



How to Deal with Pain:

- 1. Describe the Pain:** Give it a name and list symptoms.
- 2. Identify the Source:** Is it Self-inflicted, Caused by Others, Sickness, Physical or Spiritual.
- 3. Journal About It:** Record your struggles and plan for the future.
- 4. Ask For Healing:** Have faith and ask God to heal you.
- 5. Accept the Pain:** Look for the good.

Practice:

1. Describe the pain you are experiencing:

2. Identify the source of your pain (circle an option):

Self-inflicted, Caused by Others, Sickness, Physical or Spiritual.

3. Write down your thoughts about your pain:

4. Write a letter asking God to heal you:

Dear God...

5. Ask God for help in dealing with it:

Dear God...



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