

The Circle of Pain begins when we let it in, when we create it. It's insidious, and it is not with us at our birth.

It happens to all of us. A situation occurs, and there is drama within it. Other people are usually involved, or it is an event that affects you.

How you deal with this defines everything. If the situation you handle, and apply calm to whatever the outcome, there is peace. This means if you are “dealing with it,” not ignoring it, you can gain peace by acceptance. If the situation involves others, the drama multiplies, and it is harder to find the calm.

Take it to the next level. Now it is a family, a marriage, coworkers, or anyone interacting. Something occurs, and it requires a response.

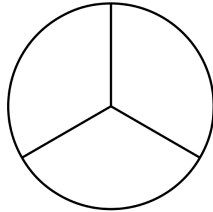
The response depends upon your emotions, how you feel about the event, and has little real reason behind it, because you are emotionally dealing with the drama. If you are one that believes in black and white, and that “white must win,” or one that uses only facts and logic to ascertain a solution, it’s even worse.

Because...emotions are at work. Your emotions -- how you interpret, and those that you are involved with.

At this point a circle is entered. It is effectively a circle of communication, or of miscommunication, and it typically has anger, greed, fear, and pain within it.

Pick any situation that is an issue, and right now review if it does not have these attributes. It will.

Circles have entry points and exit points, but they also look like circles, so they can appear to have no entry or exit. How does a circle become a circle? Can it be broken?



Circles can be broken, and can be dissected. What is key is to find the issues that surround one joining a circle (of pain, of addiction, of fear) and defining where the entry points were, and where the exit points can be made.

Here's a scenario of something we read about all of the time with families – of physicians, entrepreneurs, celebrities, politicians, etc...

This is a wealthy family with many possessions, a secure business and, for all outward purposes, a strong and happy family. They have no friends outside of their church, and the parents never stop working; the children never start.

The family has an adult son suffering from drug abuse, arrested time and again for various things and does not have a job, and never had. His arrests have been for abuse, and showing aggressive, drug induced behavior. The daughter works in the family business without rules or real job expectations, coming and going as she likes. Her life is “subsidized” by her parents, and they balance her checkbook. She is married with three children.

The millions of dollars in money spent by the parents has always been on “supporting them,” paying legal bills, paying their rent (on nice homes), buying them things, and generally being generous and offering unconditional love.

This unconditional love, however, is enabling and controlling, breeding anger in the children, and the wife, even though they are supported and always “forgiven” for their behavior.

The father is rightfully upset that the situation never changes, and he is always counted on to “bail them out,” to “support the adult children.” But he never loses “control” by the way he handles this, and by “having control” he at least feels somewhat grounded in an untenable drama.

Sadly, his controlling behavior helps fuel the drama. The wife is fearful the children will never get well, and enables them by giving them money, and constantly forgiving bad behavior.

This picture is clear. They live in a circle of pain that they have created, and that never ends. And, subconsciously, this family may not want to change, as the DRAMA of the circle is what keeps their relationship alive. They don't know how they would be a family without the circle of pain.

Now relate it to yourself. Do you have a circle of pain? It's likely that you do.

And it's just as likely that you do not want to stop, as the drama is what drives your relationships, and becomes your purpose. It's stupid, and you can change.

In the circles we've drawn above you can see the arrows in the first circle that are the entry points to a circle of pain, where the drama begins, where you begin interacting in a "black and white and white must win" world. These entries can also be exit points.

The second circle defines quadrants, a simple way to "break down a circle" into specific areas, for your identification, and for your focus on areas that you could "break" to leave at least part of the circle.

Floydian Therapy calls this "chunking." Chunking is simply a way to work at things in stages, "chunks of time" so that the situation is not overwhelming, or so large that you find yourself unable to even begin.

Let's create a few examples of circles of pain that you may know well.

The Circle of Pain

"I can't stop picking on my wife, and arguing with her"

You can almost picture how many dramas occur within this circle, from lack of sex, to arguing, to children that are hurt, to a wife that feels abused, and you that feel "not understood."

There is an anger here that must come up, be "let go of," or dealt with. It permeates both of your lives.

The Circle of Pain

"When I decide to buy something I go on buying streaks and spend way more money than I should, then I feel regretful, but I go out and buy again. I can't stop."

You know this situation. You are the person, or know someone like this. You can't stop buying things, far more than you need.

You probably do this because you feel empty, and are “filling yourself.” Depression.

The Circle of Pain

“When I trade in the stock market, or options, I always buy at the wrong time, and sell at the worse time, and I lose money all the time. I keep trying, and sometimes I make money and then am invincible and very greedy, only to go back to losing money, way more than I can afford to lose.”

This is many investors, as the average Joe is the culprit the market makers use to control the market, and investing becomes desperation, or addiction. Emotional people trade logically, and logical people trade emotionally. All people, and the market itself, is driven by:

- cause and effect***
- fear and greed***
- supply and demand***

How you react to the variables within your emotions defines your logic in the market.

Breaking out of a circle requires first identifying that one is in one.

Much like an addict, it is coming to terms with the powerlessness you have over the situation, and how the circle of pain becomes something you simply now automatically join, and cannot seem to get out of.

Imagine a giant Ferris wheel. You are not strapped in, and have no partner. You have given your ticket and the ride has begun. The announcer says “this ride will go fast, or slow, and you will only be allowed off for bathroom and food breaks, when we tell you.”

“Here goes!”

That is the circle of pain.

SIX STEPS TO BREAKING A PATTERN

1. **Identify the issue.** This is key, and sounds simple, but is the hardest step. You must clearly write down the complete issue you, and the partners in your circle of pain, deal with.
2. **Who in the circle of pain wants it to continue?** There is likely someone that benefits from the pain you are in, although they would not see it that way. What needs to change to make this person or people in the drama either not want it to continue, or be forced to work to your rules as you exit the circle?
3. **Where are the exit points?** Remember, there are entry points to the circle of pain, and it is these same entry points that can allow your exit. What are they?
Ex: The family that constantly enables their children with money could put a “trustee” in charge of the money, so that the Father did not control, and the adult children had to see a “trustee” to deal with what they got for free.
4. **Do you down deep enjoy the drama and not want the pain to end?** You must be very honest here, as many participants in “bad drama” seem to be “driven” to stay in the situation as they are “lost” without the “game of the circle.” You must find out if you are one of these people.
5. **Find the quadrant or sector that you define will lead the exit.** Tell the other participants in the circle that you intend to do so, and how. There is ALWAYS more than one person in a circle of pain.
6. **Form the plan and exit the quadrant.** Study the responses, both your own, and the other members of the circle, and write down to yourself what is taking place and what you will do differently.

We all live in pain. We often choose to create much of this pain. We also spend much of our lives doing what we do not want, and then complain, overeat, get divorced, or drink to excess because we are unhappy, doing what we do not want.

To exit a circle of pain one must know that one is in a circle and that the circle is insidious and will not end without a planned exit. You must choose to leave the circle, to find the events you will say “no” to, or you must come to accept the circles you choose.

There are consequences to each decision. Floydian Therapy will walk you through the process.

You are what you decide.

If interested in learning about our transpersonal life coach counseling, Floydian Therapy, contact us at floydiantherapy@gmail.com

Disclaimer: All examples in this article are meant for educational purposes only. Any resemblance to real persons, living or dead is purely coincidental. If you think this is "you," it probably is.