as basic necessities or psychological comfort) or a loss of livelihood. When we are able to survive under these scenarios—even thrive within them—we begin to make sense of how our emotional pain gives us resilience and resourcefulness.



“Silent Contemplation of Emotional Pain”

EMOTIONAL PAIN IS OFTEN CAUSED by unsafe living and working conditions: Trying to survive in an unhealthy household or unsafe neighborhood can induce a great deal of emotional pain, while working in a hostile or dangerous environment can create enormous suffering. In contrast, finding a safe living environment with access to basic amenities and security, or working in an open and respectful atmosphere, creates the conditions wherein we can thrive.

Other factors that impact our levels of emotional pain can vary widely: We can be at the mercy of political oppression or social pressure, economic scarcity or legal intimidation, or rapid technological change. These can all leave us feeling trapped, lost, or fallen behind. Only once we are able to acknowledge our toxic circumstances can we begin to change them, seeking out external assistance and internal resolve in order to confront these situations and alter our trajectory for the better.

These are just a few of the scenarios explored and explained in *Why That Pain Does Not Make Sense Now*. There you can also learn more about toxic environments in general, from literal to psychological; how our associations can sometimes create emotional pain; the impacts of violence, terrorism, and war; and much more. You can also glean much about how to bolster your responses in the face of these challenges, turning obstacles into opportunities, and learning that making sense of the senseless gives you a wellspring of hope.

FIVE UNFORGETTABLE FUTURE BENEFITS OF MAKING SENSE OF
EMOTIONAL PAIN

*A*s we begin to develop greater emotional awareness, we can also start to see how our painful past will eventually reap excellent future benefits—that is, if we can admit and accept our emotional pain. That is part of the process toward becoming more self-aware and, ultimately, happier and more hopeful. Here are just five of the steps we undertake on our journey toward making sense of our emotional pain; you can find much more in *Why That Pain Does Not Make Sense Now*:

As we endure emotional pain, we develop emotional awareness: The ability to be attuned to our emotions and to respond to them with deliberateness and reasonableness is the essence of emotional awareness. This requires us to recognize our emotional pain, to accept it, and to extend compassion not only to others, but to ourselves.

We start to understand why it is crucial to make sense of our pain: Making sense of our past emotional pain is what leads us to having more gratitude for our present, not to mention encourages us to foster our own long-term happiness and peace of mind. There are many specific actions we can take in order to generate this understanding, detailed at length in my book.

We eventually encounter the greatest paradox of emotional pain: At some point, we notice that our most intense moments of emotional pain often lead to our greatest experiences of happiness. While it is not always necessary to endure great pain to get to great happiness, our sense of meaning, pleasure, and peace can be enhanced by surviving difficult circumstances.

Understanding what happiness means to us is also the result of our painful experiences: Happiness can mean many different things to many different people, though it can be distilled into a couple of competing perspectives. On the one hand, happiness is about fulfilling our personal needs and desires; on the other hand, happiness can be derived from executing virtuous actions and leading a positive life. The experience of emotional pain engenders greater empathy in us, compelling us to create good outcomes not just for ourselves, but also for others.

Finally, we glean flashes of hope out of our darkest moments: Even as we endure the darkest depths of emotional pain, we can often witness or feel the flashes of hope that reveal how our suffering will, ultimately, bring us significant rewards. From the pain of growing up and finding yourself, to the struggles in school and at work, to the difficulties in building community and common humanity, there are always bright spots that remind us that our distress and discomfort will result in personal success and collective hope.

Again, all of these future benefits are explored in depth in *Why That Pain Does Not Make Sense Now*, as well as some of the obstacles we might encounter on our way to understanding and accepting emotional pain. The significant life events we encounter are also accompanied by emotional pain; our understanding of it changes our perspectives for the positive.

MAKING INSPIRING CHOICES AND TAKING BOLD ACTION

So, once we are able to recognize the hope buried within our emotional pain, we can begin to make better choices and take more positive actions. The most valuable lesson we can possibly learn is that *our emotional pain is never wasted*. We are always able to amass something valuable from the processing of that pain—as long as we don't expend too much energy resisting it. Here are four examples of choices and actions we can implement on our journey toward making sense of emotional pain; again, many more examples are included in *Why That Pain Does Not Make Sense Now*:

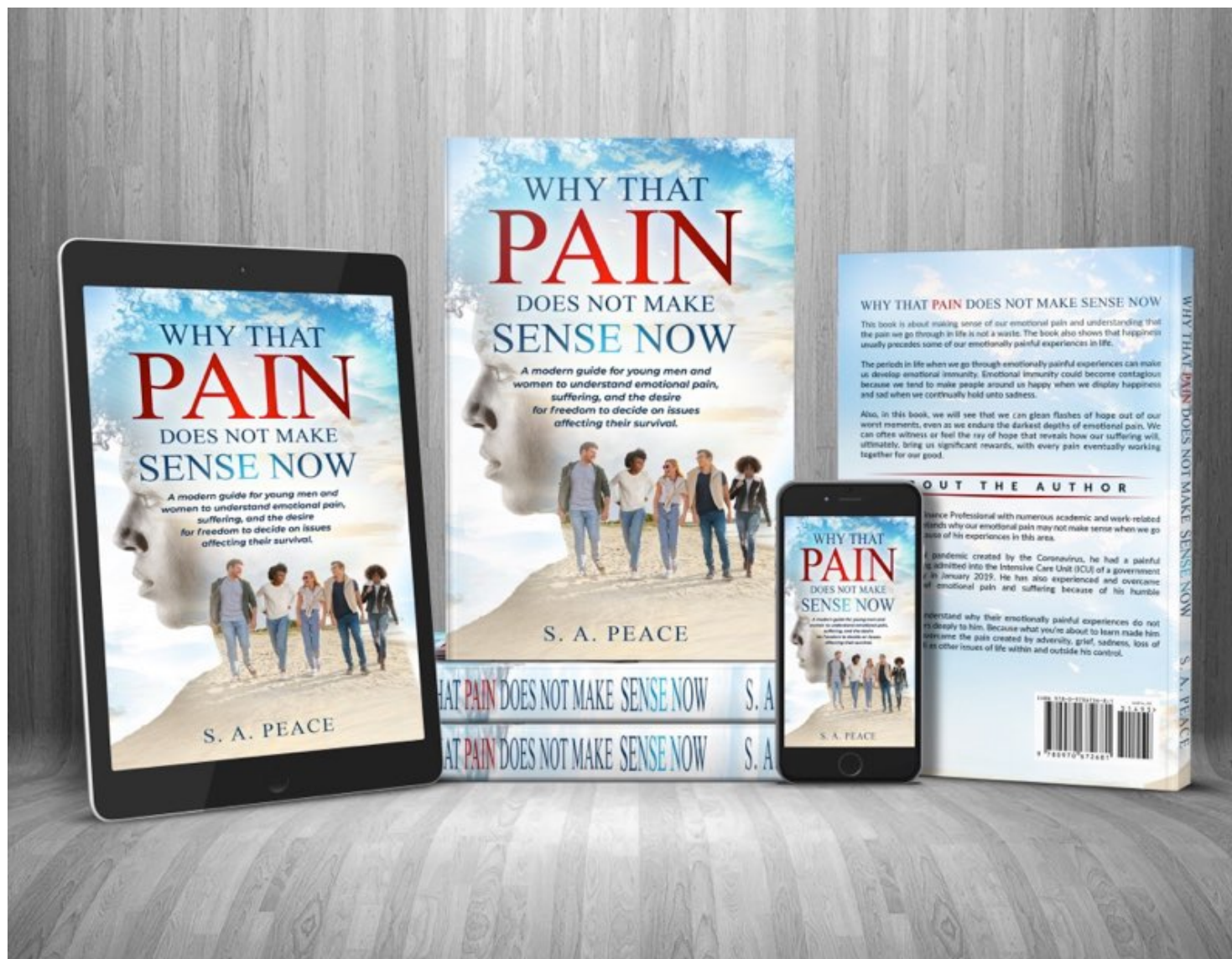
We should resist indulging in negative actions as a result of our emotional pain:

If our emotional pain is so intense that it tempts us to act in negative ways—such as breaking the law or destroying the property of someone who may have harmed us—then we would do well to resist those impulses. The point is to recognize the positive benefits of that pain, not perpetuate negative actions.

However, resisting emotional pain altogether can have detrimental impacts on us: Suppressing our emotional pain entirely, on the other hand, can lead to even more emotional pain and the inability to develop healthy coping skills. It can ultimately solidify a negative mindset that can impede our personal growth.

Instead, accepting emotional pain can help us grow and make positive progress:

When we accept that our pain has purpose, then we become able to respond in more positive ways. We can embrace the fear of failure knowing that success will ultimately be within our grasp, and we can tolerate uncomfortable moments knowing that they will pass. Emotional pain, like much in our lives, is a temporary situation.



“Resilience Leads to Success and Personal Growth”

Even our most minor choices create a positive cycle: As we begin to make sense of our emotional pain, we can quite plainly see that our attitude derives from our choices, and vice versa. Making the choice to smile in the face of adversity can impact our mindset in notable ways; our decision-making process becomes more attuned to enabling positive change in our lives and the wider world.

You can explore these complex connections further in *Why That Pain Does Not Make Sense Now*, which delves into how to create a positive life cycle and establish better

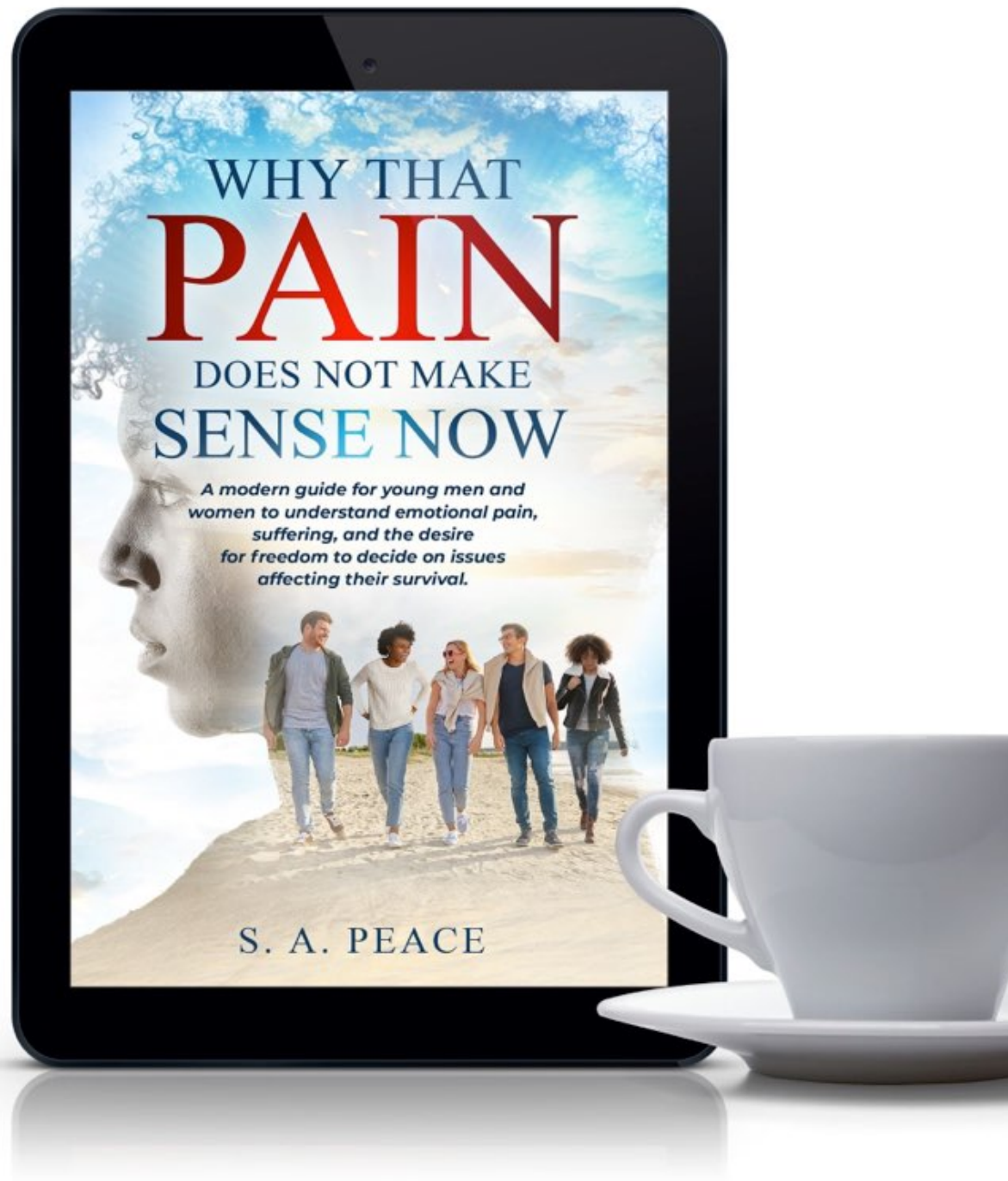
priorities while becoming more flexible and resilient. We begin to reap the most amazing results once we start making sense of our emotional pain, as you will clearly see.

FINAL THOUGHTS

Please take the time to grapple with the impacts of your emotional pain. My book can show you that your pain, far from being an agonizing waste of time, actually has important and positive impacts that will reverberate far into your future.

Ultimately, the experience will lead to the development of emotional intelligence, the ability to control our emotions and regulate our responses, and the cultivation of emotional immunity. Once we reach that stage, we are positive forces not only in our lives, but in the world at large. *Why That Pain Does Not Make Sense Now* shows you how to nurture emotional intelligence and foster emotional immunity with specific examples and actionable steps. Discover all of this and more by clicking on the links below:

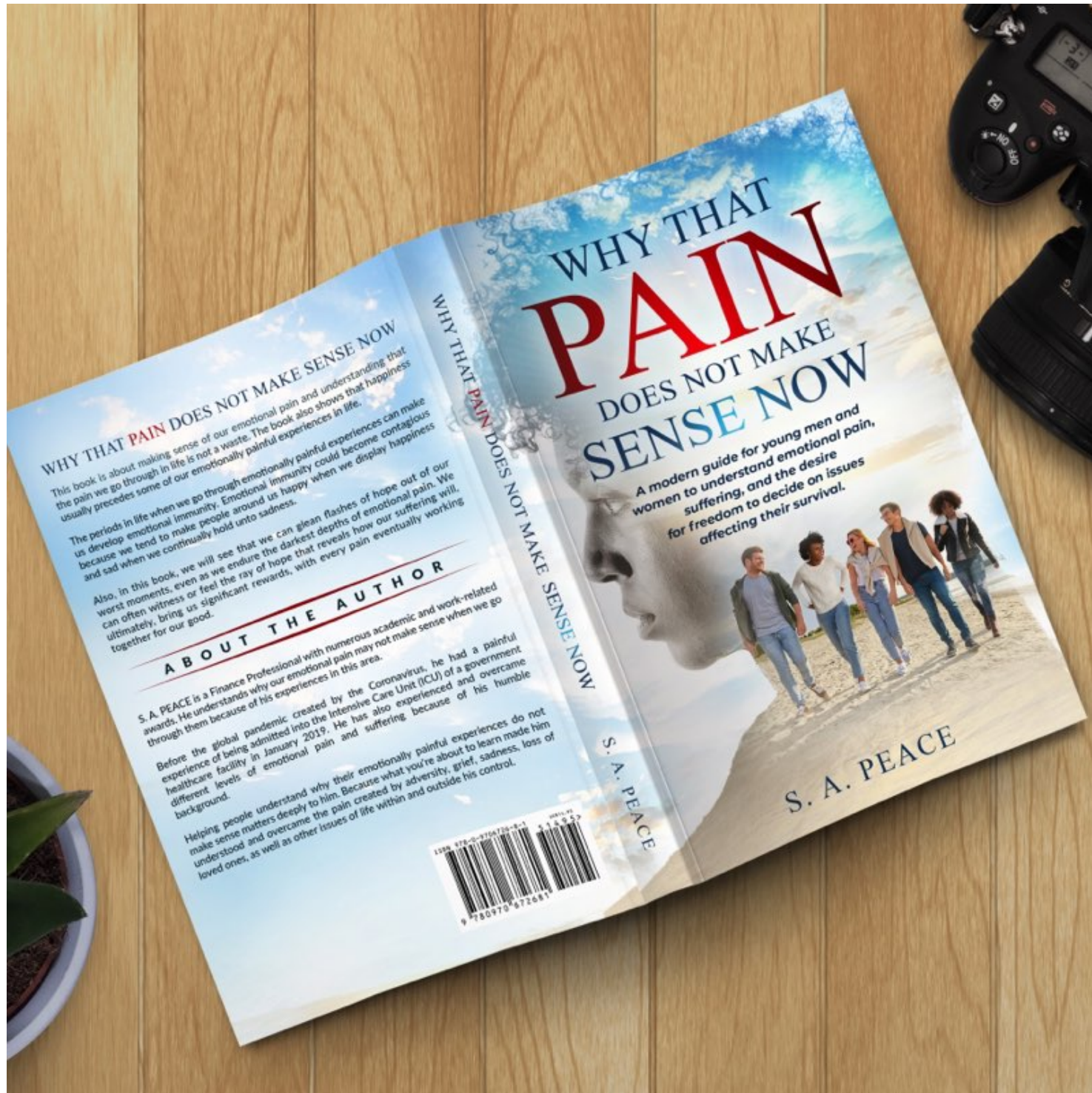
For ebook: <https://www.amazon.com/dp/B09CN2FCR6/>



For Paperback version:

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“Triumph Over Emotional Pain”