

Five Keys for Dealing with Hurt

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What do you think about these common statements?

“Sticks and stones may break my bones, but words will never hurt me.”

“Time heals all wounds.”

“Just forget it.”

“Get over it.”

“Forgive and forget.”

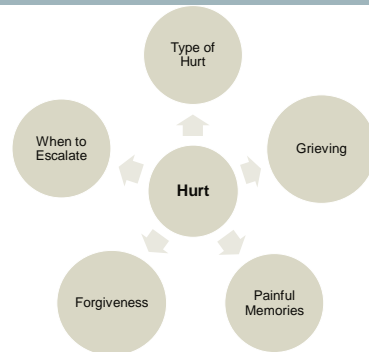
“It is impossible but that offenses will come...”
Luke 17:1

• Hurt will happen in our lives:

- Emotional and relational hurt can be as painful as physical hurt.
- Healing is not automatic, but it is possible.

What are keys for dealing with hurt in our lives?

Five Keys for Dealing with Hurt



1 Consider the Type of Hurt

Not all hurt is the same:

- Is the hurt personal or impersonal?
- How close was the relationship that caused the hurt?
- Was it a one-time situation or an ongoing hurt?
- How deep was the initial wound?
- The closer the relationship or higher the level of trust violated, the deeper the hurt.

Resource: [“Shedding Hurt”](#) ACCFS podcast series

1 Consider the Type of Hurt

Errors:

- Mistakes** - We all make mistakes. We forget things, break things, spill things, and so on. You need to be prepared for mistakes in yourself and in others; they are unavoidable.
- Irritants** - Habits, quirks, personality traits, and idiosyncrasies that one person does (usually unconsciously) that irritates another.
- Poor Choices** - From occasionally not getting home on time to making a purchase that ended up costing you more than you bargained for, we all make poor choices sometimes.
Note: However, if poor choices are a repeated pattern and are severe enough, they may actually become offenses.

1 Consider the Type of Hurt

Offenses:

- Hurtful Omissions** - While we all forget things sometimes (mistakes), forgetting an anniversary or not following through on things you agreed to be responsible for can lead to significant hurts in your relationships.
- Hurtful Words and Actions** - Yelling, harsh criticism, put-downs, and so on can lead to periods of feeling disconnected with others.
- Major Sin/Major Harm** - Major offenses include adultery, addiction, abandonment, abuse (sexual, physical, emotional), etc. These offenses strike at the very core of relationships violating trust, boundaries, emotional closeness, and spiritual connection.

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2 Grieving is Part of the Solution

Hurt can give rise to a variety of emotions:

- Anger
- Frustration
- Sadness
- Injustice

Grieving can be a natural way of working through these emotions.

- Working through the waves of emotions can help bring healing.
- Be willing to take this journey of grief.
- Lament is a God-given way to express deep hurt to God.

Watch out for anger as a roadblock to healing.

- Anger can impact the grieving journey.
- Anger is a secondary emotion.

Resources:

- [The Grief Recovery Workbook](#) by Ray Giunta
- [Lament: Bringing our Emotional Pain to God Podcast](#) – ACCFS Website
- [Grief and Emotions: Phases of Grief: Grief Course](#) – ACCFS articles & Course.

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2 Grieving is Part of the Solution

Anger as a Secondary Emotion.



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3 Understand Painful Event Memories

Memories of painful events:

- Will not be pleasant, even when they are healed.
- Will arise from time to time. Recognize and label them.
- Can be triggered by certain situations, people, or circumstances.
- Lead to **rumination** (replaying negative thoughts and memories). While rumination is natural, it is not a solution. It will actually keep you stuck.

Use strategies to work through painful memories in the moment.

- Prayer.
- Meditation and deep breathing.
- Journaling – time bound, end with self-calming.
- Refocus on what you value in life... in the present moment!
- Front-screen/Side-screen method as a skill to handle painful memories.

Resource: ["Overcoming Hurt"](#) – www.accounseling.org

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4 Formal Forgiveness Process

- Decisional and Emotional Forgiveness both take time.
- Forgiveness is a process to work through.
- Both grieving and forgiveness help us to release. Sometimes we are releasing painful emotions, other times a toxic person.
- "Hold on" to forgiveness.
- Let go of, "If they would just..." and trade it for "The reality is..."
- A Bible Study or workbook can help provide instruction and "mile-markers" as you work through forgiveness.

Watch the temptation toward fear or isolation.

- Be willing to engage others for accountability.

Resource: [Choosing to Forgive Workbook](#) by Les Carter, Ph.D.

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5 Know When to Escalate

When there is pain, we want to make it stop:

- Be aware of the temptation to want to numb the pain.
- Avoiding the hurt can lead to other long-term problems.
- Be willing to reach out for further help if needed.

Key indicators that hurt needs to be addressed in our lives:

- Is the hurt interfering with your ability to experience joy?
- Is the hurt interfering with your relationships with others?
- Is the hurt interfering with your relationship with God?
- Is the hurt keeping you from doing what God is asking you to do?

If memories are traumatic, intrusive/disruptive, or do not improve, seek counseling for trauma-specific treatment (e.g., EMDR, WET, TF-CBT).

Resource – Reach out to a professional for support.

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God Redeems Our Hurts

"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ. And whether we be afflicted, it is for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, it is for your consolation and salvation." 2 Cor. 1:3-6