

Toward an Understanding of Pain and Suffering

Psalm 13

Psalm 13:1 How long, Lord? Will you forget me forever?
How long will you hide your face from me?

² How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?

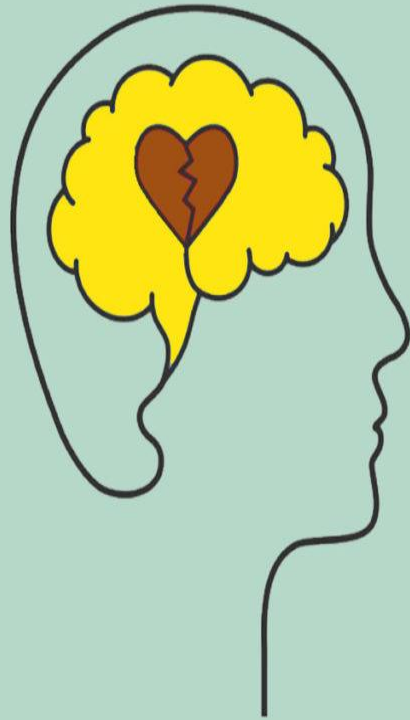
³ Look on me and answer, Lord my God.

Give light to my eyes, or I will sleep in death,

⁴ and my enemy will say, "I have overcome him," and my foes
will rejoice when I fall.







EVENT → MALADAPTIVE THOUGHT PATTERN → EMOTION → PROBLEMATIC BEHAVIOR

A close-up photograph of a person's face, focusing on the eye and nose. The person's eye is closed, and a single tear is visible on the lower eyelid. The background is a soft, out-of-focus grey. The text is overlaid on the left side of the image.

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- Distortion Mirror #1: Magnification or Catastrophizing.
- Distortion Mirror #2: Polarization or All-Or-Nothing Thinking.
- Distortion Lie #3: Selective Abstraction.
- Distortion Lie #4: Overgeneralization.
- Distortion Lie #5: Emotional Reasoning.



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A close-up, profile view of a person's face, focusing on the eye and nose. A single tear is visible on the person's cheek, running down from the eye. The background is a soft, out-of-focus grey.

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5 But I trust in your unfailing love;
my heart rejoices in your salvation.

⁶ I will sing the Lord's praise,
for he has been good to me.

A close-up, profile view of a person's face, focusing on the eye and nose. A single tear is visible on the person's cheek, running down towards the bottom left. The background is a soft, out-of-focus grey.

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Proverbs 3:5 Trust in the Lord with all your heart
and lean not on your own understanding;
⁶ in all your ways submit to him,
and he will make your paths straight.

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