

Pain is Unavoidable, Suffering is Not

Jon Sikorski, PhD

TRIA

Conflict of
Interest
and
Disclosure



Overview

1. Highlight differences between pain and suffering.
2. Introduce ways that we create and prolong suffering from pain.
3. Discuss ways to decrease suffering and improve wellness and vitality.



Who is this guy? My role at Tria

- ◉ Licensed Psychologist
 - ◉ Pain and Biofeedback Specialist
- ◉ Bloomington (M, Tu, F)
- ◉ Woodbury (We, Th)
 - Office (952-977-0410)
- Office hours by appt.
 - If my door is open come one in.





Husband, Father, Goof Ball

SELF HELP

THE
POWER
OF
YES

THE
POWER
OF
NO

THE
SECRET
IS
WORK
MORE

THE
SECRET
IS
WORK
LESS

IT'S
ALL
ABOUT
THEM

IT'S
ALL
ABOUT
YOU



raminnazer





stress

anxiety, pressure, depression, feeling, strain, risk, guilt, horror, anxious, trigger, accidents, arousal, behavior, low mood, diagnostic, counseling, trauma, traumatic, alcohol, abuse, problems, psychological, treatments, acute, intervention, loose, drink, control, combat, emotional, numbing, veterans, blood pressure, panic attack, people, criteria, avoidance, helpful, difficult, negative, physical, exhaustion, insomnia, dysfunction, thinking, activity, reducing, diagnostic, counseling, trauma, traumatic, alcohol, abuse, problems, psychological, treatments, acute, intervention, loose, drink, control, combat, emotional, numbing

Stress – how do we define it?

HOW PAIN AFFECTS THE WHOLE BODY

Central Nervous System

Perception - Narrowed

Memory - Coarse, Imprecise

Learning - Blocked

Conditioning - Defense

Tendency - Regress or Perseverate

Expectancies - Negative

Tone - Flee or Destroy

Muscular System

Tension

Ready for Action

Jaws Clench

Body Braces for Action

Autonomic Nervous System

Heart rate ↑

Blood pressure ↑

Oxygen need ↑

Breathing rate ↑

Palms, face sweat

Blood sugar ↑

Adrenalin flows

Digestive tract →shunts

blood to muscles

Blood vessels constrict in hands
and face

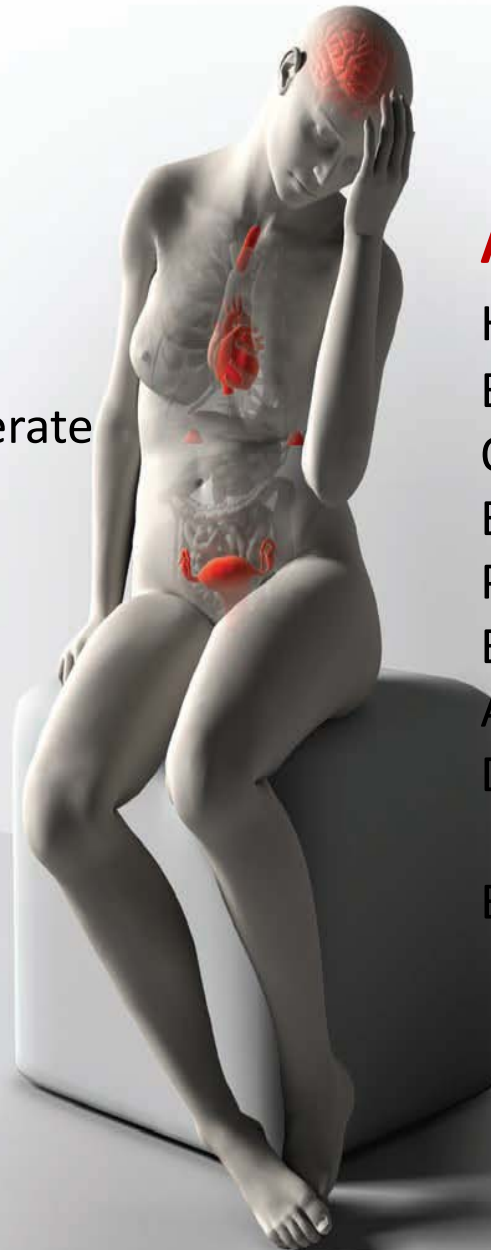


Image from Sapolsky, 2005

Why does this happen?

- Sometimes we work really hard to control what is out of our control
- Sometimes we struggle to make the present moment different
- Sometimes we judge ourselves for failing to reach our goals



Re



“When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of troubles in his life, most of which had never happened.”

Winston Churchill

Cognitive Therapy 101

1. Feelings usually come from thoughts
2. Sometimes those thoughts are negative and seem to happen without much conscious awareness: AUTOMATIC THOUGHTS
3. Recurring negative thought patterns can make us feel anxious and depressed
4. Examining those automatic negative thoughts rationally can lead to less anxiety, more happiness
5. Often, the way we feel is related more to the way we look at a situation, rather than the situation itself

Famous people talking about CBT

- “Whether you think you can, or think you can’t, you’re right.”
 - Henry Ford
- “Most folks are about as happy as they make up their minds to be.”
 - Abraham Lincoln (?)

All or Nothing thinking.

Seeing things in the extreme
This class completely stinks.



Overgeneralization

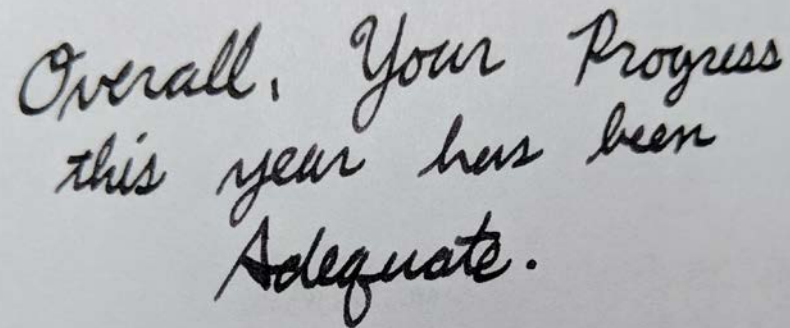
- Seeing bad things as being part of a pattern that will inevitably repeat.
- *Just my luck! Bad things are **always** happening to me.*
- *Turned down again. I'm **never** going to have a girlfriend.*

"I didnt
see you
there."

"Thats all right."
Eeyore said
as he sat down.

"Nobody
ever
does."



A photograph of a piece of white paper with handwritten text in black ink. The text is written in a cursive, slightly slanted script. It reads: "Overall, Your Progress this year has been Adequate." The word "Adequate" is written on a new line, starting with a capital letter.

Overall, Your Progress
this year has been
Adequate.

- Paying attention to the bad parts of a thing while ignoring the good.
- *I may have done well on my other exams, but I got a B in math.*
- *The wedding would have been nice, but the waiters were rude*

Mental filter

Disqualifying the positive



Discounting the positive

- Discrediting positive aspects or turning them into negatives.
- *The special effects were good, but not as good as I hoped.*
- *He said he admired my intelligence, but was only being nice.*
- *It's true I got an A in that class, but that one was easy.*

Don't
Think
too much.

you'll create a
problem that
wasn't even there
in the first place.

asdfghjkl2love.tumblr.com

Jumping to conclusions

- Making negative guesses about the future or what others think.
- *If they cared about me they would have come to my party.*
- *He must be angry at me since he didn't return my phone call.*
- *I just know that this semester will be awful.*

Magnification

- Exaggerating the scale or significance of an event.

GOOD

- *I can't believe I'm dropping the class. My life is over.*

BAD

Emotional Reasoning

- Using your feelings about things as proof they really are that way.
- *Feel ashamed -> Assume you've done wrong -> "I shouldn't have done that"*
- *Feel angry -> Assume the other person was in the wrong -> "You jerk"*
- *Feel rejected -> Assume no one wants to see you -> "No one likes me"*





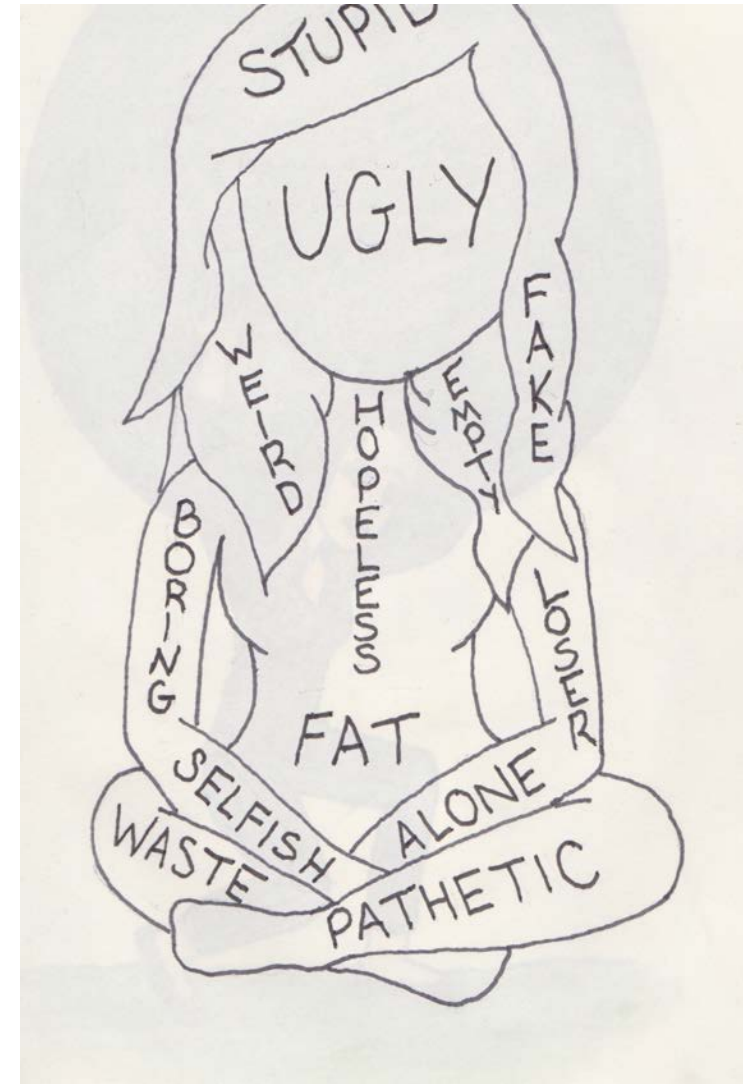
**DON'T
'SHOULD'
YOURSELF**

Should and Must statements

- Telling yourself that you/things should be a certain way.
- *I shouldn't make mistakes like that again!*
- *She shouldn't treat me that way.*
- *Waiters should always show respect to their customers.*

Labeling

- Oversimplifying the traits of yourself or others using emotional wording.
- *I'm such a pig for eating all that ice cream!*
- *That jerk at the movie theatre was so rude.*
- *Only an idiot would make that mistake.*



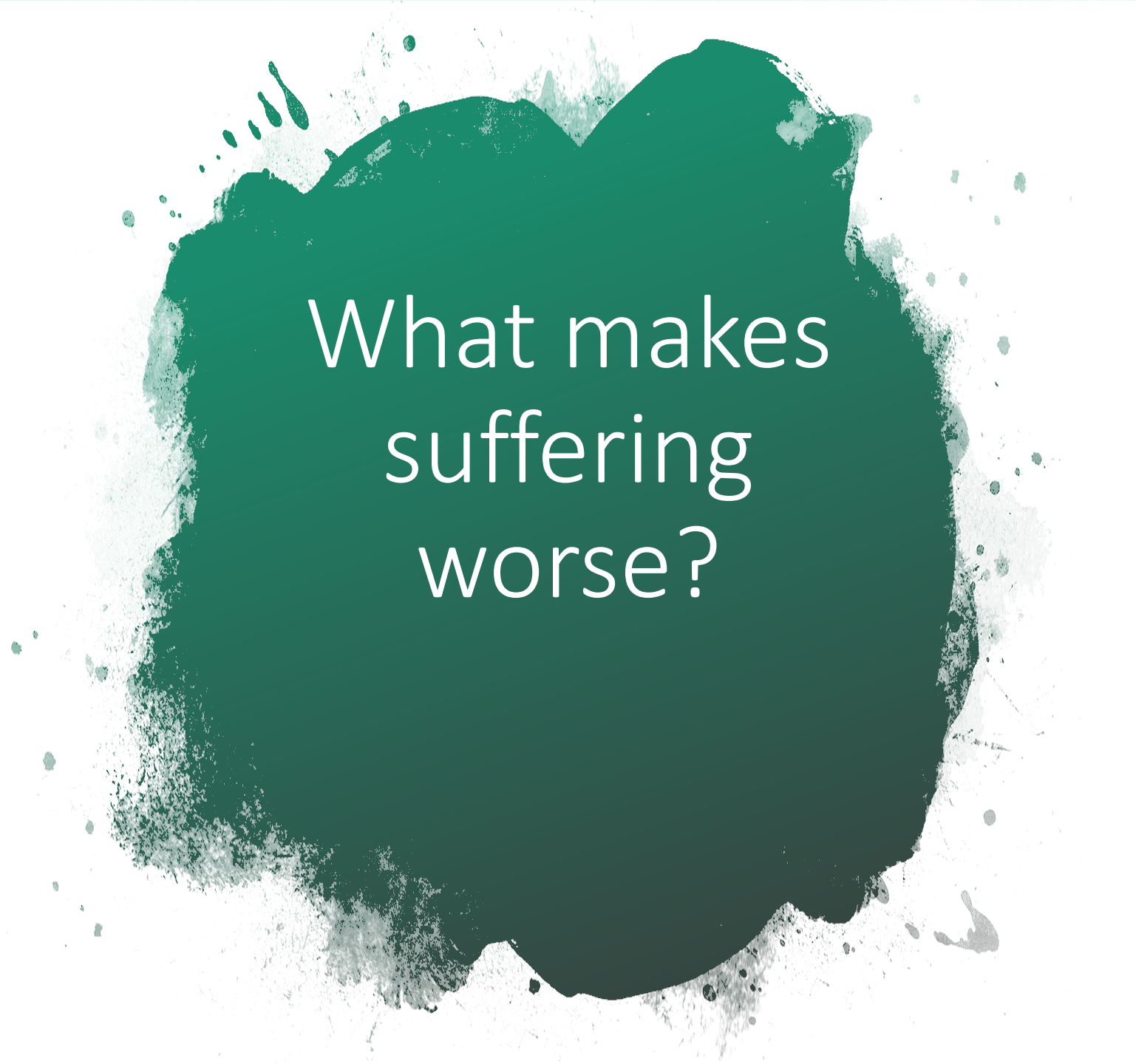
Blaming & Personalization

- Placing blame on yourself or others when the blamed person isn't really responsible.
- *If I were a good mother, my daughter would be happier.*
- *If you had been more careful, I wouldn't have biked into you!*
- *Still jobless after a month of searching. What's wrong with me?*



Who struggles
with cognitive
distortions?

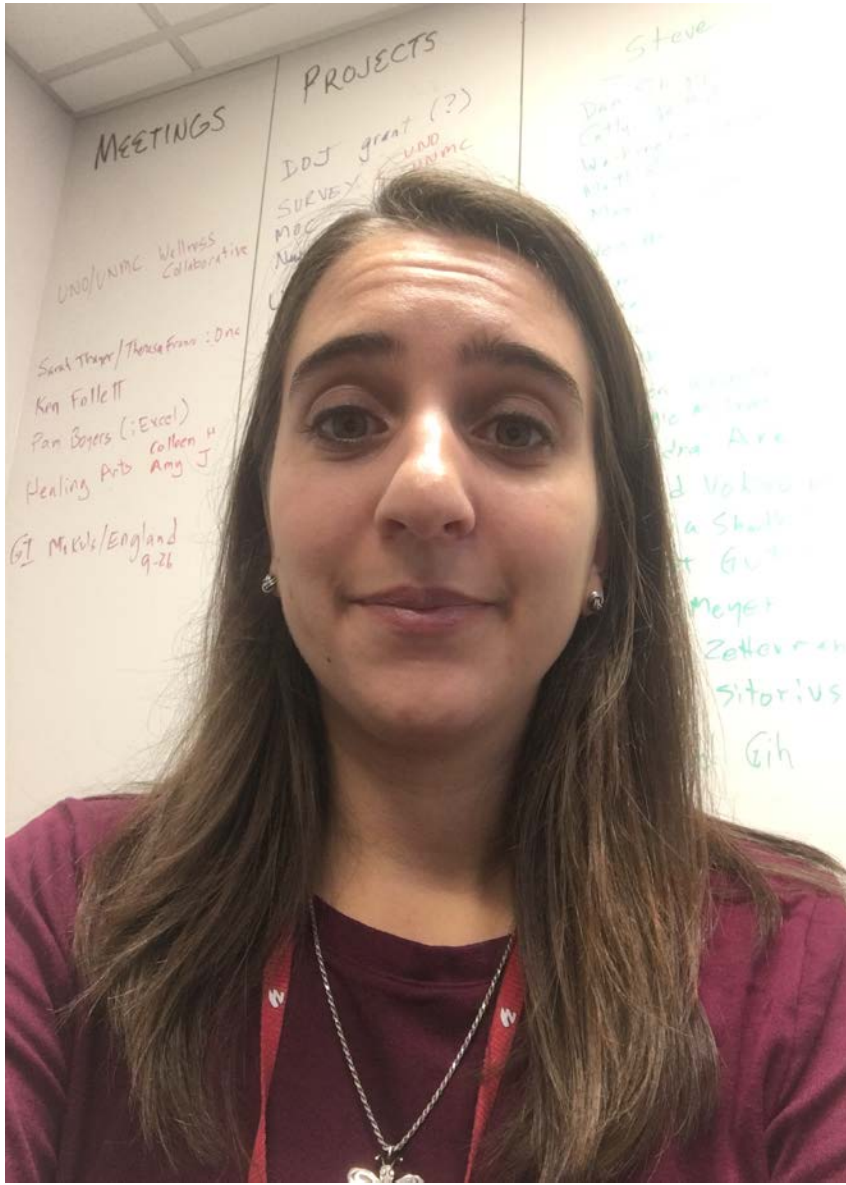




What makes
suffering
worse?



"We are a plugged in but disconnected society"

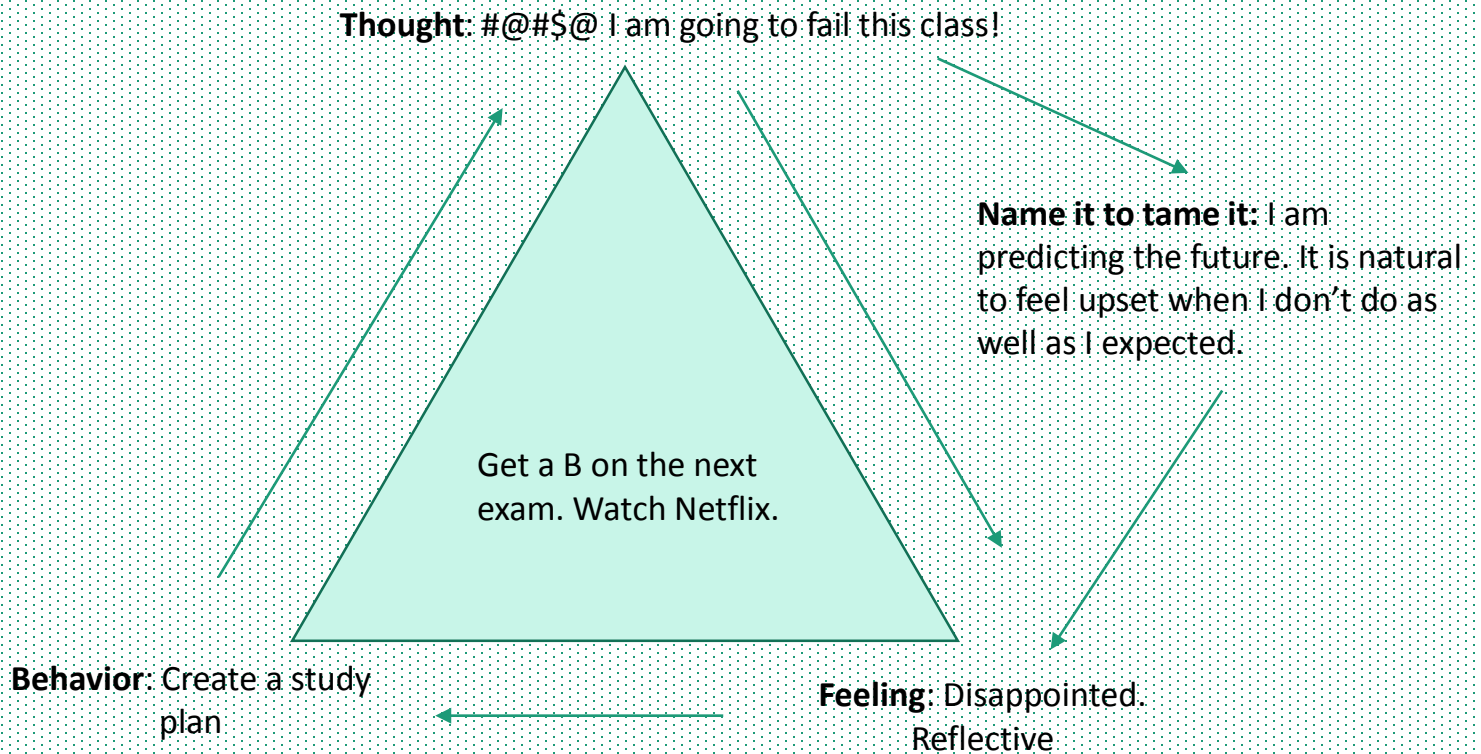


Snapchat Dysmorphia?

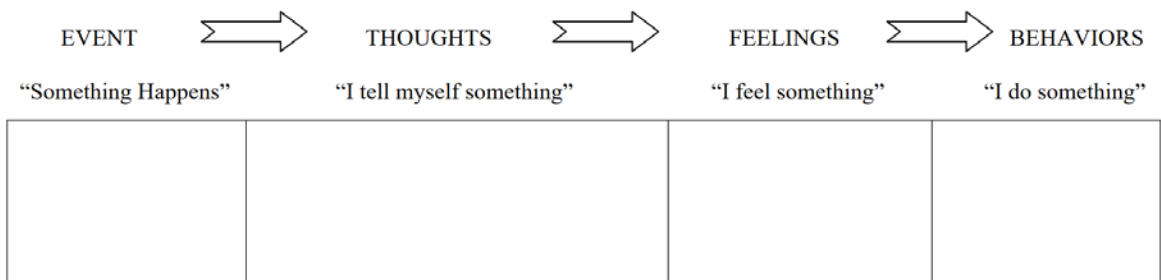
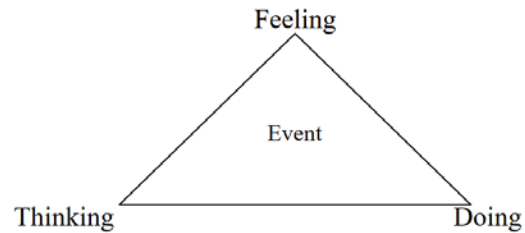
What are we comparing ourselves to?



Recognizing the Downward Spiral



Cognitive Triangle: Challenging Your Thinking Mistakes



Are my thoughts accurate? _____

Are my thoughts helpful? _____

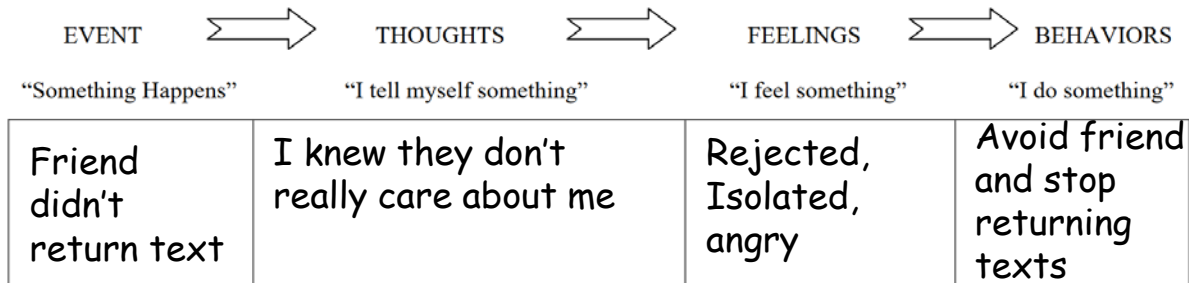
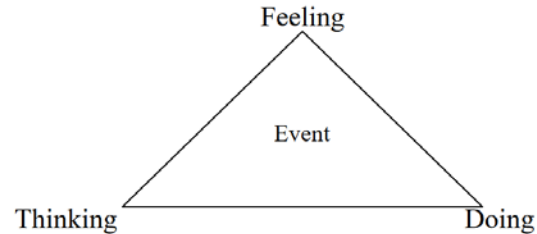
Am I falling into a Thinking Mistake trap*? (If so, which one)_____

What could I say to myself that would be more accurate, positive, or helpful? _____

How would I feel if I told myself this? _____

*Thinking Mistakes Worksheet (e.g., Herbert (2005), *Thinking Mistakes Form*, Drexel University, Philadelphia.

Cognitive Triangle: Challenging Your Thinking Mistakes



Are my thoughts accurate? Not really, they usually respond and include me

Are my thoughts helpful? No, they make me feel alone and lonely

Am I falling into a Thinking Mistake trap*? (If so, which one) Yes, Mind reading

What could I say to myself that would be more accurate, positive, or helpful? Maybe they are just too busy to respond

How would I feel if I told myself this? Better, life happens

*Thinking Mistakes Worksheet (e.g., Herbert (2005), *Thinking Mistakes Form*, Drexel University, Philadelphia.



Don't Believe
EVERYTHING
You Think...



Health is a state of complete physical, mental, and social well-being, and not merely the absence of infirmity. - World Health Organization, 1948



“To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.” Jill Bolte Taylor, My Stroke of Insight

How to Foster
Wellness

When to seek additional supports

- Prolonged feelings of depression and hopelessness (more than two weeks)
- Feeling like your life is out of control
- Inability to concentrate or make decisions
- Difficulty getting along with friends and family
- Intense fears
- Persistent difficulty sleeping
- Avoiding work or school activities
- Inability to abstain from destructive behaviors (e.g., drinking, binging, etc.)



How to help others



What to do if you are suffering

- Connect with others
- Get active
- Give to others
- Challenge yourself
- Embrace this moment
- Care for yourself
- Reach out for help

References

- Substance Abuse and Mental Health Services Administration. (2015). *2013-2014 National Survey on Drug Use and Health: Model-Based Prevalence Estimates (50 States and the District of Columbia)*. Table 26. Retrieved June 30, 2016, from <http://www.samhsa.gov/data/population-data-nsduh/reports>
- Centers for Disease Control and Prevention. (2016). 1991-2015 High School Youth Risk Behavior Survey data. Retrieved June 30, 2016, from <http://nccd.cdc.gov/YouthOnline/App/Default.aspx>
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- Pratt LA, Brody DJ, Gu Q. Antidepressant use among persons aged 12 and over: United States, 2011–2014. NCHS data brief, no 283. Hyattsville, MD: National Center for Health Statistics. 2017.



Thank you!

Questions and Discussion