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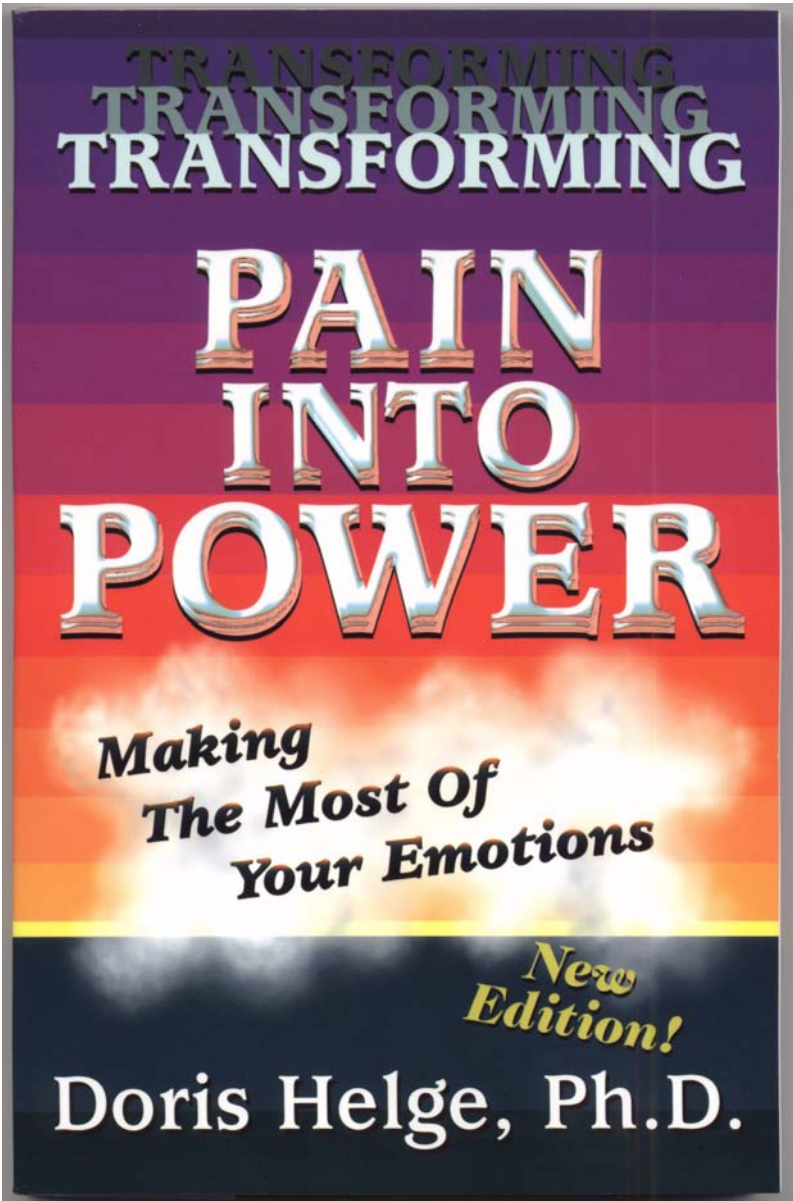
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# TRANSFORMING PAIN INTO POWER

MAKING THE MOST  
OF YOUR EMOTIONS

Doris Helge, Ph.D.



Shimoda Publishing

Bellingham, Washington

**TRANSFORMING PAIN INTO POWER**  
***Making the Most of Your Emotions***

**by Doris Helge, Ph.D.**

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## DEDICATION

This book is dedicated to the liberation of the people on this planet. Once tasted, we all hunger voraciously for a level of freedom that can only be gained by accepting responsibility for our own lives. The bliss that it provides to us generates a drive beyond any description other than we just want *more of who we really are*. My dream is that we will awaken one incredible day and discover that we are living in harmony with each other. We will have so much self-love that we treat every living thing with the utmost respect. They are all aspects of ourselves.

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## GOING THE DISTANCE— WITHOUT RESISTANCE

Do you know anyone who has repeated the same painful experience over and over?

Why would we all have painful events in our lives if they didn't serve us in some way?

Would you like to learn how to stop *trying* to change things about yourself and your life—and experience *spontaneous* change?

### YOU'LL FIND SPECIAL VALUE IN THIS BOOK, IF:

- ◆ You've ever tried to release or let go of "negative" emotions such as anger, fear, or sadness, only to find them returning to your doorstep.
- ◆ You'd like *even more* valuable tools for your personal growth toolbox.
- ◆ You'd like to *USE* your emotions to create abundant energy, rewarding relationships, and improved health.
- ◆ You'd appreciate new ways to handle stress at work and at home.

### USE THIS BOOK TO:

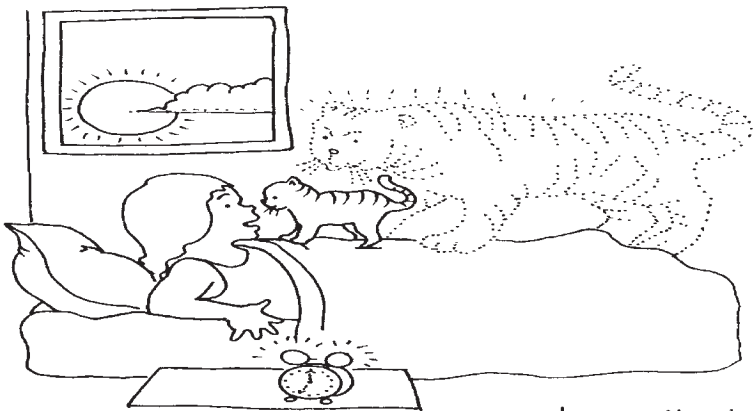
- ◆ Drop self-judgments.
- ◆ Allow yourself to be as powerful (capable) as you really are.
- ◆ Learn to *USE* painful experiences—instead of feeling used by them.
- ◆ Safely and constructively experience anger, fear, and sadness—and watch them spontaneously change into love, happiness, and self-confidence!



- ◆ Develop so much self-love that your relationships reflect that back to you.
- ◆ Discover that anger, sadness, and fear are just raw, neutral energy you can use to improve your life.
- ◆ Learn new ways to handle your frustrations at work instead of lugging them home—and protect your immune system in the process.
- ◆ *Develop your innate emotional power.*

**THIS BOOK OFFERS UNIQUE TOOLS THAT WILL HELP YOU DISCOVER:**

- ◆ Why there is nothing wrong with your life..
- ◆ Why nothing about you needs to be fixed or changed.
- ◆ How all of your experiences and emotions are essential for your personal growth—and your happiness!



Waking up to see life as it really is.

## CHAPTER ONE

### NEW PIECES FOR THE PUZZLE OF LIFE

Birth canals are small, uncomfortable passageways that simultaneously produce almost indescribable pain and joy. We're always giving birth to new aspects of ourselves. We walk down frightening paths so we can discover new layers of confidence. Our self-doubts arise so we can give birth to higher degrees of self-love and empowerment. When an uncomfortable feeling such as anger, fear, or sadness rears its head, most of us want to numb, disguise, or deny it—anything to get rid of it! *That doesn't work.*

We travel down the path of life only to discover that our feelings continue to demand our attention. Since we didn't heed their call the first time, they scream louder. Our painful situations magnify so we can gain the personal growth available from them.

Have you ever known someone who left an unpleasant job or relationship only to re-create it? Although the characters and setting change, the new situation is very similar to the old. I cannot tell you how many clients have moaned because, once a job or personal honeymoon was over, they woke up with the stark realization, "The people involved have different names this time, but I've been in this situation before. Yikes! It's even worse than last time!"

The popular recommendation is to counteract insecurities by "faking it 'til you make it." This may temporarily suit our desire not to feel uncomfortable, but it's not a long-term solution. *If it were the answer, we wouldn't have to keep faking it.* The messages in this book can help you "make it," and the methods for doing so are field-tested. You can create permanent positive change, instead of settling for Band-Aids.

Keep in mind that the suggestions in this book are based on case studies with both genders and with people in all walks of life, from teenagers to senior citizens. I’ve worked with persons of extraordinary achievement levels and those who considered themselves low achievers.

I also know the techniques work because I’ve used them for many years. There was a time in my professional speaking career that I had spoken to several hundred people at a time but never to several thousand. Because speaking to a larger crowd was a new challenge, my insecurities became apparent close to curtain time. When a runner came backstage to announce, “Guess how many tickets have been sold!,” I didn’t share his enthusiasm. Instead, my self-doubt soared. Rather than lying to myself about how I felt, I allowed myself to be aware of what existed—an agonizing sense of unworthiness and the fear that I would go “brain dead” on stage. The thought, “I have nothing of value to offer them,” wafted through my consciousness, even though I knew better. The sensations were quite intense.

Now, for the good news. Just as I advocate in this book, that was the ticket to my freedom. I fully experienced the feelings of insecurity, allowing myself to sink to the “bottom of the bottom” (see Figure 5, chapter 6). It’s important to note that this process took very little time. By the time I needed to walk out on stage, I felt more self-confident than I ever had. Now, I can speak to large crowds without feelings of self-doubt and unworthiness surfacing.

Why didn’t the process take very long? Because we really do love ourselves enough to provide our next challenge. We don’t brutally shove ourselves farther out on a limb than it’s beneficial for us to go. As Figure 5, chapter 6 indicates, we meet our challenges (including feeling difficult emotions) by degrees. You can use the material in this book to prove this principle to yourself.

It’s important to understand that pain and pleasure are side by side in our brains. If we allow our unpleasant feelings (in this case,

fear and self-doubt) to be experienced, new levels of their opposites (higher levels of self-confidence and self-love) are immediately available to us. Our "gremlins" are merely tools for our personal growth. They can only be "conquered" by befriending them because they truly are our friends. They are leading us to higher levels of self-actualization, even though the sensations they produce are sometimes uncomfortable.

If I had attempted to dodge the challenge (denied my fear), I would have re-created the scenario later—in a magnified manner. The anxiety level and the challenge would have felt even more intense. When we choose to work with uncomfortable feelings the first time they surface, we shorten the time we're engaged in a particular challenge. We leap into a new level of self-love and happiness.

I have shared the above example with you because many studies indicate that public speaking is the worst fear of many people and second only to a dental visit for other individuals. The true story illustrates that the process of transforming pain into power can be much quicker than we sometimes think. It's not an endless journey, and the rewards are amazing. When we allow ourselves to complete the personal growth spiral depicted in Figure 5, chapter 6, we're ready for new challenges, instead of continuing to battle the same insecurities over and over.

Please note that *I experienced, instead of judged, the feelings*, even though they were quite uncomfortable. Resisting or repressing emotions causes them to park their RVs, turn on their generators, and plan to spend more time with us. Saying hello to them creates a gentle, beautiful transition. Negative emotions spontaneously transform into their opposites.

In addition, the effects of hiding from our pain can have tremendous implications for our health. When we repress our feelings, we stifle the flow of energy in our bodies. We inadvertently suppress our immune systems. We perceive events as more stressful than they really are. We feel confused and less connected to

those we love. Whether we’re avoiding our anger or our love, the price of our unwillingness to be honest about our feelings can be quite high. On the other hand, allowing life to touch us has tremendous benefits.

Studies that chemically analyzed tears indicated that teardrops cleanse stress hormones, so we feel less fatigued after crying. Our sobs are an innate gift because tears assist the body in washing away toxins. Many recent studies have explored why men tend to die seven years earlier than women. Researchers noted that most men seldom cry. Even when they allow tears to well up in their eyes, they rarely shed these very precious, innate rejuvenators. It seems that we forgot to tell our little boys that the strongest trees—those that tend to live the longest—bend with the wind.

Many women would rather cry or feel hurt than express anger. Just as men were told, “Big boys don’t cry,” most women were conditioned to believe that anger is unbecoming or “not lady-like.” Some women fear anger because they have been in hurtful situations when others were enraged. Some women take pride in the fact that they put the needs of others before their own . . . but they secretly resent doing so.

Gender-related patterns of hidden anger or sadness are associated with the physical diseases we tend to develop. Recent studies have examined why women tend to develop higher percentages of chronic fatigue syndrome, fibromyalgia, and arthritis while men have higher percentages of other diseases such as heart attacks.

Many people advocate releasing or letting go of painful experiences or emotions. Feelings such as anger, sadness, and fear are often labeled “negative” or “toxic.” Yet, our creator placed pain and pleasure side by side in our brains. Anger cuddled next to love, peace, and happiness. Fear nestled next to confidence. Sadness snuggled up to joy.

The objective of always operating from love and joy is admirable, yet most of us would like to omit a step that is essential before we can reach that point. The physiology of the brain allows us to experience the feelings we dislike, when they’re already present . . . or cheat ourselves out of the opportunity to experience their opposites—like love and happiness.

Consider the example of anger—passion for ourselves; the desire for a better life. Our frustration may feel like a voice screaming into a megaphone, “I deserve better than that!” or “I want more out of life.”) When we embrace anger (experience it), more self-love appears. Once we express our irritations in a safe and constructive way, we discover we’ve been angry with ourselves because we placed ourselves in an unfavorable situation. We stop blaming other people. Our compassion for them increases. Forgiveness becomes automatic.

Most parents love their children too much to try to protect them from painful learning experiences. Wise parents shield their children from *unnecessary* pain or danger by teaching them how to be physically safe and develop decision-making skills. However, parents with foresight know that efforts to guard their children from *any* pain would cheat them out of developing their abilities to meet life on its own terms. They would grow up as shallow adults totally unprepared to solve problems or empower themselves by meeting new challenges. The same is true for us as adults. This book can assist you in finding value in *all* of your painful experiences.

Discover the hidden gifts of anger: empowerment and self-love. Find out how energizing—and even fun—it can be to safely and constructively experience your frustrations. Learn how to protect your health and your relationships during the process.

Learn to feel the sweet memories hidden within your deepest grief. Discover what a friend your fear is. Like the first robin of spring, it arrives to announce the imminent arrival of something worth celebrating—your new layers of confidence.

Complacency creates stagnation. Challenges create the insights we need so we can enjoy a life rich in meaning, joy on the job, and rewarding relationships.

Once we discover how to work with the flow of life instead of resisting and judging unpleasant events or emotions, we're free. We know how to use discomfort to our advantage. We effortlessly launch ourselves into higher highs than we ever dreamed were possible.

Discover how to allow your discomfort to drive you onward.

- ◆ Where there is fear, there is self-confidence.
- ◆ Where there is pain, there is power.
- ◆ Where there is anger, there is love.
- ◆ Where there is sadness, there is joy.
- ◆ Where there are no victims, there can be no tyrants.
- ◆ The road to pain is paved with our judgments and expectations.
- ◆ The road to success is paved with "failures."
- ◆ Emotions are our personal language . . . sensations . . .  
*energy in motion.*

If you want *even more* happiness and love in your life, allow life to touch you.

### **CAUTION:**

This book can empower you to deal with the self-doubt and fears that surface when we approach new challenges. You will soon learn that fear is a formidable *source* of new power.

## **ABOUT THE AUTHOR**

Dr. Helge's prestigious career began by completing her Ph.D. at the age of 25. She launched and directed two national organizations. She taught, conducted research, and held faculty and administrative positions at universities in three states before beginning her own coaching and consulting business. The national studies she conducted were frequently used in Congressional testimony and influenced legislation at the federal and state levels.

She has won writing and other awards for her publications on the subjects of personal empowerment, employee retention, and joy on the job. Many of her books are now available in multiple foreign languages.

She is an internationally known speaker. Her work has assisted thousands of individuals in propelling themselves toward their personal empowerment. Organizations as large as Microsoft and the American Association of Occupational Health Nurses, and the National Association of Athletic Trainers have employed her as a speaker and consultant. Doris was recently selected by a group of peers in the National Speakers Association as a "Showcase Speaker."

Doris has appeared on hundreds of TV and radio programs, including CNN News, The Today Show, and NPR Radio. The tools that Doris presents in this book were successfully field-tested in seminars in various locations across America and Canada.

## **FOR INFORMATION AND SPEAKING ENGAGEMENTS**

To receive more information about Doris' speaking engagements, seminars, and additional publications, e-mail: [Doris@MoreJoyOnTheJob.com](mailto:Doris@MoreJoyOnTheJob.com) or visit:

<http://www.TransformingPainIntoPower.com>

<http://MoreJoyOnTheJob.com>



## TESTIMONIALS FROM READERS

*"If you want to fully live, READ THIS BOOK! Dr. Helge's strategies are practical and pleasurable."*

Harold H. Bloomfield, M.D., psychiatrist and author of *How to Survive the Loss of a Love*

*"Learning to turn pain into power is everyone's challenge and this book teaches how. Reading it will help you master life."*

Mark Victor Hansen, co-author, *Chicken Soup for the Soul*, New York Times Bestseller #1 series

*"I have been so thoroughly impressed, enlightened, and guided by this book that I have suggested it to almost everyone I know."*

Rebecca Sain, State Coordinator, American Holistic Nurses Association

*"You brought important information to our viewers, first letting them know they are not alone and then helping them understand how to improve their lives."*

Peter Anthony Holder, Host, *CJAD Tonight*, Montreal, Quebec

*"Those challenged by loss of a relationship, job or loved one, those with a health problem, and those dealing with abuse or anger can find exceptional value in this work."*

*The Atlanta Journal/The Atlanta Constitution*, Atlanta, Georgia

*"Helge's work contributes to our health, joy, freedom, and peace. Since that is what we all want, this book is a road map home."*

*Aquarius Magazine*

*"A startlingly practical self-help book featuring thoughtful explorations of our own emotions and how we can focus our risk taking to accomplish results that matter."*

*Bookman News (Bookman Book Review Syndicate)*

*"Your great book made a splendid addition to our magazine. Keep up the wonderful writing."*

*Personal Transformation Magazine*

*"Powerful insights, valuable exercises, and unique tools for facing our personal challenges and our inherent resistance to the inevitable changes in our lives. Helge writes with an articulate passion born of personal experience, a candid self-assessment, and research with clients. This book is highly recommended."*

*The Midwest Book Review*

*"Helge's unorthodox self-help book is not comprised of nebulous concepts. She spent years formulating concrete steps that people can follow to become happier and healthier."*

*Texas Alcalde*

*"A heart-felt, practical guide to managing life's challenges—a most welcome contribution to the personal growth field."*

*Tom Kenyon, psychotherapist and author of Brain States*

*"Readers at all levels of personal growth will find great value in this book. Helge shares powerful techniques for experiencing and dissipating emotions. This book is an excellent resource of strategies and exercises that work with people of all ages."*

*Tony Cecala, Ph.D., Publisher, The Holistic Networker*

*"Dr. Helge shows us how to embrace our humanity so that we can open the door to our divinity. Her work is deeply personal, helpful, and sincere."*

*Dr. Rudy Scarfallo, D.C., author, The Alchemy of Opposites*

*"Yes! Yes! Yes! You have touched me so deeply."*

*Carol Keeffe, author of How to Get What You Want in Your Life With the Money You Already Have*

*"This was a wonderful **next step** for me after I worked with my 12-step program. I feel very empowered, and I know I'm in charge of my own life."*

*C. L. Monroe, New Orleans*

*"Doris leads those with broken wings through her wise counsel, love, and practical techniques. She is touching hearts and changing lives. If you are ready to change old patterns and walk through the desert to the oasis with grace, treat yourself!—Read this book."*

Beth Franklin, Executive Director, Literacy Council of Alabama

*"This is The Bible of Personal Growth! . . . A breakthrough book in understanding who we are and how we can realize the wonderful, divine, and perfect person we are all becoming."*

Edward A. Thomas, Attorney at Law, Quincy, MA

*"Practical, simple, and powerful — the Zen of transforming pain into powerful change in your life."*

Victor S. Sierpina, M.D., University of Texas Medical Branch at Galveston

*"Our office worked with Doris' techniques, and now our employees are energized, motivated, and de-stressed."*

Lawrence M. Sinclair, Floor Supervisor, Royal, Inc., Chicago

*"If you'd like to know why God allows painful events in all of our lives, read this book."*

Rev. Dave Logan, First Memorial Church, Los Angeles

*"Trying to let go of or release emotions like anger and fear guarantees that they'll keep reappearing. Doris' work is the missing piece I share with my clients. When they use her techniques, they watch their self-judgments melt, their anger turn into love, and their fear become self-confidence."*

C. Dana Roberts, psychologist, New York City

*"I recommend this incredible book to ALL of my clients . . . and I've never said that before!"*

Natasha Dixon, psychotherapist, San Diego, California

*"I am proud to endorse your work . . . It was enlightening as I was going through some fearful and exciting times . . . Reading your work helped me recognize and accept my feelings and know that I am OK and in the flow of life. It has helped me."*

Sue Bailey, board member, Society of Government Meeting Planners, Washington

*"The most liberating, magnificently simple and thoroughly helpful (yes, REALLY helpful) book on the market. Unlike your usual self-help tomes, there are no mantras to say, no affirmations to intone religiously three times a day, and no exercises that must be done before going to bed. Thank you! With Doris' work, your feelings fall into proper perspective and stop draining your energy, and this happens SPONTANEOUSLY. We urge you to buy this worthwhile book as soon as possible."*

Joanna and Richard Swanson, CEO and owner, Mountain Mist Resort, NC

*"Now, I trust myself even when my life feels stagnant. Doris' work brought multiple benefits to my audience. I've learned to see the transformation that is taking place even when things feel stuck and the tendency is to panic."*

Elizabeth Ann Wright, Host, "Ultimate Solutions," WGUN, Atlanta, GA

*"When we discovered that our child had A.D.D., we began a ride on the emotional roller coaster. The ideas in this book allowed us to take ourselves off."*

Paul and Lynnette Oliver, parents of a child with A.D.D.

*"If these ideas were made available to all of those who feel disempowered, violence—in the workplace and in homes—would cease to exist."*

Brenda Holbrook, Director, N.Y. Violence Prevention Center

*"Dr. Helge's work sets people free to fully enjoy their lives and be better professionals and parents."*

Judy Wright, author of over a dozen childrens' books

*"A masterpiece whose time has come, written with love and compassion."*

Don Petrocelle, author, *Poetic Odyssey*

*"I don't know of anyone who won't find value in this book. It has helped me tremendously and is my standby in tough times. You will help many people with this information."*

Doug Gazley, Director of Music, Unity of Gwinnett, Atlanta, GA

## **You were born with the right to be happy!**

**The following books will help you discover peace, joy, and personal fulfillment. Order your copies today!**

### ***Joy on the Job***

Over 365 Ways to Create  
the Joy and Fulfillment You Deserve  
<http://www.MoreJoyOnTheJob.com>

### ***Transforming Pain Into Power***

Making the Most of Your Emotions  
<http://www.TransformingPainIntoPower.com>

**TO ORDER ONLINE, go to:**

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or

<http://wahmcart.com/x.php?adminid=104&id=4521>

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## **FOR INDIVIDUAL OR GROUP COACHING**

Individual or group coaching kicks in where *Joy on the Job* leaves off. To apply for coaching regarding happiness at work, e-mail:

[Doris@MoreJoyOnTheJob.com](mailto:Doris@MoreJoyOnTheJob.com)

## **SIGN UP FOR YOUR FREE E-ZINE!**

Would you like to receive a steady supply of the latest and greatest ways to increase happiness at work?

Subscribe to Doris' free e-zine, *Joy on the Job*, by visiting:

[www.MoreJoyOnTheJob.com](http://www.MoreJoyOnTheJob.com)

Just click on the *Free Joy on the Job Newsletter* link. Enjoy fresh new ideas every month that you'll easily use to substantially increase your happiness.