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Title: Navigate Conflicts in Relationships: Managing the Pain Body and Emotional Storms

Mr. X, a 62-year-old Filipino man, has been grappling with marital conflicts over his 30 years of marriage. Recently, he expressed concerns about shocking episodes that occurred within their relationship. In an effort to strengthen their bond, he booked a delightful weekend getaway at a resort town to celebrate his wife's upcoming birthday. "Everything went well. We toured the town and had romantic dinners. We had a wonderful time there," he shared.

Upon returning home, Mr. X made a reservation at a nice restaurant for his wife's birthday and invited the entire family to celebrate. Unfortunately, he developed an upset stomach after lunch and sought his wife's advice. Unexpectedly, his wife became furious and exclaimed, "I'm going to cancel the reservation!" Mr. X was taken aback and responded, "I am innocent. I don't want to cancel the reservation. I just need your advice." However, she threw a temper tantrum, and he retreated.

To help Mr. X understand the process of triggers and the pain body, I inquired about his initial reaction when his wife erupted. "I felt attacked," he replied. "I don't deserve this. She completely forgot the effort I put into making her happy on her birthday." Through our discussion, he came to realize that perceptions lead to thoughts, which in turn form a sequence of thoughts. These thoughts generate strong emotions, ultimately reaching our consciousness and triggering unresolved painful emotions stored in our memory, known as the pain body. These emotional storms can merge and gain power, forming a superstorm in a split second. Moreover, one person's pain body can trigger another person's pain body, resulting in an even larger superstorm.

"When anyone gets triggered, we must remain like a log, not saying or doing anything. It's important to step away, calm our minds, and process our emotions, allowing the storm to pass," I explained. This newfound understanding brought a sense of relief to Mr. X. He now recognized his own process. He shared that when he was triggered, he did retreat to a corner of the house, meditated, and allowed the storm to subside. "The good news is that each step of this process is transient. If we detect it early, we can let go, and abolish the process at any stage," I explained. "By observing the process of our pain body and triggers, we can also understand other people's processes, helping us prevent ourselves from being sucked into their storms."

Mr. X questioned the lack of success in his marriage. He shared instances where his wife constantly criticized him, such as when he cleaned the house, only to be met with criticism of who left something out of place. She would even criticize his appearance, claiming his shirt smelled and that he looked unkempt. I helped him understand that all marriages have their ups and downs. I likened entering a marriage to entering a school, where we learn valuable lessons. Mr. X agreed, stating, "I've always known that the universe presents us with lessons." By calming emotional storm and allowing ourselves to see the bigger picture, we can recognize the

tremendous benefits gained from our relationships. Mr. X acknowledged that his marriage had provided him with remarkable opportunities and financial stability, exceeding what he could have ever dreamed of coming from a humble background.

In conclusion, by managing the pain body and emotional storms, we can navigate conflicts more effectively. Understanding triggers, observing the pain body's process, and developing strategies to calm our minds and process emotions allow us to cultivate healthier connections. Rather than judging a marriage's success or failure, we can embrace the lessons presented by the universe, fostering personal growth and appreciating the profound benefits relationships bring to our lives.