

Clean Pain / Dirty Pain

It's not all about us, even if it feels that way.



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BUILDING GREAT



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Clean Pain / Dirty Pain Worksheet

Breakups are hard. Sometimes, really hard. Besides the inevitable loneliness and heartache, we can feel rejection, guilt and overwhelming sadness over the thought “I’m not good enough.”

Yet so much of our emotional rollercoaster is based not so much on what actually happened, but on what we make it mean.

Clean Pain

Because breakups are a loss, for the most part, they are sad. There is natural and healthy grief we will experience when we separate from our partner. Losing someone close to us, for whatever reason is upsetting, and unsettling. This is called “clean pain” because it is what I call an appropriate response to a sad situation.

Dirty Pain

On the other end of the spectrum, there are feelings that often come up which have little to do with your current situation. Messages such as “I’m not good enough”, or “I’ll never find true love” or “I can’t make relationships work” create a depression in us that is for the most part unfounded. We forget about all the good times and our successes and instead latch on to these negative, “dirty” thoughts.

Let’s Get Personal

When heartbreak happens, what are the messages you tell yourself? Based on my post [Easing the Pain of Breaking Up](#), one of my clients made lists that expressed her feelings. She sorted out the Clean Pain from the Dirty Pain.

Can you do the same? A worksheet follows further down.

CLEAN PAIN

I loved him. I still do.

I trusted him.

He was my best friend.

He understood me in ways others couldn't.

He made mundane things special.

He was the first man I saw a future with.

We were like Yin-Yang, epitome of balancing each other out

He was smart and funny, serious and silly

He loved me as best he could.

He tried. I tried. But it wasn't enough.

It was a fated meeting, divine in all aspects

It had so much potential.

DIRTY PAIN

He never loved me, he never cared. He doesn't respect me.

He was only using me to fill a void.

I'm too intense, too controlling, can never go with the flow.

My expectations are too high, and I'm too hard to please.

It's not easy to love me.

I'm stupid for still loving him and ignoring the signs.

I have to do life alone.

My wants and needs are too much, not realistic

I'm chasing a fantasy that doesn't exist

I'm not worthy, undeserving. I wasn't pretty enough for him or successful enough for him. I was weak.

I'm smothering and too hard or too soft. I'm an enabler

I'm broken and only attract broken men.

I'm only lovable from a distance.

I self-sabotage anything good.

I'm afraid if I fully surrender to a man, I'll be abandoned

I'm not worth fighting for, sticking around for.

I don't know how to choose healthy love

I have to prove I'm worth loving

Your Clean Pain

Your Dirty Pain

Overcoming Heartache

Like grieving, all heartaches take time to heal. But discerning between pain that is a true reflection of your loss versus pain stemming from negative self-perception and false narratives can make a big difference in your ability to rebound and recover.

Still, during this time, we need support. Reach out to a friend, a family member, or a professional to process your feelings. You don't want to enter your next relationship carrying the trauma from your previous romance. Or worse, you don't want to pass-up on love forever because you are convinced that you are not lovable :(



If you need help in your relationship, marriage, or your situation, give me a call.

As a licensed, trained Marriage & Family Therapist, I can help you recreate intimacy, trust and well-being.

Don't wait until it's too late. Schedule a [Free Clarity Call](#) now, to discuss how we can work together.

~*Dovid Feldman* 🙏



Wild Child Healing ✓

@Rimanelli

I will forever feel that G-d gifted [@dovidfeldman](#) to me at one of the most toughest times in my life. He truly changed my perspective on relationships and even educated me on things I had no idea about especially from a males point of view.