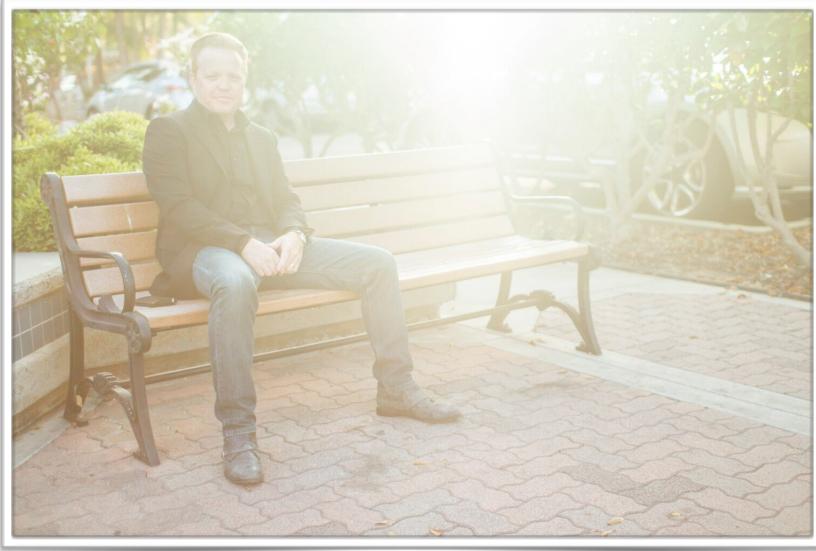


J.R. Mahon - Spiritual Director &
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Sessions with J.R. are designed to
transform your life.

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The Hurting Game

A Guide For Pain



[J.R. MAHON](#)

A life reality is pain. Being hurt by people or groups is inevitable. Funny we're never taught how to deal with pain. We have an incredible instinct to build self protection mechanisms designed to soothe bruised egos and souls. Most times, if not all the time, we simply sit in the experience of pain and react. In some cases we shut down all human emotional interaction, keeping ourselves safe and that's a problem in the long run. Unfortunately, as good as those mechanisms can be, they also have a way of damaging everything around us. Left unchecked we free-fall into fear, anger, shame, anxiety, depression, grief, procrastination, codependency...the list goes on. This Leads to struggling marriages, isolation, family out of control, cycling through past or present abuse and trauma cycles, angry at God, loss of your faith, dead-end careers and addictions.

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WHAT TO DO:

Identify feelings.

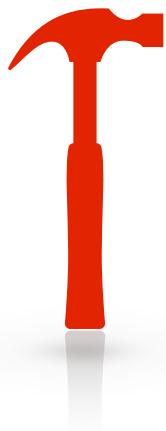
We must exercise the feelings. Exercising means activity that requires you to form new awareness about the feelings that plague you. Begin by understanding the value of pain and what it has done to you. Not the person or situation, but what is going on inside of you. Identify the feelings. Are you mad, sad, alone, fearful, ashamed, betrayed? Each one needs a look and a positive I.D. so you don't become lost in emotions, which is possible, and frankly, easy to do.

Here's a list of possible feelings to identify:

- Fear
- Anger
- Loneliness
- Guilt
- Shame
- Sadness
- Embarrassment

Once you've identified the feelings, stay present with the emotions. Being present means you will have to start taking responsibility for what is going on inside of you. The more you exercise and take ownership of the emotions, the better you will feel.

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THE PRACTICALITY:

1. Talk, talk, talk...Being present and taking responsibility means you talk! Step into the line of fire by simply opening up about those feelings that are killing you and keeping you angry. Anchor yourself in talking to a friend, mentor, family member or spiritual director. That person needs to be invested in your life, preferably someone with a bit of distance to your painful situation. Someone who is not going to simply help keep the pain alive by cheerleading with, saying you're right and, "the other guy's an asshole!" You need someone who can see the wisdom in exercising the emotions while helping you into the future.
2. Community...When we hurt we tend to isolate, but keeping close to people helps keep you away from constantly living in angry energy, or believing we are terminally unique, which does nothing but produce more anger. Community is hard, but such a necessary exorcism of angry energy. Be with people.
3. Faith...Help yourself by connecting to love, grace, mercy, and forgiveness. All of these words have loaded complications when it comes to the person who hurt you. Why would you want to find love, mercy, grace or forgiveness for anyone who hurts you? I agree, but we are looking for freedom from hurt and anger. We are looking for liberation and faith is the substance of things hoped for and the evidence of things not seen. In other words, we start to believe getting past the hurt is possible and this is accomplished by understanding the wisdom of a faith living in you and around you. God knows you are hurt and looks forward to helping you into deeper love.

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EXERCISE FAITH:

1. Pray for the person who hurt you.
2. Invite God into the pain. Tell God what happened and tell him what it feels like. Picture the Divine with you as you feel the emotions of pain.
3. Contemplate what forgiving the person would look like, feel like, sound like and try to see a future where you are not beholden to the pain.
4. Work with a Spiritual Director to identify how personal transformation can lead to freedom through forgiveness.



RESPONSIBILITY:

Move into a position of recognizing what happened. Allow "it" to have happened to you. Feeling shame or even embarrassment is normal after being hurt. Most of us think we shouldn't have been so stupid or naive to have been taken advantage of but we must allow the hurt to have its day, remembering we are seeking liberation from the pain and that means knowing it happened and knowing the offense doesn't have to own us. So, look deep inside and know that no one feeling has to dominate you or your life. Know your feelings and own them.



FORGIVENESS:

"What? Forgive the person who hurt me?" Yes! And that means the exercising gets a bit harder because you have to look at yourself. I am not talking about forcing yourself back into a relationship with that person or group, that never has to happen. Forgiveness is the ultimate liberator. Forgiveness releases you from the weight of pain and hurt, freeing you to love. Again, it's hard...and your life's work. To do so means you must dive deep and examine what you'd be giving up if you forgive and what the future looks like free from the hurt and pain. It might be you don't want to. And that's where the

rubber hits the road. Can you allow yourself the space to live free from the offense, free from the person, free from hurt and pain!? Ultimately, will you let hurt take root in your life, never allowing anyone to live up to the massive perfect expectations you've created as a result of the pain? Forgiveness saves us from a life of bitterness, but forgiveness requires you to love in ways perhaps presently you simply can't grasp, and that's o.k. for now. But you must be willing to give it a go.



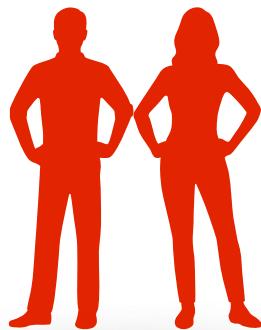
THE FUTURE:

I've seen the future and guess what? You will be hurt again. It's inevitable. Coming to terms with being hurt is key and accepting that may be difficult but necessary. Let go of people, place and thing expectations. No one will make you happy, that's your job with the Divine. People will let you down especially those closest to you. Does that mean you don't trust or you pull back from every relationship? No. It means we all fall short of perfection and that's being human; less than perfect, thank God. What a burden it would be to maintain perfection. Take every expectation you have for another and clear the table while opening yourself to love. Love that has healthy boundaries, love that seeks more forgiveness and gives forgiveness. Love that has mercy and for God's sake, love that knows we are less than perfect.

Be love, own love and seek to love:

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When you are cut off from love you will hurt others. Love wants to build and restore more love. That's how you know you are hitting the target with the relationships around you.



IF YOU KNOW SOMEONE WHO HAS BEEN HURT:

- Don't push them to "move on."
- Do love them with your ears. Allow them to vent and process the hurt. Ask questions about the hurt and pain.
- Don't tell them, "time heals all wounds."
- Do encourage an inward look at the feelings involved and ask your friend to invite God into those feelings.
- Don't take sides. You are not a judge or jury for your friend. Side taking leads to more opposition, justifiable anger and new resentments. No cheerleading the pain.
- Do encourage healing by helping people see hope in the future and the path to forgiveness.
- Don't set a metric of time to "get over it."
- Do encourage progress rather than perfection.

WORK WITH J.R.

Don't stay stuck in hopeless relationships, addictions, fear, self sabotage and old faith systems.



J.R.'s passion is truly infectious and life changing. J.R. is a spiritual director, mentor, author and founder of TableTop Ministries. Mahon has counseled thousands over two decades as spiritual director, mentor and television executive. J.R. works with clients from all over the world. Freeing people from what paralyzes their relationships,

future and faith. The author of YEAR and Starving Jesus, Mahon helped lead the early movement of XXXchurch as Executive Director and pastor. J.R. spent three decades in the TV industry working as an Executive Producer for Gannett Television, McGraw-Hill, E. W. Scripps Company and Tribune Broadcasting.

Mahon is a highly skilled speaker, communicator and award-winning journalist. Mahon's work has been featured on FOX, CNN, ABC's Nightline and the Today Show. J.R. is married 25 years to his best friend Diane. They spend their time raising three adopted foster children and make their home in Southern California.

- I can help. Call today to book a session - 619.964.0337
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