

# THE GROWTH SPECTRUM

## OF STRESS RESPONSES

UNHEALTHY/REACTIVE

### ● **Release Pain: Least emotionally responsible**

- Lash out or emotionally dramatic. You don't take responsibility for how you feel & expect others to change in order for you to feel better.
- Complete lack of emotional control and self-awareness.
- Immediate relief from pain by taking out emotions on others but most likely to continue to get triggered repeatedly.

### ● **Numb Pain: Lack emotional responsibility**

- Turn to escape or unhealthy coping mechanisms to avoid lashing out. You still don't take responsibility for how you feel and blame others.
- Utilize escape and coping mechanisms to detach from emotions because they feel out of control. You judge others who express emotions as weak and pride yourself on being stoic.
- Relief from emotional pain comes once escape or coping mechanisms are engaged. You will continue to be triggered similarly, and no growth occurs.

### ● **Distance Self from Pain: More emotionally responsible**

- Utilize stress management techniques and self-care practices to detach in order to calm yourself emotionally. You are taking responsibility for your feelings by learning to respond rather than react.
- Manage feelings well; however, emotional triggers are not resolved. Similar to pulling a weed from its stem, as it will come back.
- Less immediate relief from pain, but you know how to engage in healthy self-care to soothe the pain. Some triggers may lessen, while others remain stuck because the root of what caused the trigger remains unresolved.

### ● **Uproot pain: Greatest emotional responsibility**

- Recognize negative emotions as a guide to support your growth and ultimately to feel better. You take complete responsibility for your feelings by receiving your emotions for the critical information they offer through understanding why the emotional alarm went off and how the feeling is guiding you to create greater inner alignment.
- Learn to process emotions by acting upon each emotion's empowered guidance. This guides you to grow and ultimately dissolve the emotional trigger. Similar to pulling a weed from its root, inhibiting future triggers.
- Rather than try to soothe yourself from pain, you learn to go toward emotional pain to gain deeper self-awareness. You experience the most profound relief in the long term because you will experience fewer emotional triggers, which means less to emotionally manage and a greater sense of overall well-being.

HEALTHY/RESOLVED