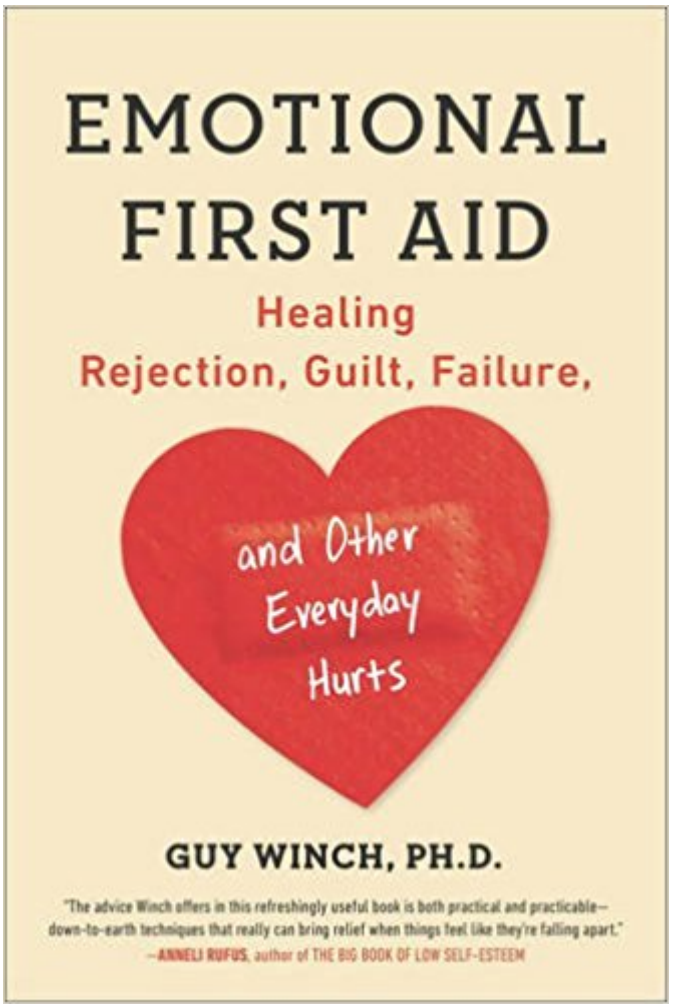
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Emotional First Aid: Healing Rejection, Guilt, Failure, And Other Everyday Hurts



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Synopsis

Heal small emotional injuries before they become big ones.Ã Â We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understockedÃ¢â ¬â •itÃ¢â ¬â„¢s nonexistent.Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, Emotional First Aid is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back.

Book Information

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Customer Reviews

Ã¢â ¬Å“Dr. Guy WinchÃ¢â ¬â„¢s practical, clever and clear-headed book offers proven remedies for the myriad pains of daily life. Timely application will prevent small and medium-size emotional ills from becoming bigger onesÃ¢â ¬â •and thatÃ¢â ¬â„¢s just what the psychotherapist ordered.Ã¢â ¬Â•Ã¢â ¬â •Jeanne Safer, PhD, author of CainÃ¢â ¬â„¢s Legacy: Liberating Siblings from a Lifetime of Rage, Shame, Secrecy, and Regret"The advice Winch offers in this refreshingly useful book is both practical and practicable -- down-to-earth techniques that really can bring relief when things feel like they’re falling apart."Ã¢â ¬â •Anneli Rufus, author of The Big Book of Low Self-Esteem

Guy Winch is a psychologist with a private practice in Manhattan as well as an amateur stand-up comedian.

As a therapist, I’m constantly looking out for helpful resources for clients. This book has quickly been added to my list. It so clearly explores the seven most common--and inevitable, if you’re human!--psychological injuries and then provides specific "first aid" treatments for each:1. Rejection--The emotional cuts and scrapes of daily lifeDescription:Rejections can inflict four distinct emotional wounds, each of which might require some from of emotional first aid: lingering visceral pain, anger and aggressive urges, harm to self-esteem, and damage to feeling that we belong. (p. 17)Treatments:* Argue with self-criticism* Revive your self-worth* Replenish feelings of social connection* Desensitize yourself2. Loneliness--Relationship muscle weakensDescription:Loneliness makes us constantly on guard, prepared for the disappointment and rejection we are sure will come. As a result, we miss opportunities to make social connections and behave in ways that push others away. (p. 53)Treatments:* Remove your negatively tinted glasses* Identify your self-defeating behaviors* Take on the other person’s perspective* Deepen your emotional bonds* Create opportunities for social connection* Adopt a best friend3. Loss and Trauma--Walking on broken bonesDescription:Loss and trauma create four psychological wounds. They cause overwhelming emotional pain, they undermine our basic sense of identity and the roles we play in life, they destabilize our belief systems and our understanding of the world, and they challenge our ability to remain present and engaged in our most important relationships. (p. 85)Treatments:* Soothe your emotional pain your way* Recover lost aspects of your self* Find meaning in tragedy4. Guilt--The poison in our systemDescription:Guilt usually serves an important function by alerting us to when we might have harmed another person or when any actions we’re considering might do so. However, if our offense is serious or if we’ve already made significant efforts to apologize to a person we harmed or atone for our actions in other ways and our guilt remains excessive, or if we suffer from substantial survivor guilt, or separation and disloyalty guilt, emotional first aid is indeed necessary. (p. 119)Treatments:* Learn the recipe for an effective apology* Forgive yourself* Reengage in life5. Rumination--Picking at emotional scabsDescription:In order to break the self-reinforcing nature of ruminative thoughts and allow our wounds to heal, we must interrupt the cycle of rumination once it gets triggered, and we should weaken the urge to ruminate at the source by diminishing the intensity of the feelings that fuel it. We must also make efforts to monitor our relationships and to ease the emotional burden we might be placing on loved ones. (p. 154)Treatments:* Change your perspective* Reframe the anger* Go easy on your friends6. Failure--Emotional chest colds become

psychological pneumoniasDescription:When we fail repeatedly or when we respond to failures in ways that set back our confidence, our self-esteem, and our chances of future success, we run the risk of allowing our emotional chest cold to turn into psychological pneumonia. Because much of the anxiety associated with failures can build upon itself, it is best to be prudent and apply psychological first aid treatment as soon as possible after meaningful or bothersome failures occur. (p. 189)Treatments:* Get support and get real* Focus on factors in your control* Take responsibility and own the fear* Distract yourself from performance pressure distractions7. Low Self-Esteem--Weak emotional immune systemsDescription:Having low self-esteem weakens our emotional immune systems and inflicts three kinds of psychological wounds: it makes us more vulnerable to psychological injuries, it makes us dismissive of positive feedback and resistant to emotional nutrients, and it makes us feel unassertive and disempowered. (p. 232)Treatments:* Adopt self-compassion and silence the critical voices in your head* Identify your strengths and affirm them* Increase your tolerance for compliments* Increase your personal empowerment* Improve your self-controlThink of this book as first aid for the psyche. And, use as needed until symptoms subside.

Finally, a book that shares the importance of emotional first aid. I studied the concept of emotional first aid in my graduate program in 1984 from my mentor Dr.Nick Long and the work of Dr. Fitz Redl. Love the book.

I work in the mental health field and see the common psychological injuries described in this book. I think this book could help people to be more aware of psychological injuries and apply first aid so they don’t worsen. Easy to read and practical and comes with case examples to help explain the concepts.

great self help book for anyone struggling with past hurts, well written and designed for the lay person to work through their feeling

This is a great book that has helped me through a rough time and will continue to help me as I have learned important lessons on "emotional first aid." There are clarifications and/or updates to misconceptions held by society in general or within the mental health professional community. Anyone suffering from mental illness will definitely benefit from reading this book.

Many of the examples used could have easily been me under different circumstances. I identify with many of the problems and mistakes and have appreciated the benefits of the first aid.

I appreciate Dr. Winch's deep understanding of our common emotional issues. People in my family are currently navigating distress. I have sent them this valuable guide

It's an amazing book. I think you can use the techniques regularly to strengthen your emotional health just like physical exercise. So when tragedy his you, you will be ready and know what to do. The author mentions research findings and then based on them suggests techniques.

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