



Emotional First Aid

Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries

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Amazon Link: <https://amzn.to/3fQuUWz>

Book Summary

While this book does not focus specifically on affair recovery, most of the problems addressed are commonly experienced in the affair healing process. In each chapter, the author (a practicing psychologist) discusses an emotional wound using real-life examples and then offers practical research-based remedies.

Each of these emotional wounds is covered in a chapter of the book: Rejection, Loneliness, Loss & Trauma, Guilt, Rumination, Failure, and Low Self-Esteem.

Quotes

- “When psychologists asked people to compare the pain of rejection to physical pains they had experienced, they rated their emotional pain as equal in severity to that associated with natural childbirth and cancer treatments!”
- “Too often our quest to understand “what went wrong” leads to overpersonalizing or overgeneralizing the rejection or becoming too self-critical in its wake. Needlessly finding all kinds of faults in our character, our physical appearance, or our behavior will only deepen the pain we feel in the moment, provoke further emotional bleeding, and significantly delay our healing.”
- “Loss and trauma inflict three psychological wounds, each of which represents a different set of bones that need to be reset. First, loss and trauma can create such havoc in our lives that they threaten our self-perceptions, our roles, and our very sense of identity. Second, tragic events often challenge our fundamental assumptions about the world and our place in it, such that we struggle to make sense of the events or to integrate them into the larger framework of our belief systems. Third, many of us find it difficult to remain connected to the people and activities we used to find meaningful...”
- “One of the reasons rumination is so difficult to treat is its self-reinforcing nature. Ruminating about problems tends to make us even more upset about them, and the more upset we are, the stronger the urge to ruminate becomes.”
- “People using self-distanced perspectives reported thinking about their painful experiences significantly less often, and they felt less emotional pain when they did ruminate about them than people who used self-immersed perspectives. These findings held true for both depressive and anger ruminations.”