

Reflection #20
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Coping with The Fear of COVID – 19 Infection
Working with Emotional and Spiritual Pain. - Moving from Helpless to Hopeful

“Although the world is full of suffering, it is full also of the overcoming of it.” Helen Keller

When people are sharing their experience of deep emotional or spiritual pain, I often get overwhelmed. I start to feel their pain and then my mind goes blank on what is the best way to help. And there lies the problem. People do not necessarily want us to take away the pain, they need to be heard by a caring nonjudgmental person. What suffering people often want is a supportive guide to help them process these strong emotions. I find it helpful to look for themes when a person is sharing an emotional or spiritual pain. Breaking the tidal wave of emotion into small parts allows for a deep reflection on the feelings behind the pain. I have applied them to our present day COVID – 19 crises.

Aspects of Emotional and Spiritual Pain to be reviewed:

Abandonment – This isolation is needed but I feel so alone. The quiet is deafening.

Anger – Why now...why us...

Betrayal – Could not officials have warned us earlier about COVID – 19?

Despair – This pandemic is never going to end. Will my family be OK.

Fear – I just can not get the virus. What about my children and grandchildren?

Guilt – I should have not complained about my tax dollars going to pay for Public Health.

Meaninglessness – I will never recover financially from this mess.

We get incredible clarity when we review all these themes involved in an emotional and spiritual suffering. It gives us an ability to participate in a shared reflection on the underlying themes of meaninglessness and hopelessness. It is the deep reflection as a shared experience that provides the seeds of hope when it comes to walking with an emotional and spiritual pain.