

EXERCISE:

Offloading Hurt Strategies

Spend time thinking about each of the six strategies for offloading hurt. It's important to think about them from both a personal and professional perspective. We can use all of these strategies at different times and with different people.

Chandeliering - The hurt is packed so far down that it can't possibly resurface,

A seemingly innocent comment sends me into a rage or sparks a crying fit.

A small mistake triggers a huge shame attack.

Constructive feedback hits a tender place and I jump out of my skin.

Sometimes I work out my anger and hurt on other people.

1. When do I offload hurt this way? 2. With whom?

What I feel when I'm on the receiving end of someone offloading hurt this way:

Bouncing Hurt - Using anger, blame, and/or avoidance when getting too close to emotion.

Anger: It's easier to get mad or turn to "I don't give a damn" than to, "I'm hurt."

Blame: Fault-finding, making excuses, inflicting payback, lashing out as self-protection.

Avoidance: Thinking "I'm fine-no worries" or pretending it doesn't matter or saying "whatever."

1. When do I offload hurt this way? 2. With whom?

What I feel when I'm on the receiving end of someone offloading hurt this way:

Numbing - I can take the edge off emotional pain with: _____

(Examples include alcohol, drugs, food, sex, relationships, money, work, caretaking, gambling, affairs, religion, chaos, shopping, planning, perfectionism, constant change, the Internet, and the list goes on.)

1. When do I offload hurt this way? 2. With whom?

What I feel when I'm on the receiving end of someone offloading hurt this way:

Stockpiling - I keep firmly packing down the pain and it's taking a toll on my body and my health.

*I just continue to build up hurt until the wisest parts of me, my body, decide that enough is enough
The body's message is always clear: Shut down the stockpiling or I'll shut you down.*

1. When do I offload hurt this way? 2. With whom?

What I feel when I'm on the receiving end of someone offloading hurt this way:

High Centered - I struggle with sharing emotion because once I've opened that door I feel like it's too hard to share more when people ask, and I can't take it back.

Once I engage even a little, I won't be able to move backward and pretend that it doesn't matter, but moving forward might open a floodgate of emotion that I can't control. I'll be stuck.

What if I recognize the emotion and it dislodges something and I can't maintain control?

I'll regret letting someone know I'm in struggle.

1. When do I offload hurt this way? 2. With whom?

What I feel when I'm on the receiving end of someone offloading hurt this way:

COURAGE works

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The Umbridge - I don't give myself permission to experience dark emotions so I pretend everything is okay while those dark emotions fester and grow.

I'm overly sweet and accommodating when I feel resentful, hurt, frustrated, etc.

I say yes when I mean no.

Sometimes my niceness is inauthentic and I can feel like a ticking bomb.

1. When do I offload hurt this way? 2. With whom?

What I feel when I'm on the receiving end of someone offloading hurt this way:

COURAGE *works*

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