

Keeping It Clean

Clean and Dirty Suffering

Clean Suffering

Unavoidable difficulties that are inherent to the human condition

Clean Suffering

Impermanence

Individuality

Limitations

Meaning/Meaninglessness

Dirty Suffering

Strategies we employ, in response to clean suffering, which make a difficult time worse

Dirty suffering strategies

Denial

- Courage to listen
- Mindfulness
- Pro-activity
 - Curious investigation and education

Dirty suffering strategies

- Passivity and avoidance (denial)
 - Hiding and isolation

- Expression
- Connection
- Kindred spirits
- Normalization

Dirty suffering strategies

Emotional reactivity

- Mindfulness
- Compassion (for self <u>then</u> other)

Dirty suffering strategies

- Emotional reactivity
 - Unevaluated perceptions

- Compassion (for self <u>then</u> other)
- Logic and rationality
- Pro-activity and assertive communication

Dirty suffering strategies

- Emotional reactivity and denial
 - Repetition of unhelpful past attitudes and behaviors

- Mindfulness
- Curious investigation and education
- Responsibility
- Experimentation and evaluation (evaluation based on cause and effect not on one's own, or someone else's, worth)

Dirty suffering strategies

Aggression

(Efforts to control self, other, life)

- Judgment
- Perfectionism
- Demandingness
 - Should's and Must's
- Obsessiveness/fixation
 - Rumination about the past
 - Worry about the future

- Curious investigation
- Normalization

Dirty suffering strategies

Aggression

(Efforts to control self, other, life)

- Judgment
- Perfectionism
- Obsessiveness/fixation
 - Rumination about the past
 - Worry about the future
- Demandingness
 - Should's and Must's

- Curious investigation and compassion
- Normalization
- Mindfulness/present-centered living
- Gratitude
- Love
- Acceptance

Acceptance is NOT...

- Defeat (giving on one's values)
- Putting oneself in a position to be abused or RE-abused

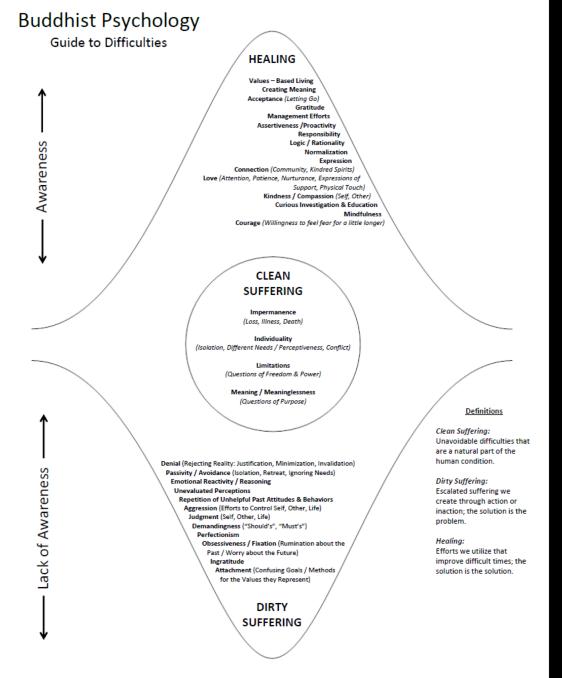
Acceptance is...

- Wisely identifying what we can and cannot control
- An acknowledgment of reality just as it is (what do the five senses detect, without judgment?)
- Redirecting our efforts to our locus of control

Dirty suffering strategies

Attachment

- Dis-identification and detachment
- Management efforts
- Values-based living



Keeping it Clean

Clean and dirty suffering

Timothy Weymann, LCSW (385) 351-4435

timothyweymann@gmail.com