



# Emotional Quick Fixes

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- When we don't have effective ways to release the pain and emotion of our grief it is common to attempt to relieve the emotional pain with emotional quick fixes.
- In the moment you may experience a short term relief or distraction from the emotional turmoil inside.
- This can make it pretty easy to develop a habit of reaching for the emotional quick fixes to escape the pain caused by your loss. But the problem is they don't deal with the true emotional issue so the relief never lasts.



# Awareness

The first step in breaking the habits of emotional quick fixes is awareness.

Culturally we are almost encouraged to cover up our emotional pain instead of confronting it directly.

Have you ever heard a parent say something along the lines of “Don’t cry, let’s go get ice cream”?



# Examples of Emotional Quick Fixes

Food

Alcohol

Drugs

Vaping/smoking

Shopping

Social media

Phone

Workaholism

Netflix binging

Exercise - in excessive amounts

Isolation

Sex



# What are your emotional quick fixes?

Everyone responds to emotional pain differently.

For example, some people may lose their appetite while others satiate their emotions with eating.

What are your emotional quick fixes that you use to numb or distract you from your emotional pain?

