

2010-03-02

FEELINGS OF HURT AND LOSS

Hurt is also known as being upset. Being upset is a catch-all expression used to describe all sorts of feelings without admitting very much.

People are hurt when they feel they have lost something; the more important the loss, the deeper the hurt. Often people are not aware how important something is to them until they lose it. Everyone feels vulnerable about something and no one feels totally secure. Accepting vulnerability instead of trying to hide it is the best way of adapting to reality. If you go through life pretending you can't be hurt, or only by certain things, you're doing more than fooling yourself; you're selling yourself short. To say that you can't be hurt is another way of saying you don't really care about yourself, your world or the people in it.

Everyone has experienced hurt in his life. Often the losses most obvious even to a casual observer are difficult for us to acknowledge because we hurt most especially where our defenses operate. Discovering what a loss means to you is the first step in understanding the pain of hurt, and overcoming it.

The childlike condition of being vulnerable also implies being open. But this condition can't long be endured by most people without their soon becoming defensive. We prefer to be protected rather than risk being open to hurt. In order to accept vulnerability without becoming defensive, you need a basic belief in your own goodness and inner strength, a belief that no matter what comes your way somehow you'll manage.

Stay open in order to begin to understand and trust your feelings, and you'll be amazed how it will open you up to yourself and to other people as well.

From: [The Language of Feelings](#)

By: David Viscott, M.D.

Read by Ken Haystead

March 02, 2010

WHAT TO DO WITH LOSS

- Be *very* gentle with yourself.
- Accept the fact that you have an emotional wound, that it is disabling and that it will take awhile before you're completely well.
- Treat yourself with the same care and affection you would offer a good friend in a similar situation.
- Don't take on many new responsibilities; let your coworkers and employer know you're healing.
- Avoid situations in which you might over react.
- Accept help and support when offered, but remember that care and compassion begin at home.
- Above all, don't blame yourself for any "mistakes" (real or imagined), you may have made that brought you to this situation of loss.
- Let the healing process run its full course; let yourself heal *fully*.
- A time of convalescence is *very* important.
- For a while, don't become involved in an all-consuming passionate romance or a new project that requires great time and energy.
- Just follow your daily routine -- and let yourself heal.
- If you do not allow the hurt to heal completely you may find emotional over-sensitivity the result. You might flinch at every new encounter. Let yourself heal.

From: [How to Survive The Loss of a Love](#)

By: Melba Colgrove, Ph.D., Harold H. Bloomfield, M.D. & Peter McWilliams

Read by Ken Haystead

March 02, 2010