

## My Heart Hurts

“I feel fragile and sad. What shall I do?”

Responses vary but many people have a natural response of putting the hurt behind them, looking for the positive way forward, and getting on with life. That’s a great capacity and skill to have. There are times when parking our current feelings and getting on with life is crucial. However, anything overused can be problematic. An alternative, and one not so commonly espoused, is to take some time and be a friend to the part of you that is hurting, or angry, or confused, or whatever it is, and love that part. Ask that part of you what it needs, what it is afraid of, and as a loving friend deeply listen. Loving yourself in those moments of distress and intimately connecting with your feelings and needs, can have potent and lasting healing power, and is a fabulous means to building a meaningful relationship with yourself. It has an integrative benefit where the often shamed and isolated part(s) of you learn to trust, connect and be with the rest of you. Resilience and power can develop more fully in that environment.

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### Abstract

*When hurt it is natural to withdraw from the pain. An alternate approach is to engage with the hurt and come to understand what you need to heal rather than dress the wound.*

### Keywords

Emotional intelligence, emotional states, healing, hurt, intimacy, relationship with self

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*It is challenging to be with emotional pain*

***For more information related to themes in this article, refer to chapter 6 (Deciphering Your Internal State) and chapter 8 (Befriending Pain) of: Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.***

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