The Dynamics of Emotional Mind and Its Role in Driving Destructive Coping Behavior

"When Emotional Mind Drives, We Wreck Out...and Our Lives Become a Total Wreck"

A Destructive Emotional Mind State

Something Happens	How We Feel	What We Think	How We Respond	How Our Behavior Affects Our Life	How We Feel Now
Upsetting Situation or Event	Raw Emotions	Emotion-Driven Thoughts	Emotion-Driven Coping Behavior	Consequences and Losses	Effect on Emotional Mind
Big relationship Betrayal Divorce Death / Dying Trauma Loss of a job Loss of a pet Money problems Addiction / Behavior Alcoholism Law problems Embarrassment Shame Major injury Legal problems Loneliness Boredom Bad habits	Depression Sad Defeated Helpless Lonely Overwhelmed Desperate Fear Anxiety Terrified Shame – Guilt Hurt Betrayed Betrayer Lost Doubt Rejected Cut off or alone	I'm gonna show the crap out of them I don't get mad, I get even I'll show them, they'll be sorry Screw everyone. Screw everything I am better off alone Nothing ever helps There's nothing in life for me I'm so stupid. I screw everything up I can't deal with this anymore I wreck everything. I'm so sorry for what I do to you My family would be better off without me Nobody understands me Nobody loves me, nobody cares I don't deserve to be happy I'm so ugly, no one wants me I'm so stupid, no one wants me I'm so ashamed to talk to anyone They'll never forgive me	Substance abuse Physical aggression Verbal aggression Yelling at or over Saying hurtful things Cursing Cursing at me Cursing – Yelling Withdrawal – isolation Complaining Complaining Suicide attempts Attempts Yelling – Cursing Walking off – Leaving Stealing Affairs / Sleeping around Reckless behaviors	Legal problems Lost freedom Lost respect from Lost self respect Bad reputation / stigma Relationship problems Family problems Lost friends Lost family Lost your wife Lost employment More problems Health problems Appearance decline Death Child custody issues Lost security first Financial issues Education problems	More depressed Higher frustration More hopeless More alone More overwhelmed More desperate More frustrated Devastated Crushed more Panicked At this point, we feel worse than before. We now have more problems, more losses and more pain to take. We have gone from bad to worse

The "Cycle of Suffering" – when we respond to emotional pain and life problems in destructive emotion-driven ways, we end up with new problems and increasingly severe circumstances, and we feel worse than before. Even response to this new level of pain and problems in destructive ways, our pain and problems all continue to intensify and multiply. Because we're not working through our pain or resolving our problems, our emotional baggage piles up. The trauma from the past weighs us down in the present and intensifies present crises. What could have been temporary pain and problems has turned into long-term pain and suffering. The only way to get the cycle of suffering to stop...is to stop it. We can stop our suffering by stopping our destructive coping behavior. We must turn our Rational Mind to "think through before we act" and we must "follow through" with Wise Mind problem solving and life enhancing coping behaviors.

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