

Explore your pain

Pain is your ally. The pain you are experiencing now is not random, it exists because what you are living does not match what you aspire to live. When you cannot change reality, you can change yourself to better live through your reality. But how to change and still be true to oneself? Pain can help you find your way.

In this activityⁱ we will ask you to reflect about why you are suffering now. The more you understand why not having (more) children grieves you, the better you will be able to identify the things you value in building a meaningful future.

Let's practice

Pain as your advisor: what does your pain tell you about your past behaviour, which behaviours would you change and which you would bring into your future?

For instance, you may think you have been very supportive of your partner throughout this difficult life period and that is something you do not want to let go of in the future.

Pain as your ally: what does your pain and suffering tell you about what really matters, what you truly care about?

For instance, it may be painful to think that you won't be able to raise and educate a child of your own, telling you that you really value educating other people.

Pain as your teacher: how can this pain help you to grow or learn or develop new skills and strengths? How can it help you better relate with others?

For instance, your pain might have taught you the limits of what you can take on your own and when you need to ask for help from a partner, friend or even a counsellor.

ⁱ Adapted from Harris, R. (2009). ACT made simple: New Harbinger Publications, Inc.