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 blow-up Divorce Death - Dying Trauma Lose kids Lose job Money problems Rejection / Betrayal Memories Car problems Embarrassment Bad news Pain - Injury Legal problems Loneliness Boredom Bad news	Depressed Sad Defeated Helpless Empty Overwhelmed Desperate Angry Anxious Terrified Shame — Guilt Alone Abandoned Betrayed Used Abused Rejected Out-of-Control	I'm gonna knock 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 was better off a drunk. Cutting always helps. There's nothing to live for now. I'm so stupid. I screw everything up. I can't deal with this anymore. I should just kill myself. I'd be doing the world a favor. My family would be better off without me. Nobody understands me. Nobody loves me, nobody cares . I don't deserve any better than this. I'm so ugly...no one wants me. A bad relationship is better than none. They'll never forgive me.	Substance abuse Physical aggression Verbal aggression "Speaking our mind" Saying hurtful things Temper tantrums Overeating - Bulimia Withdrawal — Isolation Oversleeping Overshopping Suicide attempts, threats, gestures Cutting — Self-injury Walking off — Leaving Stealing Affairs, Sleeping around Rebound relationships	Legal problems Lose freedom Lose respect / trust Lose self-respect Bad reputation / stigma Relationship problems Family pulls away Lose housing Can't pay bills Lose possessions Work problems Health problems Appearance declines Scars Child custody issues Lose recovery time Symptoms worsen Education problems	More depressed Angrier than before More hopeless More rejected More overwhelmed More desperate More traumatized Devastated Increased shame Panicked *At this point, we feel worse than before. We now have more problems, more losses, and more pain to bear. Life has 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 old problems...and we feel worse than before. If we respond to this new level of pain and problems in destructive ways, our pain and problems will 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 misery. 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 on Rational Mind to "think through before we do" and we must "follow through" with Wise Mind problem-solving and life-enhancing coping behaviors.

Based on: "Out-of-Control: A Dialectical Behavior Therapy (DBT) – Cognitive-Behavioral Therapy (CBT) Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior"

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