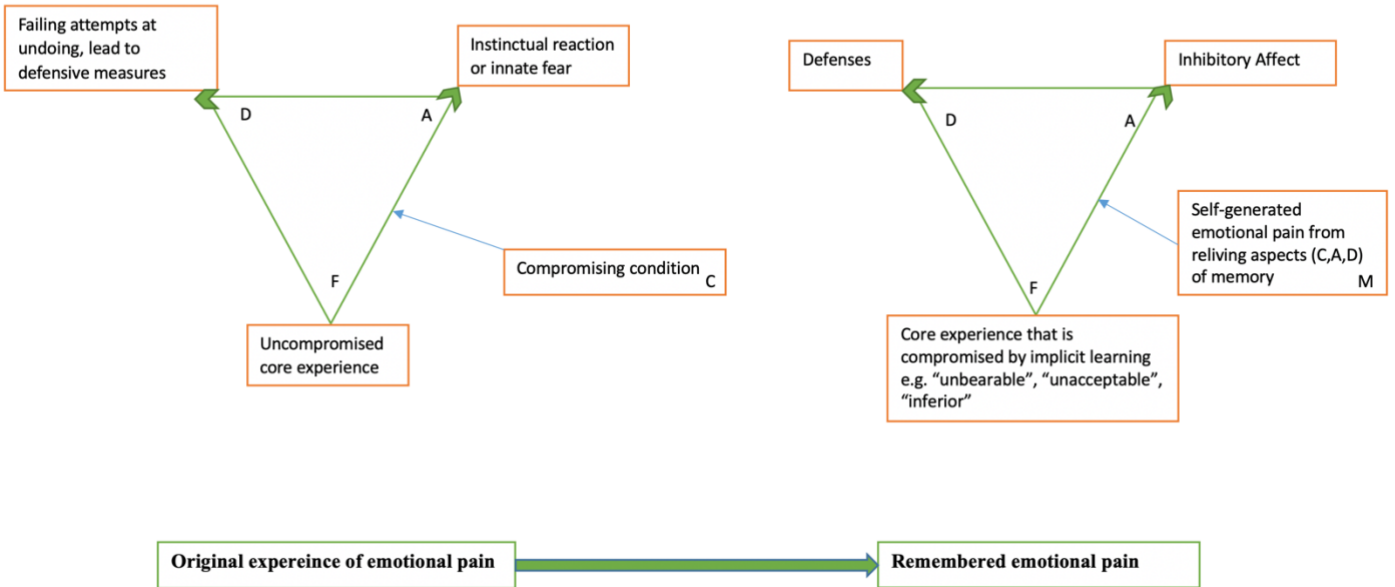
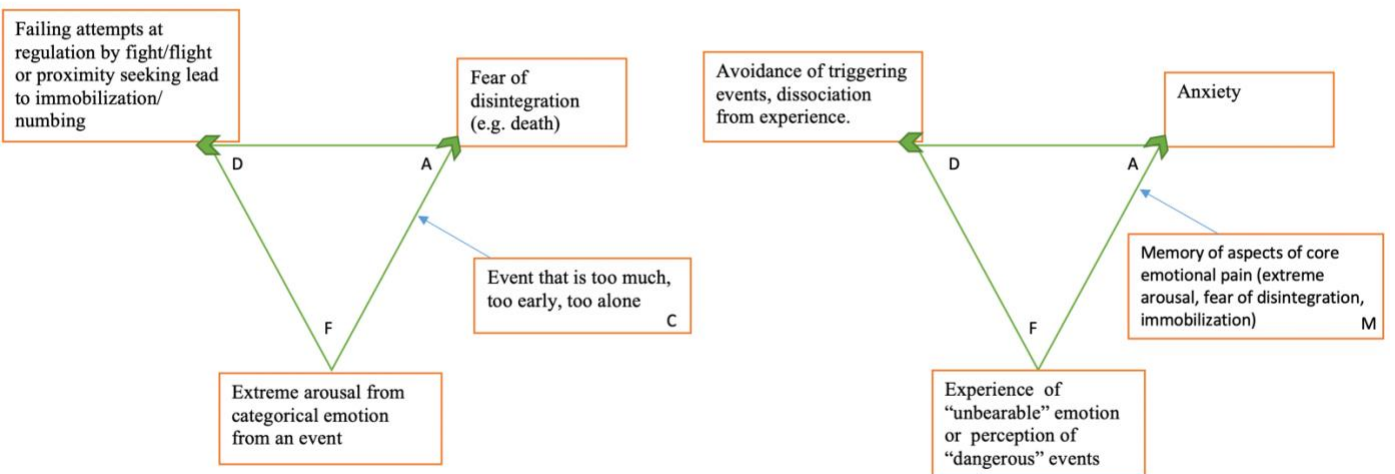


How experiencing emotional pain leads to emotional learning



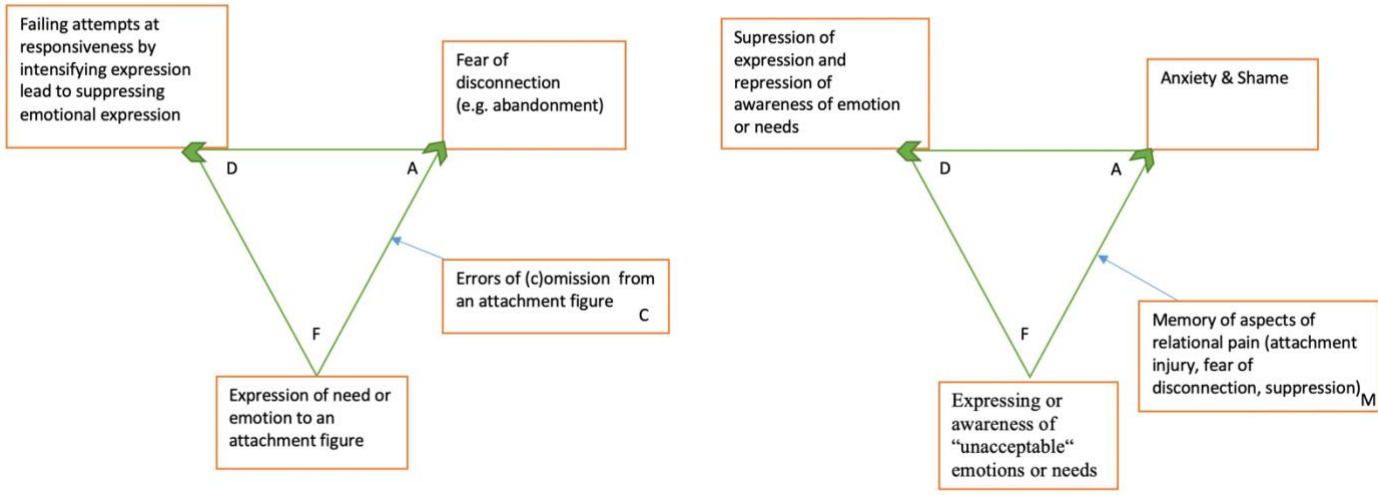
The 3 Triangles of Emotional Pain

Triangle 1: core emotional pain



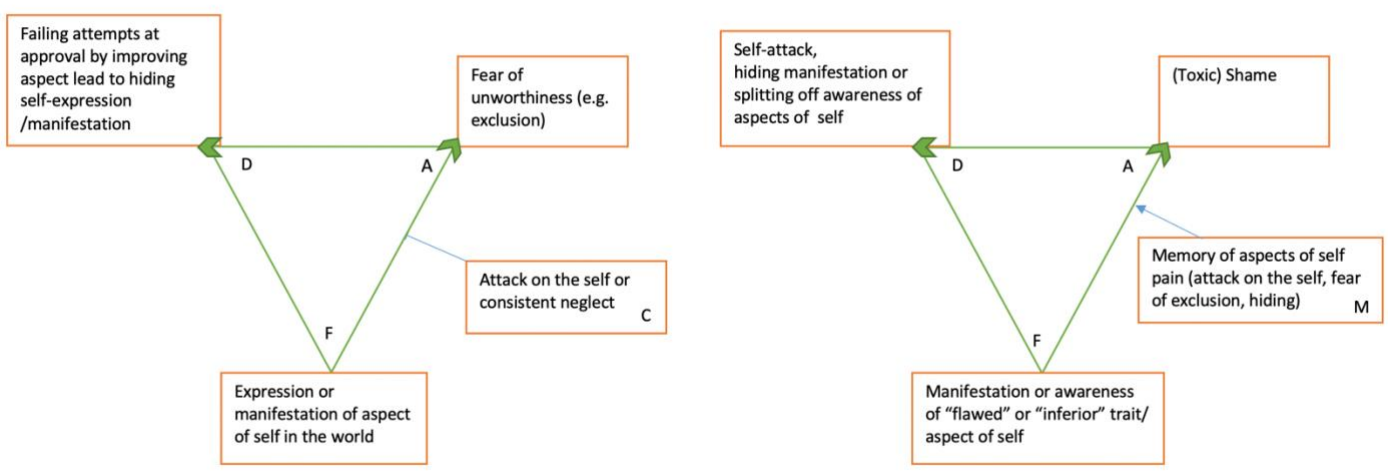
(" " represent implicit learning)

Triangle 2: relational pain



(" " represent implicit learning)

Triangle 3: self pain



(" " represent implicit learning)