Uncomfortable thoughts and feelings are an inevitable part of our lives. The more we cherish something, the more painful emotions we experience when we feel like it is threatened. A good example is the fear of breaking up with a loved one and the amount of hurt we feel when that happens.

However, as human beings we tend to complicate things even further. **When we are not willing to experience the pain, we create extra suffering** and put all of our efforts into making it go away.

We might get angry about feeling ashamed, guilty about being sad, or frustrated with our inner critic...

As you can notice, this process of self-blaming and shaming takes us further away from the real source of hurt and only prolongs the painful experience.

To avoid entering this vicious cycle, take note of the following:

* **What painful thoughts and feelings are present right now?** - For example, you might feel sad because you got into a fight with someone dear.

* **What are you doing to fight with or make this pain go away?** - You might act in a mean way towards them or avoid meeting with them as a way to escape from the pain you feel.

* **What extra suffering might you be feeling as a result of trying to make your pain go away?** - As you lose touch with your person, you might start to feel guilty, sad, even frustrated about sabotaging your relationship.

* **What if you just let your pain be there instead?** – Instead of going through all of the above, you can simply let your painful feeling be.

Accept the hurt as it is and allow it to exist as a part of yourself. As you are no longer running away from your feelings, you can live with them and let them heal naturally. In the meantime, you are able to stay in touch with your person and continue working on your relationship.