

Listening Well To Our Exiles

HOPE FOR HURTING PARTS

Part 1

CHAPTER 4



In This Chapter,

We'll look at parts that often stand in the way of living out of the strength of the God Image, ***in particular the parts that have been shaped by pain and our continuing response to it.***

Once we understand these hurting parts and how they sometimes dominate our lives, we can stop being so afraid of them and instead learn to have compassion for their pain.



SCRIPTURES ON THE IMPORTANCE OF LISTENING & AWARENESS

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

James 1:19

The Spirit Himself testifies with our spirit that we are God's children.

Romans 8:16

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28

He says, "Be still, and know that I am God;"

Psalms 46:10a



THE GIFT OF PAIN

HOW TO LISTEN WHEN A PART'S PAIN IS ACTIVATED



- We usually don't walk around just overflowing with the fruit of the Spirit, even though our God Image is always present at our core.
- We all overflow with painful thoughts, feelings, and emotions at times.
- Most people practice dealing with pain and overwhelm through numbing, avoiding, or distracting. We ignore it, deny it, feel ashamed for feeling it, resent it, or attempt to numb, deflect, or dismiss it.
- In time, we get used to being numb from the painful parts and what they're trying to tell us.

~excerpts from *All Together You*





- Eventually, people stop feeling their pain. It's a kind of leprosy of the heart.
- The reality is that our negative emotions are among the most important guides to our inner health—if we listen to them. Acknowledging and caring for emotions and learning about our inner world is almost impossible when we're numb. This leads to addictions and coping mechanisms.
- Addiction is the one disease that tells you that you don't have a disease.
- And most people get to an inevitable, downward, devastating spiral that leaves damaging consequences.

~excerpts from *All Together You*





PAIN

THE GIFT OF PAIN

In order to heal and nurture wounded parts of us, we need to see pain as a messenger. Pain tells us when something needs our attention either from the past or in the present.

That means allowing ourselves or those we love to “hitting rock bottom”. When loving family and friends try to rescue loved ones from the consequences of their addiction or unhelpful behaviors, they remove the gift of pain. Pain IS a gift.

Taking away pain is actually the cruelest thing we can do for someone caught in the grip of addiction. Learning to listen well to our pain and understand the needs behind it leads to healing.



Listening to Our Pain



- I need to listen to my anger to know that I've had a boundary violated.
- I need to listen to my loneliness to know that I need to invest in deep relationships.
- I need to listen to my anxiety to know that I have an unresolved trauma that needs to heal.
- I need to listen to my depression to know that I need care for my heart's deepest wounds.
- I need to listen to my fear to know that I may need to create safety.
- I need to listen to my stress and irritability to know that I'm out of balance and need rest or reprioritization.

~excerpts from *All Together You* 8



MOVING TOWARD OUR EXILE'S PAIN





RENEWING HOW WE DEAL WITH PAIN

What if instead of moving against or away from the pain we feel, we moved toward it?

That's what Jesus invited us to do and modeled with His life. He stepped into the world and moved toward the people ***in the most pain, with the most sorrow, with the biggest hurts***. He moved toward them and heard their stories, let them know they were not alone, and brought healing to them through touch and comfort and witnessing.

~excerpts from *All Together You*



EXILES

THE EXILES WHO CARRY THE PAIN





Exile

A part that has become burdened by negative life experiences and has therefore lost access to its naturally positive qualities. Exiles carry negative emotions like fear, shame, loneliness, anxiety, and sadness, as well as negative beliefs such as “I’m all alone,” “My feelings and needs don’t matter,” and “Something is wrong with me.”



THE EXILES WHO CARRY THE PAIN OF...
ABUSE, ABANDONMENT,
NEGLECT, & ENMESHMENT





BULLYING



WITNESSING VIOLENCE

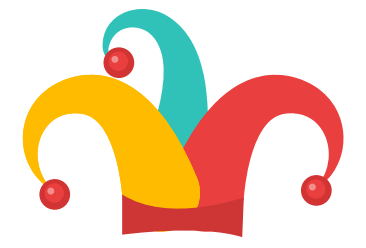


INAPPROPRIATE TOUCH/
BEING SHOWN SEXUAL IMAGES



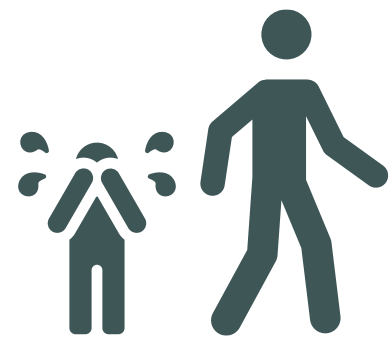
NAME CALLING/ BLAME/
YELLING

OVERT
EXILES



INAPPROPRIATE
SEXUAL JOKES

*Likely to develop exiles that are frozen at the age of that experience and often feel **powerlessness, terror, shame, and isolation.***



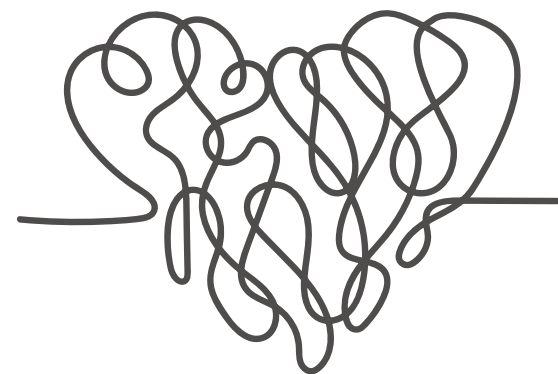
PHYSICAL/EMOTIONAL
NEEDS UNMET



UNAVAILABLE PARENTS



CARETAKING OF PARENTS



ENMESHMENT

OVERT
EXILES



LEFT ALONE TO FIGURE
THINGS OUT

*Likely develop exiles that feel **alone, broken, overdependent, overresponsible, and angry.***



THE EXILES WHO CARRY THE PAIN OF...
PERFECTION, COMPARISON,
CHRONIC ILLNESS &
UNFORSEEN TRAUMATIC
EVENTS





STANDARDS OF
PERFECTION



DEATH OF LOVED ONE



LIVED THROUGH NATURAL
DISASTERS



COMPARED TO HIGH
PERFORMING SIBLING

STEALTH/COVERT
EXILES



CHRONIC ILLNESS OF A
FAMILY MEMBER

*Likely to develop exiles that feel **unchosen, unseen, or broken.***



PARENTS WHO STRUGGLE WITH MONEY



LEFT OUT IN SCHOOL



HARD TIME MAKING FRIENDS



CRITICAL/UNPLEASABLE PARENTS

STEALTH/COVERT EXILES



SHAMING ABOUT APPEARANCE

*Likely to develop exiles that feel **bad, less than, not good enough, or broken.***



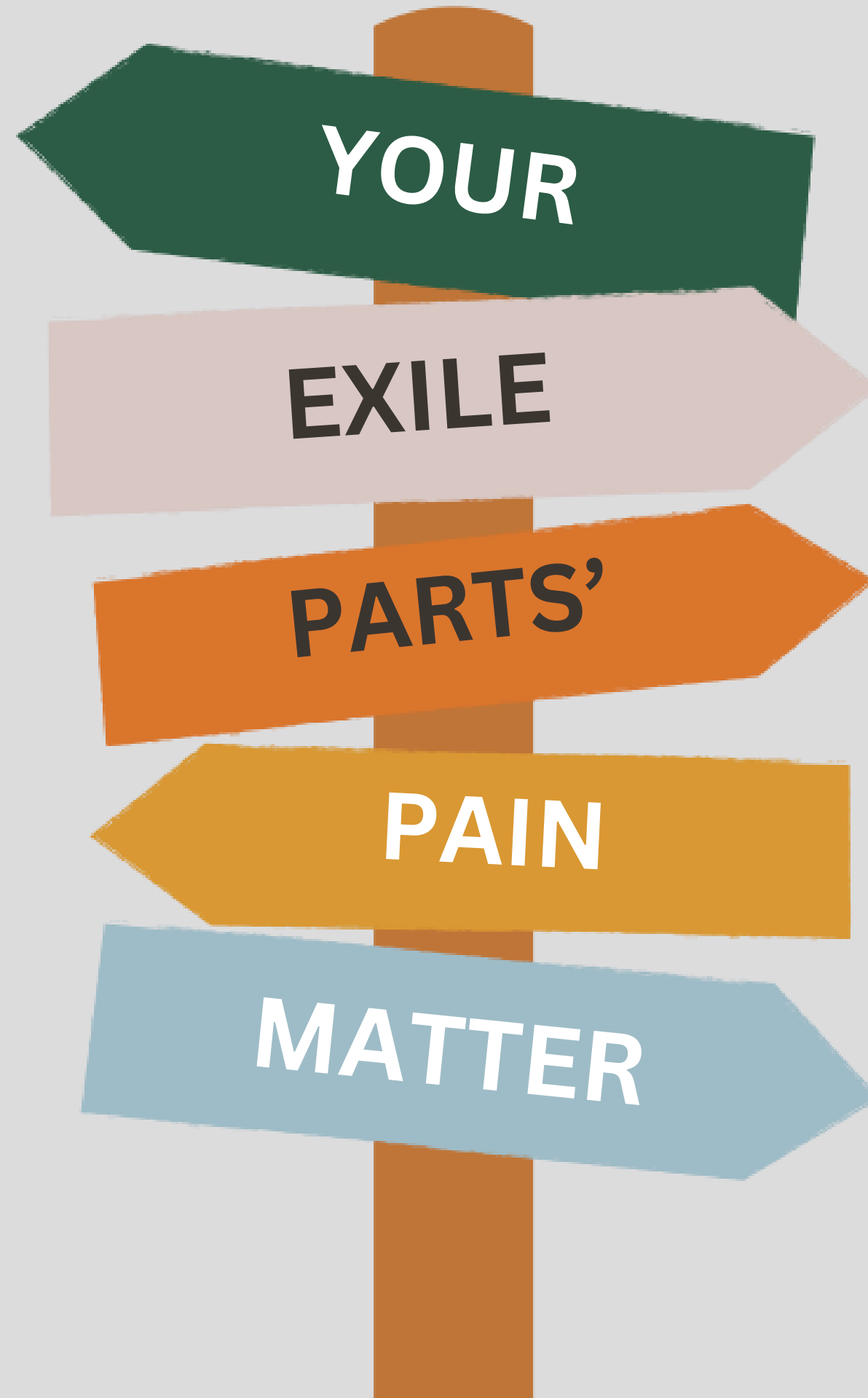
Regardless of how the exiles developed, they matter and they are in pain. And when they are unhealed—or when we don't even know they are there—they will continue to create new pain for us, as well as distort how we see the world in a way that will negatively impact our behaviors.

Time does not heal exiles, but God can.

Move Toward



- All our exiles want is to be seen and heard and cared for, and that's what Jesus does. He speaks to this in Matthew 11:28: *“Come to me, all you who are weary and burdened, and I will give you rest.”*
- The exile wants *YOU* to pull up a chair, give them a hug, and tell them they are loved.
- They want to know that they matter in this world. We can show them this, by moving toward them and seeing about their pain.



Q & A

What did you learn from this chapter about the value of pain?

What thoughts come up when you consider the statement, “If you can’t feel pain, you don’t know when something is wrong”? What would it look like for you to listen well to your pain?

Out of the list of ways that exiles develop, which ones connect for you?