



Episode 139: If It Didn't Hurt, There'd Be Something Wrong

When we feel grief, worry, or discomfort, it can feel as though there's nothing we can do about it. However, feelings exist fundamentally to serve us — even unpleasant ones have a purpose. In this episode, Rachel explains why difficult emotions aren't always harmful and what you can do to manage them.

There are some questions you can ask yourself to manage tough emotions. Negative experiences and thoughts are a part of life, but how you handle them doesn't have to be painful. These questions can help you identify them and empower you to take charge, so they do not hinder you from living your best life.

If you're looking for ways to manage and cope with difficult emotions, this episode is for you.

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Quote to remember:

'If it doesn't hurt, then there's something wrong.'

What You Will Learn

Negative emotions are a normal part of life, although we sometimes struggle to handle them well. It may be tempting to ignore these feelings, but doing so seldom resolves the problem.

This activity serves as a reminder to not avoid confronting uncomfortable emotions and to honestly explore your feelings. Sometimes, people are reluctant to



acknowledge negative feelings for various reasons. Instead of judging, it's wiser to recognise your emotions and move on.

Completing this quick exercise can help you understand your thought processes, your behaviours and the consequences of your actions.

Finally, this activity will help you recognise that it can be helpful to find a friend or colleague who will help you reflect on what you think and feel. If you're going through a difficult time right now, don't hesitate to ask for help.

Activity: Managing Negative Emotions

Q1. What are your key takeaways about handling difficult feelings?

Q2. Recall the last time you experienced a negative emotion – was this something that needed acting on? A false alarm or something you needed to sit with?

Q3. What were the consequences of your thoughts, feelings and behaviour – what did you get?

Q4. What was in your control in that situation?



Q5. What are your observations after answering these questions?

Q6. What might you do differently?

CPD time claimed:

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