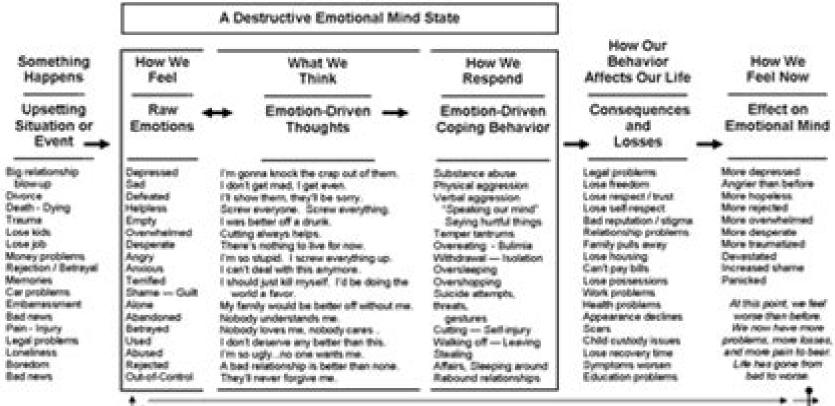
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The "Cycle of Suffering"- when we respond to emotional pain and life problems in destructive, emotion-driven ways, we end up with new problems and increasingly severe old problems, and we feel worse than before. If we respond to this new level of pain 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 beggage piles up. The trauma from the past weight 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 Trink through before we do, and we must Tulow through, with Wise Mind problem-solving and life enhancing coping behaviors.

Recovery Dynamics Workbook

R Sandford

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