



LAW 8 — MEETING 8

The Law of Pain

*Good Management Of Bad Experiences
Leads To Great Growth*

I. Discuss this quote : “Every problem introduces a person to himself.”

II. Truths About _____ :

A. _____ has them

B. _____ likes them

C. Few Make Bad Experiences _____

III. The Pain File

A. The Pain of _____ – “I have never been through that”

B. The Pain of _____ – “I should have seen that coming”

C. The Pain of _____ – “I wish it had never happened”

D. The Pain of _____ – “Human encounter doesn’t always feel good”

THE 15 INVALUABLE LAWS OF GROWTH



- E. The Pain of _____ – “I didn’t want that to happen”
- F. The Pain of _____ – “I lost what I thought I would always have”
- G. The Pain of _____ – “You can’t make everyone happy”
- H. The Pain of _____ – “If I could only get that back”
- I. The Pain of _____ – “Some people will grow in a different direction than I”
- J. The Pain of Not Being _____ – “I deserved to be there”
- K. The Pain of _____ – “When I am away, I feel...”
- L. The Pain of _____ – “They expect so much from me”

IV. How To Turn Your Pain Into Gain

- A. Choose a _____ life stance
- B. Embrace and Develop Your _____
- C. Embrace The Value Of _____

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D. Make _____ After Learning From Bad Experiences

E. Take _____ For Your Life

OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

Based on your life, which of these statements best describes your response to pain:

- I do anything and everything possible to avoid pain at all.
- I know pain is inevitable, but I try to ignore it or just block it out.
- I know everyone endures pain, so I just endure it when it comes.
- I don't like pain, but I try to remain positive despite it.
- I process the emotion of painful experiences quickly and try to find a lesson in them.
- I process pain, find the lesson, and make changes proactively as a result.

Discuss this process John has used in his life when he has encountered painful experiences:

- a. Define the problem
- b. Understand your emotion
- c. Articulate the lesson
- d. Identify a desired change
- e. Brainstorm numerous pathways
- f. Receive other's input
- g. Implement a course of action

Remember, personal change requires action. Decide now to take action, attitude and altitude when the next painful experience arrives.

Read the next chapter this week – *The Law of the Ladder*