



October 2014

### Core Emotional Pain

Have you ever wondered how to really help someone who is struggling with painful issues in their lives? Where do I start? What questions do I ask? Do I deal with what they feel right now or, is there something else going on? Well, here at Freedom Ministries, we face that problem every day as someone comes to us for help.

I would like to share a method that gets to the root of the issues people bring. It is identifying "Core Emotional Pain!" Often this pain is formed early in their lives. Whatever painful experiences we face in our first six years will usually affect us the rest of our lives. It is like an open wound, unseen, but poked or stepped on repeatedly, year after year, by loved ones and strangers alike. Every time someone steps on your pain, no matter how long ago the experience, you will react just like you did as a child. Let's look at an example: A father leaves home when his little girl is four years old and divorces her mom. The little girl is obviously emotionally attached to her dad but is distant from mom because of mom's anger. When she grows up and gets married, her husband pulls his heart away due to her anger. She feels abandoned and neglected, just like she did when her dad left.

Another example: A son has an angry father and he shuts down emotionally each time dad is angry at him. He grows up, gets married to a woman just like dad, and shuts down every time she is angry.

Your core emotional pain is connected to the unre-

solved past emotional issues in your heart. To identify the core emotional pain, we must evaluate your reaction to painful situations. How do we do that?

1. Compare how you reacted to painful situations as a child to how you react to the same pain now as an adult. Example: If a girl reacted to her mother's criticism and expectations with anger and now gets angry every time her husband criticizes her, we have discovered one of her core pain issues.

2. Evaluate your experience of emotional pain. Check off a detailed list of emotional pain words. This will lead you to identify how you were damaged in childhood.

Example: If you felt abandoned, alone, unloved, unwanted, then that reveals that someone didn't love you. A person's pain will lead you to identify the core pain issues.

3. Another way is evaluating the contributing factors. What is the cause of your emotional pain? Who or what caused it? We are either damaged by someone or by something that we should have received but didn't. Example: If a child should have received love, acceptance, and affirmation, but didn't, it cause's them pain. Or, a child is obviously damaged by dominance, anger and expectations.

A helpful tool is writing a "Core Pain Statement": this describes how you were hurt and how you reacted to that pain. Example: "A little boy/girl was damaged by... (contributing factors)...causing him/her to feel...(list pain words)..."



#### Our Mission

Freedom Ministries of the Quad Cities exists to help couples and individuals experience freedom in Christ through identifying and resolving spiritual and emotional conflicts thus strengthening, empowering and helping fulfill their relationship with Jesus Christ and others.

Freedom Ministries invites you to:

## "TRIVIA NIGHT"

October 17, 2014, 7:00 PM

Grace Evangelical Free Church 5520 Eastern Ave.  
Davenport, IA 52722 - 309-764-6881 questions

An Emotional Affirmation Statement is a positive way to care for the emotional needs of a damaged person. A husband can care for the way his wife was damaged as a child and offer to accept, understand and care for her emotional pain within. Example: "What if I cared for a little girl who was damaged by..." "I want to understand the pain you experienced." "Will you let me love that little girl who felt...?" The purpose of identifying your spouse's core emotional pain issue is to understand the pain your spouse experienced and learn to care for him/her. (adapted from John Regier's teaching)

### *Testimonies*

"Thank you for permitting us to come and be guided into new understanding of how to be released from the past which has bound us. We are continuing to go through the workbook and enjoy doing the 10, 10, 10 every evening. God bless you as you continue to serve Him."

"Thank you so much for the "New Hope" you have given us for our marriage. Thank you for being willing to use your gifts in this ministry to the Lord. May all the good you do for others bring blessings in return to you."

"We are indebted to you for the days we spent with you. You helped us touch and share our deep pain. You helped us understand our wounds, our pain and our responses to pain which will allow us to heal. Thank you for taking us to Jesus in prayer for that healing. That helps us understand much better the effectiveness of forgiveness in healing. God bless you in your work."

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## *CFTH Annual Conference*

**October 26-30, 2014**

Light in the Valley Chapel

Sugarcreek, Ohio

**Evening sessions are free  
and open to the public**

Afternoon workshops for teaching and training will require registration and fee.

Register at: [www.caringfortheheart.com](http://www.caringfortheheart.com)

Or call 719-572-5550

## *In-Depth Training*

**In-Depth Training Seminar**

**Taught by Bob Bramhill**

**November 17—21, 2014**

**Carruthers Creek Community Church  
599 Bayly St. E. Ajax, Ontario, Canada**

Register at: [www.cfth.ca](http://www.cfth.ca)

Or call 226-422-3015

## *Praise and Prayer*

### **Praise**

- ◆ For God's provision of unexpected financial gifts
- ◆ For the testimony of changed lives

### **Prayer**

- ◆ For God's strength and encouragement as we seek to restore damaged relationships
- ◆ Safe travel to Ohio in Oct. and Canada in Nov.

If you no longer want to receive the newsletter, please contact us. Our email address is: [freedomministries@att.net](mailto:freedomministries@att.net) or write to: Freedom Ministries, P.O. Box 953, Moline, IL 61266-0953