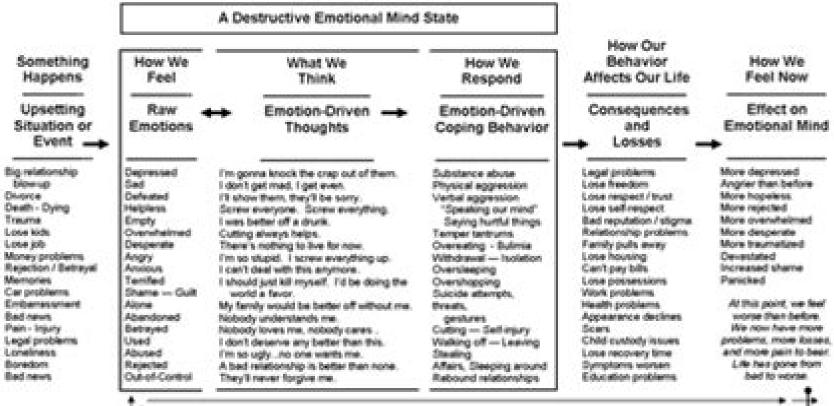
The Dynamics of Emotional Mind and Its Role in Driving Destructive Coping Behavior "When Emotional Mind Drives, We Wreck Out...and Our Lives Become a Total Wreck"



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 flational Mind to Toris through before we do and we must follow through? with Wise Mind problems solving and life enhancing coping behaviors.

Recovery Dynamics Workbook

Judd E. Hollander

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