

IMPACT OF **DAMAGED ADULTS** ON CHILDREN

**How to Heal from Hypertension,
Panic Attacks, Arthritis and Migraines
through
Behaviour-Based Pain Management**



By

Dr. Anthony van Tonder
Co-Author Dr. Michelle van Tonder

Impact of Damaged Adults on Children

How to Heal from Hypertension,
Panic Attacks, Arthritis and
Migraines Through Behaviour
Based Pain Management

Author

Dr Anthony van Tonder

Co-Author

Dr Michelle van Tonder

PUBLISHED BY:
Dr. Anthony van Tonder

© 2008 Anthony van Tonder ISBN:

All rights are reserved.

Anthony van Tonder has inserted his legal right to
be identified as the author of this work in
accordance with the Copyright Act, No 98 of 1978.

Apart from any fair dealing for the purpose of
research, criticism or review as permitted under
the Copyright Acts, no part of this publication may
be reproduced, stored in a retrieval system, or
transmitted, in any form or by any means,
electronic, mechanical, photocopying, recording or
otherwise, without the written permission of the
author and publisher.

DEDICATION

Dear Behaviour Pain Management Specialists,

I want to take a moment to express my deepest appreciation for the tireless work that you do in helping individuals manage their pain using the DISC behavioural profiling tool. Your commitment to improving the lives of those who suffer from chronic pain is truly inspiring, and your expertise has made a profound difference in the lives of countless people.

Your dedication to understanding the complex relationship between behaviour and pain management is a testament to your passion and expertise. Through the DISC profiling tool, you have provided individuals with valuable insights into their behavioural tendencies, and how these tendencies may contribute to their experience of pain. Your guidance has empowered people to take control of their pain management, by making behavioural changes that can significantly improve their quality of life.

I am deeply grateful for the work that you do and the impact that you have on the lives of so many people. Your unwavering commitment to your patients is truly remarkable, and I want to express my admiration for your compassion, expertise, and dedication to your profession.

Thank you for your invaluable contribution to pain management and for all you do to help individuals live more comfortable, fulfilling lives.

With deepest gratitude and admiration,

Doc Ant and Doc Michelle

IMPACT OF DAMAGED ADULTS ON CHILDREN

CONTENTS

ACKNOWLEDGMENTS.....ix

DISCLAIMER:x

INTRODUCTION..... 1

1 THREE LEVELS OF PAIN 7

2 THREE DIFFERENT TYPES OF BEHAVIOUR 11

3 THREE TYPES OF PAIN 22

4 FOUNDATIONS OF BEHAVIOUR..... 26

5 EFFECTS OF PARENTING STYLES ON CHILDREN 37

6 REACTIONS TO STRESS..... 49

7 EMOTIONAL RESPONSES 55

8 EARLY SIGNS OF PAIN 59

9 AGGRAVATED PAIN 65

10 CHALLENGES FOR DISC TYPES IN BEHAVIOR-BASED PAIN
MANAGEMENT 70

11 BENEFITS OF BEHAVIOUR-BASED PAIN MANAGEMENT 76

ADDITIONAL INFORMATION 79

ABOUT THE AUTHORS 84

JOIN OUR COMMUNITY..... 87

SUMMARY CHART..... 88

Ebooks 89

Video Courses 90

IMPACT OF DAMAGED ADULTS ON CHILDREN

ACKNOWLEDGMENTS

David Cosio, Erica H Lin (2020) Behavioral Medicine: How to Incorporate into Pain Management. Cogn Behav Ther 16: 7

Douglas Songer (2005) Psychotherapeutic Approaches in the Treatment of Pain. Psychiatry (Edgmont) 2(5): 19-24.

Steven P Stanos, James McLean, Lynn Rader (2007) Physical Medicine Rehabilitation Approach to Pain. Med Clin North Am 91(1): 57-95.

Phillip J Quartana, Claudia M Campbell, Robert R Edwards (2019) Pain catastrophizing: a critical review. Expert Rev Neurother 9(5): 745-58.

Edwards RR, Cahalan C, Mensing G, Smith M, Haythornthwaite JA (2011) Pain, catastrophizing, and depression in the rheumatic diseases. Nat Rev Rheumatol 7(4): 216-24.

Don Colbert, M.D. Deadly Emotions

This Article has been Published:

Diversity and Equality in Health and Care (2020) 17(7): 195-199 DOI: 10.36648/2049-5471.17.7.216

2020 Insight Medical Publishing Group

DISCLAIMER:

The information provided in this book is intended for educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. It is crucial that you consult with your general practitioner (GP) or a qualified healthcare professional if you experience any symptoms or conditions mentioned in this book.

Every individual's health situation is unique, and only a qualified medical professional can accurately assess your specific needs and recommend appropriate courses of action. Do not disregard or delay seeking professional medical advice because of the information provided in this book. If you have any concerns or questions about your health, consult your GP or a healthcare professional immediately.

INTRODUCTION

BEHAVIOUR-BASED PAINMANAGEMENT is a real possibility. As part of primary healthcare, it should be understood how behavioural pain management plays a role in human beings.

Behaviour-based pain management is an approach to pain management that focuses on understanding and modifying an individual's behaviours and coping strategies to alleviate or reduce pain.

This method takes into consideration the complex interplay between physical, psychological, social, and environmental factors that contribute to pain perception and experience.

The primary goal of behaviour-based pain management is to empower individuals to effectively manage their pain by adopting healthy habits, improving self-awareness, and

utilizing various coping strategies.

Techniques may include relaxation techniques, biofeedback, cognitive-behavioural therapy, stress management, exercise, and goal-setting, among others.

By addressing the multidimensional nature of pain, this approach aims to improve the overall quality of life for those experiencing chronic or acute pain.

The Pendulum Principle, which impacts human behaviour, is inspired by a concept introduced by Christiaan Huygens. In 1657, Huygens invented the grandfather clock, and through observing a particular phenomenon, the Pendulum Principle was subsequently developed.

All of us understand the term pendulum as in pendulum left, pendulum right, pendulum left, pendulum right... In 1658 when he was lying in his bed, he realised that both his big grandfather clock and small grandfather clock were running at a different oscillations. When he listened carefully, after a while he could hear that both clocks were sort of running in the same rhythm and he thought 'That cannot be!'

The larger clock was running initially at a slow tick.... tock....tick....tock.... and the small clock once wound up, was going tick.... tock....tick....tock.... at a much faster pace, BUT about forty minutes later, both the large and small clock adopted the same rhythm where only one tick...tock...rhythm could be heard. Unbelievable!

Now, that principle was dubbed and called entrainment or entrainment. Why mention that? Studies related to Behaviour Based Pain Management, entrainment and entrainment play a vital role.

Entrainment and entrainment are two different concepts. I will provide the definitions for both:

- **Entrainment:**

Entrainment, in the context of physics and biology, refers to the synchronization or coordination of rhythms or oscillations between two or more systems or entities.

This phenomenon can occur in various contexts, such as the synchronization of fireflies flashing, circadian rhythms aligning with the day-night cycle, or the

synchronization of heart rates between individuals nearby.

In music, entrainment refers to the process by which people synchronize their movements, such as dancing, to the beat or rhythm of the music.

- **Entrapment:**

Entrapment, on the other hand, refers to the act of being caught or trapped within a confined space, situation, or circumstance.

In a legal context, entrapment is a practice in which law enforcement officers or agents induce a person to commit a crime they would not have otherwise, and then charge them for it.

In medical scenarios, entrapment may refer to the compression or pinching of nerves, blood vessels, or other anatomical structures within a confined space, resulting in pain, discomfort, or dysfunction.

Behaviour never lies because it often serves as

an honest reflection of a person's true feelings, thoughts, and intentions.

While words can be deceptive or manipulated, non-verbal cues and actions tend to reveal the underlying truth.

For example, body language, facial expressions, and tone of voice can provide valuable insight into an individual's emotional state, even when their verbal communication suggests otherwise. People may try to mask their true feelings with carefully chosen words, but their behaviour ultimately speaks louder and reveals their genuine disposition.

Recognizing and interpreting these behavioural cues can be instrumental in understanding yourself and others more accurately and fostering stronger, more authentic relationships.

Being vigilant for signs of emotional pain manifesting through the body is essential for maintaining our well-being and supporting those around us. Emotional pain, when left unaddressed, can take a toll on our physical health, as the mind and body are intrinsically connected.

IMPACT OF DAMAGED ADULTS ON CHILDREN

Symptoms such as tension headaches, muscle aches, fatigue, or changes in appetite can be indicative of unresolved emotional distress. In social settings, we might observe changes in posture, facial expressions, or body language that signal an individual's struggle with emotional pain.

By recognizing these signs, we can offer support, empathy, and understanding, while encouraging open communication and self-care.

Acknowledging and addressing emotional pain is vital for fostering a healthy mental and emotional state, as well as promoting resilience and healing in ourselves and others.

1 THREE LEVELS OF PAIN

When it comes to pain there are three levels.
We have got:

- physical pain,
- emotional pain,
- psychosomatic pain.

It is important to understand that we move from emotional pain to psychosomatic pain through the principle of entrainment or entrapment because the emotions of the brain trap the body to believing it is real. That is the basis of my thesis.

Let us take a closer look at how behavioural pain management becomes a real possibility. In understanding our behaviour, you ought to know that all of us portray natural behaviour and adapted behaviour.

What does natural mean? Natural describes

the way you are - the REAL you.

What does adapted mean? This implies that you have adapted to a situation - the way that you handle life or how you handle yourself in situations.

When we look at whom you are, people always tend to speak about your personality, but that is not accurate.

Three parts make up your behaviour.

- Part one is called temperament,
- part two is called character
- part three is called personality.

Examining the composition of human beings, it is important to note that approximately 70% of the time, we are situated in the central region of our behavioural pendulum, which represents our character. The remaining 30% is distributed between 10% personality and 20% temperament.

This implies that 10% of the time, we will shift towards our personality, while 20% of the time, we will resort to our temperament. Behavioural pain management is influenced by temperament as a type of behaviour people

tend to fall back on, particularly when under pressure.

That means you can see that temperament is a natural behaviour. Character is natural or adaptive, which means either it is a natural response or an adapted response whereas personality is purely adapted.

For instance, you may choose to appear happy by putting a smile on your face, even though you feel sad on the inside. This outward expression represents your persona.

The origin of the word "personality" can be traced back to the term "persona" or "mask." We, as individuals, choose whether to wear a happy or sad mask.

This is my opinion; I think a certain proportion of individuals choose to appear miserable to gain attention. This behaviour is part of their personality and something they have adopted over time.

2 THREE DIFFERENT TYPES OF BEHAVIOUR

In Behavior-Based Pain Management, comprehending the three distinct types of behaviour is crucial.

All three of these, namely

- temperament,
- character
- personality

Remember the word entrainment or entrapment, combined with behaviour, will manifest in pain management.

Firstly, further understanding comes when we consider that **temperament** is your born-in behaviour. It is your DNA - the way that you were designed.

Temperament refers to an individual's natural behaviour, personality traits, and emotional reactions that are present from birth and remain relatively stable throughout life. It is the innate foundation of who we are, influencing how we interact with the world and respond to various situations.

Our temperament shapes our preferences, tendencies, and coping mechanisms, and plays a significant role in our relationships, career choices, and overall well-being.

While some individuals may be naturally extroverted, sociable, and energetic, others might be more introverted, reflective, and reserved.

Understanding one's temperament allows for personal growth and self-awareness, enabling us to make informed decisions and create environments that cater to our unique needs and dispositions.

Embracing our temperament and appreciating the diverse qualities it brings to our lives contributes to a more authentic and fulfilling existence.

As a result of this composition, we arrive at expected behaviour where individuals will either react (extravert) or respond (introvert)

- **Extravert**

An extravert is a person who is energized and gains fulfilment from interacting with others and engaging in social situations.

Extraverts are typically outgoing, and expressive, and enjoy being in the company of others. They often prefer to focus their attention on the external world, as opposed to their internal thoughts and feelings.

Extraverts may be more comfortable in larger groups and are usually more assertive and enthusiastic in social settings.

When an extravert walks down the street and somebody hits them on the head, they will simply react naturally and hit back - no questions asked. That is what you call a reactor.

- **Introvert**

An introvert is a person who tends to be more energized and gains fulfilment from

spending time alone or in quieter, more intimate settings.

Introverts often prefer focusing on their internal thoughts, feelings, and ideas, rather than engaging extensively in social situations. While they can be sociable and enjoy the company of others, they usually need time alone to recharge after social interactions.

Introverts may prefer smaller groups or one-on-one interactions and are generally more reserved and reflective in social settings.

When an introvert walks down the street and you smack them on the head, they will turn around and say 'Hey, what was that for?' That is a person who is a responder.

So, your born-in behaviour will either make you what we call an A-type or B-type personality, as described by Carl Jung as a psychological attitude.

- **A-Type Personality**

A Type A personality is a term used to describe a person with specific

characteristics that include being highly competitive, ambitious, impatient, aggressive, or driven.

Individuals with Type A personalities are often goal-oriented and have a strong desire to achieve success in various aspects of their lives, such as career, academics, or personal relationships.

They tend to be proactive and may exhibit traits such as being easily stressed, having a sense of urgency, multitasking, and a constant need for achievement.

It is important to note that the concept of Type A personality has its roots in the field of psychology and has been linked to increased risk of stress-related health issues, such as heart disease, in some studies.

- **B-Type Personality**

A Type B personality is a term used to describe a person with specific characteristics that are generally more relaxed, easygoing, and less competitive than those with a Type A personality.

Individuals with Type B personalities tend to be more patient, flexible, and adaptable in various situations. They usually have a more laid-back approach to life and may not become as stressed or anxious about achieving goals or meeting deadlines.

Type B personalities are often considered to be less prone to stress-related health issues compared to Type A personalities, and they may have a greater ability to enjoy leisure activities and maintain a balanced lifestyle.

However, it is important to recognize that the Type A and Type B personality model is a simplified way of understanding human behaviour and that individuals may exhibit traits from both categories or fall along a continuum between the two types.

Secondly, we get into **character**. Character is influenced-behaviour. The way that you were influenced by the domestic who raised you or the way your mother raised you or the way the school raised you. You could also have been influenced by a mentor or a coach.

Character refers to the set of influenced behaviours, values, and moral principles that are shaped by a combination of genetic, environmental, and social factors throughout an individual's life.

Unlike temperament, which is innate, character develops and evolves as we learn from our experiences, make choices, and are exposed to different influences. Our character reflects our beliefs, ethics, and the conscious decisions we make in response to various situations.

As we navigate through life, our upbringing, education, cultural background, and personal experiences play a significant role in forming our character.

By recognizing and understanding the factors that have shaped our character, we can strive for personal growth, develop empathy for others, and foster meaningful relationships built on trust and mutual understanding.

Ultimately, our character serves as a testament to the person we have become and the values we hold dear.

Lastly, we consider personality as acquired

behaviour. The term "persona" or "personality" originates from the word "mask." While some individuals are natural actors, others can learn to put on a performance. Indeed, a small fraction of people may act unhappy to gain attention, which is a form of acting.

Personality encompasses the unique blend of learned behaviours, attitudes, and patterns of thinking that make each individual distinct. While temperament provides a foundation, our personality is shaped by a combination of genetic factors and life experiences, reflecting the dynamic interplay between nature and nurture.

As we encounter various situations and challenges, we learn and adapt, developing distinct traits and coping mechanisms that contribute to our overall personality.

Our personality is shaped by factors such as upbringing, culture, education, and social interactions, which all play a role in determining how we perceive the world and respond to our environment.

Through introspection and self-awareness, we can understand the factors that have shaped

our personality and work towards personal growth and self-improvement.

Embracing our unique personality traits allows us to navigate life authentically, fostering meaningful connections and experiences that enrich our lives.

Examining behaviour itself, we recognize that temperament represents one's innate, fundamental disposition. It is an authentic reflection of who you are, and it cannot be feigned.

When we reach the segment dedicated to our character block, which consumes seventy percent of our time, it stems from a secondary behavioural type that can be either innate or acquired. It is one or the other, depending on the circumstances.

When we encounter personality as a secondary behaviour, it is solely derived from adapted behaviour. It cannot be deceived or tricked.

Three "P's" have been assigned to aid us in comprehending how we employ these three behaviours.

When it concerns temperament, self-preservation is a natural inclination. It embodies the inherent mechanism by which we **protect** ourselves. Take note of any individual: if they feel cornered, they will invariably retaliate to defend their well-being.

Individuals encountering a character block tend to adopt a particular persona, showcasing a self-profile. This persona serves as a reflection of our existence and represents our unique **profile**. As others observe and analyze us, the presented profile is what they perceive and use to gain understanding.

Personality is essentially a **projection** of oneself. It involves projecting oneself as either person A or person B, projecting a version of oneself that may not truly align with who we are. Fortunately, it is a rarity for individuals to constantly inhabit this projected personality, as it occurs only 10% of the time. We can be grateful to our Creator for this.

Examining the contrast between our innate nature and adapted behaviour introduces behaviour-based pain management into the equation.

The focus is on born-in behaviour

IMPACT OF DAMAGED ADULTS ON CHILDREN

(temperament), primary behaviour (character), and adapted behaviour (personality).

In the upcoming chapter, we will delve into the interconnectedness of physical, emotional, and psychosomatic pains, and their potential impact on our overall well-being.

3 THREE TYPES OF PAIN

Pain, an unavoidable aspect of being human, is a sensation that touches every facet of our existence. It is a universal experience, encompassing physical, emotional, and psychosomatic dimensions, each carrying profound implications.

Delving into the complexities of these diverse manifestations of pain unveils valuable perspectives on our shared human condition.

Furthermore, it opens doors to enhance pain relief strategies and therapies, offering pathways for improved management and treatment.

Physical pain, typically arising from injuries or illnesses, is a tangible and often visible

expression of suffering. It serves as a warning signal, alerting us to potential harm and prompting us to take action to mitigate or resolve the issue.

It is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.

Physical pain can manifest in various forms, such as acute or chronic, and may result from a range of causes, including cuts, burns, fractures, infections, or underlying medical conditions.

The severity, duration, and quality of physical pain can vary significantly, depending on the individual and the specific cause.

Emotional pain, also known as psychological pain or mental anguish, is an unpleasant and non-physical experience characterized by intense feelings of distress, sorrow, or despair, often resulting from adverse life events, interpersonal conflicts, loss, or trauma.

Unlike physical pain, emotional pain is intangible and harder to quantify, as it

originates from psychological or emotional factors rather than tissue damage or physical injury.

Emotional pain can manifest in various forms, such as sadness, grief, loneliness, guilt, shame, or anxiety, and can have a significant impact on an individual's mental well-being, emotional stability, and overall quality of life.

Psychosomatic pain refers to physical pain or discomfort that arises or is influenced by psychological factors, such as stress, anxiety, or emotional distress. The term "psychosomatic" comes from the combination of two words: "psycho" meaning mind or psychology, and "somatic" meaning body.

This type of pain is often genuine and can be as intense as pain caused by a physical injury or illness, but its origin is rooted in mental or emotional factors rather than a direct physical cause.

Psychosomatic pain is not imaginary, and it is essential to recognize and address the psychological factors contributing to it to effectively manage and alleviate the pain.

IMPACT OF DAMAGED ADULTS ON CHILDREN

In this exploration of the effects of physical, emotional, and psychosomatic pain, we will delve into the diverse and often interconnected ways in which these types of pain can impact our lives.

From the biological mechanisms that underlie our experiences of pain to the societal and personal implications of living with chronic pain, this comprehensive examination seeks to illuminate the complexities of pain and foster a deeper understanding of this all-encompassing aspect of human existence.

4 FOUNDATIONS OF BEHAVIOUR

To gain a deeper understanding of the interconnectedness between physical, emotional, and psychosomatic pains, it is crucial to delve into their foundational aspects.

Begin by reflecting on your natural inclination. Are you **naturally driven by purpose and tasks**, or do you find yourself more inclined towards **people and relationships**?

This is not a matter of both, but rather an either/or distinction.

If you identify as purpose and task-driven, it signifies a preference for accomplishing things efficiently. You may enjoy taking charge and leading others, or you may prefer working independently, but the common thread is your drive to achieve goals.

On the other hand, if you are people and relationship-focused, you derive fulfilment from one-on-one interactions or building extensive networks of connections. You thrive in group settings and prioritize human connections.

Question: Do you tend to be task-focused or people-focused?

Another crucial factor to consider is whether you lean towards being an introvert, characterized by a slower pace, or an extrovert, characterized by a faster pace. This aspect also relates to how you typically react or respond in different situations.

By understanding these foundational elements, we can gain insights into how physical, emotional, and psychosomatic pains are intertwined with our individual experiences.

In the realm of behaviour, it is observed that extroverts, who tend to be fast-paced individuals, often exhibit reactive tendencies. Let us provide some context to better understand this observation.

If you are an extrovert and primarily driven by tasks, you approach your tasks with speed and

efficiency. Completing your assigned tasks swiftly is a natural inclination. On the other hand, if you are an extrovert and your fast-paced nature extends to your interactions with people, you tend to establish friendships quickly and easily.

Now, turning our attention to those who are introverted and slow-paced, we find that they lean towards being responders rather than reactors. This means that while they may take their time in forming friendships, once a bond is established, their loyalty becomes unwavering and enduring.

In contrast to the task-oriented mindset, introverts who prefer a slow pace tend to be meticulous and strive for perfection, as they dislike making mistakes.

By recognizing these dynamics, we can gain insights into how different personality traits and behavioural tendencies influence the formation of friendships and approach to tasks.

To understand this better, I adopted William Marston's 1928 description of what we call the DISC foundation.

The task-driven individual, as characterized by the DISC profiling tool, is typically associated with the Dominance (D) and Conscientiousness (C) personality traits.

These individuals excel in environments where they can focus on specific goals and objectives, thriving on clearly defined tasks and tangible results.

They possess a strong work ethic and are often detail-oriented, displaying an innate ability to prioritize, organize, and analyze various aspects of a project.

Task-driven individuals are not easily deterred by challenges or obstacles, instead exhibiting an unwavering determination to achieve success. While their single-minded pursuit of goals can sometimes be perceived as inflexible or unapproachable, their persistence and dedication often lead to high-quality outcomes and significant contributions to their team and organization.

In the context of the DISC profiling tool, the relationship-driven individual is often associated with the Influence (I) and Steadiness (S) personality traits.

IMPACT OF DAMAGED ADULTS ON CHILDREN

These individuals are adept at navigating social situations, placing a high value on interpersonal connections, and nurturing harmonious relationships.

They are known for their empathetic and supportive nature, which enables them to intuitively understand and respond to the emotional needs of others.

Relationship-driven individuals often possess strong communication skills and excel in roles that require collaboration, diplomacy, and conflict resolution.

Their innate ability to build rapport and foster a sense of unity within a team often contributes to an inclusive and positive work environment. While they may sometimes prioritize personal connections over task completion, their focus on building strong relationships can ultimately lead to improved teamwork, increased morale, and long-term success for the organization.

The first behavioural type to discuss is the “D” who is a dominant person. Also known as the choleric, but for the sake of ease of understanding, we will just refer to being dominant.

Then we move to the “I” who is a person of influence who is also called a sanguine.

The other behavioural type is called the “S” for supporter, also known as the phlegmatic.

Lastly, we have the “C” who is the compliant person or also referred to as the melancholic. We do get two kinds of melancholy: analytical and artistic. People can be either or both.

How does it play out in terms of who you are and who you become? Now, remember the context. This is behaviour-based pain management. So, you first need to understand where it comes from.

When we speak about the dominant person, they are driven by results and challenges. They want to produce a result and they do not mind you challenging them, because that is how they come to their full potential.

Conversely, when you get to the person of influence, they thrive on recognition and approval. They want you to recognize their efforts. They want you to recognize them in front of a lot of people with lots of approval. To put it in another way, “Please like me!” They are people who want to be liked by all.

When we get to the support or phlegmatic type, this is all about relationships and appreciation. You can have a relationship with this person. They may be living in your house. They may be serving you and making you food every day, but now and then they just need to hear a thank you. That appreciation drives their behaviour.

There is a bumper sticker that says – “when mommy ain’t happy, no one is happy.” We have seen how behaviour can change when people are not happy. That describes an emotional level. That emotional level can turn to pain.

Lastly, we come to the compliant person who thrives on excellence and quality. They do not like making mistakes and excellence is the only thing that they understand.

Defining question - are you an introvert and slow-paced or are you an extrovert and fast-paced? It is either/or.

Also are you task driven or are you people driven?

When you are not sure, go back to temperament. What is your in-born behaviour? What do you naturally do when you are put

under pressure?

This thesis is all about Behaviour Based Pain Management.

- Under pressure, what happens to you?
- What happens to your emotions?
- What happens to your body?

When we talk about the dominant person, there are three ways to describe them better. They become a driver, decisive and they become dogmatic. They are people of dominance in how they conduct their business.

When we talk about people of influence, they are impressive, inspirational, and influential people. Be cautioned that influence can be positive or it can be negative, but it is still an influence. We trust you exert a positive influence.

Then we get to the supporter. They are steady, stable, and supportive. I call them the 'salt of the earth's people. It is such a blessing to have people like that around you.

Lastly, we get the compliant person who is a cautious, compliant, and critical thinker. They

are the kind of people that think critically all the time. They think things through and they ask questions. They do not trust very easily. They do not like making mistakes; their critical thinking plays a role.

Now the foundation of behaviour is understood better as expressed through the DISC analysis, people can relate to

- the dominant choleric,
- influencer sanguine,
- supporter phlegmatic
- compliant melancholic.

Maybe one word, starting with a “P” will express it better. We talk about the

- powerful choleric,
- popular sanguine,
- peaceful phlegmatic
- perfect melancholic.

Most people in the medical industry come from the compliant side. That is why whatever I am teaching today, they will take it with a pinch of salt and pull it apart because remember, they ‘know better’ and I relate this truism with much grace - that is just how life works.

Now that we understand how the DISC

IMPACT OF DAMAGED ADULTS ON CHILDREN

foundation works, let us dissect it in terms of behaviour-based pain management.

5 EFFECTS OF PARENTING STYLES ON CHILDREN

Parenting is a complex and multifaceted journey, with various approaches that can significantly impact a child's development. Among these approaches are four predominant parenting styles, each with its unique characteristics: controlling, rescuing, fearful, and authoritarian.

- **Controlling** parents tend to micromanage their children's lives, often stifling their independence and self-expression.

The controlling parent, often referred to as the dominant parent, is characterized by their relentless pursuit of perfection in both themselves and their children. This is the D or Choleric Behaviour Style. This unyielding desire to control every

aspect of their children's lives can create an environment where children feel pressured to meet unrealistic expectations, often leading to feelings of inadequacy and self-doubt.

This type of parenting, despite the well-intentioned goal of fostering success, can inadvertently stifle children's emotional growth and autonomy.

As a result, children of controlling parents may struggle to develop the necessary maturity and resilience to navigate the challenges of living independently.

These children may become overly reliant on external validation, which can hinder their ability to form healthy relationships and engage in self-discovery and may end up with displays of **immaturity**.

Antidote for the Controlling Parent

The antidote for the controlling parent, to avoid creating **immature children**, lies in embracing a more balanced approach that allows children to develop autonomy and resilience.

This involves gradually relinquishing control and providing children with opportunities to make age-appropriate decisions, learn from their mistakes, and experience the natural consequences of their actions.

By fostering a supportive environment that encourages open communication, parents can guide their children without stifling their growth or inhibiting their self-expression.

Offering praise and acknowledging children's efforts, rather than solely focusing on outcomes, can help build their self-esteem and promote a healthy attitude towards personal growth.

Ultimately, the goal is to shift from a controlling mindset to one that empowers children, enabling them to develop the skills and confidence necessary to navigate life's challenges independently and maturely.

- **Rescuing** parents, on the other hand, are overly protective and constantly intervene to shield their children from challenges or

disappointments.

The rescuing parent, sometimes referred to as the emotionally influencing parent, is characterized by their propensity to overprotect and shield their children from life's challenges and disappointments. This is the I or Sanguine Behaviour Style.

While this approach may stem from a genuine desire to provide comfort and safety, it can inadvertently instil a sense of instability and anxiety in children.

By constantly intervening to solve problems on their behalf, these parents inadvertently communicate a lack of confidence in their children's abilities to cope with adversity.

Consequently, children raised in this environment may develop a sense of entitlement and become **irresponsible**, as they come to expect others to always be there to solve their problems.

This parenting style can hamper children's development of essential life skills, such as self-reliance, problem-solving, and resilience, leaving them ill-

equipped to navigate the complexities of adulthood.

Antidote for the Rescuing Parent

The antidote for the rescuing parent, to prevent raising **irresponsible children**, is to promote self-reliance and resilience by gradually stepping back and allowing children to face and overcome age-appropriate challenges on their own.

This involves resisting the urge to constantly intervene and instead offering guidance and support while encouraging children to problem-solve and develop their coping strategies.

By fostering an environment where mistakes are viewed as learning opportunities, parents can help children build confidence in their abilities and develop a growth mindset.

Open communication and active listening can further empower children to express their feelings and concerns, enabling parents to provide emotional support without taking over.

Ultimately, the goal is to nurture children's independence and sense of responsibility, equipping them with the skills and mindset needed to face the complexities of life with competence and self-assurance.

- **Fearful** parents, driven by anxiety and insecurity, may struggle to provide the necessary support and guidance their children require.

The fearful parent, also known as the passive supportive parent, is marked by their avoidance of confronting or addressing any upsetting or challenging situations. This is the S or Phlegmatic Behaviour Style.

Often driven by their insecurities and anxieties, these parents may struggle to provide the necessary guidance and emotional support their children need for healthy development.

By sidestepping difficult conversations and situations, fearful parents inadvertently create an environment of uncertainty and instability, leaving their

children feeling insecure and unsure of themselves.

This lack of open communication and emotional reassurance can hinder the development of children's self-esteem, trust in their abilities, and emotional intelligence.

As a result, children raised in this environment may struggle with forming secure attachments and maintaining healthy relationships, as they grapple with their **insecurities** and inability to cope with life's challenges effectively.

Antidote for the Fearful Parent

The antidote for the fearful parent, to prevent raising **insecure children**, is to cultivate a sense of stability, trust, and open communication within the parent-child relationship.

This involves confronting one's insecurities and anxieties and working towards being a reliable source of guidance and support for the child. By being emotionally present and receptive to their child's needs, parents

can provide a secure base from which the child can explore the world and develop confidence in their abilities.

Encouraging age-appropriate risk-taking and offering reassurance during difficult situations can further help children build resilience and a sense of security.

Emphasizing the importance of open and honest communication, even during challenging times, allows children to feel heard and understood, fostering a strong emotional connection.

Ultimately, the goal is to create a nurturing environment that promotes self-assurance and emotional well-being, setting the stage for children to form healthy relationships and face life's challenges with confidence.

- **Authoritarian** parents enforce strict rules and demand obedience, often prioritizing discipline over nurturing.

The authoritarian parent, sometimes referred to as the compliant, rejecting parent, is characterized by their strict,

uncompromising approach to discipline and a tendency to prioritize obedience above all else. This is the C or Melancholic Behaviour style.

In times of tension or conflict, these parents may resort to withdrawal, dismissiveness, or sarcasm, rather than engaging in open and constructive communication with their children.

This rigid parenting style can create an environment where children feel unheard and invalidated, often leading to feelings of frustration and anger.

As a result, children raised by authoritarian parents may struggle to develop healthy emotional regulation and communication skills, which can manifest in **irate** and **aggressive** behaviours.

Furthermore, the lack of warmth and nurturing in this parenting style can hinder the development of a secure attachment, making it difficult for children to form trusting and healthy relationships as they grow older.

Antidote for the Authoritarian Parent

The antidote for the authoritarian parent, to avoid raising **irate children**, is to adopt a more empathetic and understanding approach, focusing on building a strong emotional connection with the child.

This involves replacing strict demands and harsh punishments with clear expectations, consistent boundaries, and age-appropriate consequences.

By engaging in open and respectful communication, parents can encourage their children to express their thoughts and feelings, fostering mutual trust and understanding.

Offering warmth, affection, and emotional support can help children feel valued and secure in their relationship with their parents, reducing feelings of frustration and anger.

Additionally, practising active listening and validating children's emotions can promote healthy emotional regulation and strengthen the parent-child bond.

Ultimately, the goal is to create a

supportive and nurturing environment that promotes emotional well-being and fosters the development of respectful, empathetic, and emotionally balanced children.

Understanding these parenting styles can help individuals reflect on their approaches and make informed decisions about how to best support their children's growth and well-being.

Ideal Parenting Style:

Authoritative parenting is often regarded as the ideal parenting style, as it strikes a healthy balance between setting clear expectations and providing warmth, support, and understanding.

This approach fosters an environment where children feel secure and valued, while also being encouraged to develop autonomy, responsibility, and resilience.

Authoritative parents set appropriate boundaries and consistently enforce them, but they also remain open to communication and listen to their children's perspectives.

This approach helps children understand the rationale behind rules and expectations,

promoting a sense of fairness and respect.

Research consistently demonstrates that children raised by authoritative parents tend to have higher self-esteem, better academic performance, and enhanced emotional regulation compared to those raised with other parenting styles.

By nurturing a child's development holistically and fostering a strong, supportive relationship, authoritative parenting lays the groundwork for children to thrive in various aspects of life.

6 REACTIONS TO STRESS

The question is what happens to either the parent or the child next if the antidote is not applied?

Context: **reaction to stress**. What do you think is going to happen when these 4 different behavioural types are put under severe stress?

In these metamorphoses, the **dominant** person's entire approach changes, because they start tightening the **control**. They are natural controllers. Their favourite words are – “I am in control.” It is their way or the highway. That is the way they do things.

So, the moment they are under stress, they tighten their control. They go into their study and start working harder.

In response to stress, highly task-focused individuals may become workaholics to cope. They believe that dedicating more time and effort to work will help them alleviate the stress they are experiencing.

Similarly, individuals who already engage in regular exercise may increase their exercise routines, believing that more physical activity will lead them closer to their desired outcomes.

Conversely, for those who do not have a regular exercise regimen, they may seek to fulfil their need for physical exertion through increased sexual activity. This heightened reaction to stress drives their behaviour.

Furthermore, as task-focused individuals who prioritize goals over interpersonal relationships, they tend to deal with stress by removing the source of stress from their lives. They opt to cut out the offender, effectively severing ties with individuals who contribute to their stress. In their approach, there is no prolonged discussion or negotiation; the decision to remove someone happens swiftly, putting an end to the stress-inducing relationship.

When we look at the person of **influence**, they **leave the scene**. They do not like it when there is stress. When they flee the scene, they may resort to going shopping. What else do they do? They find a fun group.

Their strong desire for human connection and a longing to escape reality can lead to challenging situations when stress reaches unbearable levels.

Regrettably, in such circumstances, they may resort to a coping mechanism of blaming others. Driven by the need for justification, they create excuses and place the blame on external factors or individuals.

They might say, "I did it because of..." or, "I said it because of..." to rationalize their actions. This tendency to shift blame onto others is not an ideal approach, but it signifies that they are overwhelmed by stress, surpassing their capacity to manage it effectively.

What do we find with the person that is the **supporter** when they are stressed? The first thing is they **start hiding** from the fact that there is stress. They do not enjoy facing reality.

In their quest to escape from stress, they may find solace in binge-watching television series, one after another, as a means of distraction.

Additionally, they might develop an increased appetite and engage in excessive eating to cope, feeling unable to control their impulses.

Once they open a packet of crisps or any other indulgence, they feel compelled to consume the entire contents.

This behaviour illustrates their detachment from the realities of life, as they tune out from their immediate surroundings and immerse themselves in the temporary pleasure or distraction provided by these activities.

Lastly the **compliant** person. What does their behaviour show? They **withdraw**. They might go and sit and read a book as they just want to get away from people. They just want to be alone and they want to be by themselves.

They might even start giving up.

In the face of challenging projects or situations, they may experience a tendency to give up, not only on the task at hand but also on

themselves. Self-doubt and self-criticism become persistent thoughts that haunt them incessantly.

Their minds become a continuous loop of rehashing problems, replaying past events and decisions, and relentlessly criticizing themselves.

They dwell on statements like "I should not have said that" or "I should not have done that, labelling themselves as unwise, stupid, or silly. This constant rumination is a manifestation of the emotional stress they are under, as it amplifies their self-doubt and hinders their ability to move forward effectively.

As the pressure and stress persist, we find ourselves ascending a staircase where life progressively becomes more challenging.

Moving beyond stress reactions, we now encounter the early indicators of pain. These can manifest in various forms: physical pain, emotional pain, and psychosomatic pain.

Physical pain refers to the sensations of discomfort or distress experienced in the body, which can range from minor discomfort to severe agony.

Emotional pain involves the profound anguish and distress felt within one's emotions, such as sadness, grief, or heartache.

Psychosomatic pain, on the other hand, encompasses physical symptoms that arise from underlying psychological or emotional factors, where the mind and body intertwine in complex ways.

Recognizing these early signs of pain allows us to acknowledge the multifaceted nature of our experiences and prompts us to seek appropriate support and strategies for addressing and managing these different forms of pain.

7 EMOTIONAL RESPONSES

We all can experience emotional responses. The real question is whether we consciously try to determine our dominant, influential, supportive, or compliant tendencies.

When it comes to each behavioural style, what do you anticipate the natural emotional response to be? Let me provide further clarification.

The dominant individual's emotional response tends to be anger. It is an instinctive reaction for them, and it becomes evident through their facial expressions and body language.

Their body physically reacts to their emotional state. However, it is important to note that this anger is not caused by physical pain or psychosomatic symptoms, whereas emotional distress manifests as physical pain.

Instead, it represents the initial stage of emotional discomfort, and their anger is the way they naturally respond emotionally.

An influencer or sanguine individual's emotional response is characterized by a combination of nervous optimism and rejection.

It is as if they experience a blend of nervousness and negativity, and yet maintain a sense of optimism. They may feel uncertain about how to handle the situation due to their emotional state.

When they are happy, they soar high like a kite, but when they are unhappy, their spirits plummet, dragging along the ground. Their emotional chart exhibits significant oscillations, swinging between these extreme highs and lows, driven by this mixture of nervous optimism and rejection.

During this time, we observe two contrasting sides of the emotional coin.

When it comes to supporters, their emotional response takes an interesting turn. When they become emotional, they appear to become non-emotional. It may sound contradictory, but

it is true.

They tend to become more reclusive and withdrawn because their natural inclination is to respond to others.

This sudden shift to being non-emotional can be an indication that they are under some form of pressure or facing challenges they find difficult to handle. Their emotions act as a visible display of the internal struggles they are facing.

Lastly, let us consider the emotional response of a compliant person, which is characterized by fear. It is important to note that this fear is not related to phobias or extreme anxiety.

Rather, it stems from a strong aversion to making mistakes.

The compliant individual naturally experiences a deep-seated fear of making errors. This fear of making mistakes is an inherent part of their emotional response.

Now we embark on the journey of comprehending behaviour-based pain management:

Our exploration begins with acknowledging your position in DISC profiling, and understanding that people exhibit diverse characteristics.

Some individuals are reactors, while others are responders, often referred to as A-type and B-type personalities.

When it comes to emotional responses, we observe:

- The dominant individual who tends to become angry.
- The influencer who displays a blend of nervous optimism and rejection.
- The supporter who appears non-emotional when experiencing emotions.
- The compliant person who demonstrates fear as their predominant emotional response.

By recognizing these distinct emotional reactions, we can delve further into behaviour-based pain management.

8 EARLY SIGNS OF PAIN

How can we identify if a person is beginning to experience pain? Typically, the first indicator is an emotional response. We observe a specific way in which they react emotionally.

When it comes to **dominant** individuals, often associated with the choleric temperament, their response to pain is characterized by becoming **difficult**.

It seems to be an inherent trait for them, as they struggle to control or manage their behaviour and interactions. Their difficulty can manifest in various ways and permeate different aspects of their demeanour.

In the case of **influencers** or individuals with a high "I" (sanguine) temperament, their response to pain can make them appear

impossible to handle.

It is difficult to find a better word to describe it. Their behaviour becomes evident as their emotions fluctuate significantly on the oscillation chart. These extreme emotional swings contribute to their challenging demeanour during times of pain or distress.

Supporters, often associated with a phlegmatic temperament, exhibit a notable change when experiencing pain. They transform from their typically nice, understanding, and cooperative demeanour into being unexpectedly **stubborn**.

This shift in behaviour signals that they are undergoing emotional pain. These early signs of pain manifest through their emotional response, leading them to display stubbornness. It is crucial to recognize these signs and discern that something is amiss in their emotional state.

When it comes to **compliant** individuals, often associated with the melancholic temperament, their response to pain involves becoming highly **critical**.

They direct their criticism towards themselves and others around them, displaying an intense level of scrutiny. This state of being overly critical is not a pleasant place to be. However, it serves as an early sign of pain.

The emotional response of becoming critical arises from the pain they are experiencing. It is crucial to recognize that their state of mind has shifted and their emotional landscape has changed.

Their overall demeanour and personal outlook have been significantly affected. Taking the time to understand and acknowledge these transformations is essential when interacting with individuals in this state.

As we progress to the **next level of heightened emotional response**, we witness the emergence of pain-induced emotions. The very emotions we previously discussed now have the power to induce pain themselves.

At the escalated level, the **dominant** individual experiences the intense and destructive emotion of pain, which manifests as anger and hostility.

Not only are they **angry**, but hostility begins to take hold, leading them to engage in conflicts and fights with others.

They become displeased with everyone and find no joy in anything, as their anger and hostility become their means of self-protection.

In the realm of temperament, this defensive (protective) response serves to safeguard oneself. However, it is important to note that this state of pain-induced emotions can be highly detrimental and harmful.

So, what occurs to the individual in a position of **influence**? Well, in that person, we observe the emergence of **anxiety**.

They begin to experience a profound sense of unease. Their anxiety revolves around various aspects, such as time management, concerns about people's opinions, anticipation of future events, and doubts about their success. Anxiety permeates every aspect of their life, creating a perpetual state of unease.

When it comes to the **supporter**, two destructive emotions come into play - **resentment and unforgiveness**.

These emotions can have detrimental effects on the body. When one harbours resentment, it breeds a sense of bitterness and animosity that can even escalate to hatred. These negative emotions can take a toll on one's overall well-being.

It is the silent presence of unforgiveness that manifests as an adamant refusal to forgive.

You can almost visualize it as someone clenching their teeth, holding onto their resentment tightly, and declaring, "I will not forgive you."

This emotional state is rooted in pain, and its impact becomes evident as the body begins to react accordingly.

The physical response aligns with this intense emotional state, further highlighting the profound effect it has on the individual.

In the case of **compliant** individuals, the prevailing deadly emotion is **repressed anger**, not merely suppressed anger.

This anger starts as a suppressed emotion, being pushed down like a compressed coil

spring. However, once it is released, it unleashes itself without any control or direction.

Repressed anger is particularly hazardous. Even individuals who are typically calm and non-threatening may engage in unexpected and out-of-character behaviours.

Their temperaments have been wired to protect themselves, and as a result, they may unexpectedly lash out and exhibit actions that are uncharacteristic of their usual demeanour.

Can you perceive the direction we are emphasizing? We are delving into behaviour-based pain management, which presents an avenue for primary healthcare intervention.

9 AGGRAVATED PAIN

What is the ultimate stage when discussing behavioural pain management? It is the progression from aggravated emotional pain to psychosomatic pain.

What does this entail? It means that the pain, originally rooted in emotions, begins to manifest physically within the body.

This is how it manifests: Prolonged and persistent tension can lead to detrimental outcomes with potentially hazardous consequences.

With regards to individuals who exhibit **dominant** behaviour, we observe a common affliction that befalls them—**hypertension**, or **high blood pressure**.

These individuals struggle to cope with the

demands they place upon themselves. They are akin to a mouse tirelessly running on a wheel, expending energy but achieving no tangible progress.

They persist in this relentless pursuit, causing their blood pressure to rise. They continue running until their faces flush with redness. Consequently, their bodies suffer from the effects of hypertension, potentially necessitating medication to manage this condition.

It is at this juncture that behaviour-based pain management may require the inclusion of pharmaceutical intervention.

Next, let us consider the person of **influence**. What unfolds for them? Previously, they experienced **anxiety**, but now we witness the emergence of panic attacks.

We can observe how these panic attacks manifest physically within the body. The body's response to overwhelming stress and anxiety is not favourable and can have a profound impact on its overall physical well-being.

Now let us explore what transpires for the

person in a **supporting** role. At this stage, not only do they harbour resentment and non-forgiveness, but they may also develop conditions such as **arthritis** or even **multiple sclerosis**.

Here we witness the transition of emotional pain into psychosomatic pain, which is indeed real because the subconscious mind does not distinguish between the two.

The subconscious perceives this pain as genuine, leading to physical manifestations such as curling fingers and bodily discomfort. This represents the pinnacle of emotional pain's physical manifestation, an extreme and exaggerated state.

Lastly, let us explore the ailments observed in individuals who possess melancholic tendencies, those who are **compliant** and conscientious. These individuals commonly experience **tension** and **migraines**.

They find it difficult to overcome these conditions, becoming almost blinded by the intensity. The mounting tension within them transforms into violent headaches and debilitating migraines, rendering their ability to

think and function severely impaired.

This cycle becomes vicious, perpetuating the negative effects on both the mind and body and the body, in turn, responds accordingly.

In essence, the outcome becomes evident: if behaviour-based pain management is not identified and addressed in its early stages, emotional pain will inevitably transform into psychosomatic pain.

Important to note:

The subconscious, also known as the unconscious mind, is part of the mind that operates below the level of conscious awareness, and it influences thoughts, feelings, and behaviours without one's explicit knowledge or control.

It is considered to be a vast storehouse of memories, experiences, emotions, and patterns that have been accumulated throughout a person's life.

The subconscious mind is responsible for automatic responses, habits, and instinctual reactions, as well as for processing complex

IMPACT OF DAMAGED ADULTS ON CHILDREN

information and influencing decision-making. It plays a significant role in shaping one's personality, beliefs, and emotional responses, often without conscious awareness.

10 CHALLENGES FOR DISC TYPES IN BEHAVIOR-BASED PAIN MANAGEMENT

Behaviour-based pain management is a multidisciplinary approach that seeks to address the complex nature of pain by emphasizing the importance of thoughts, emotions, and behaviours in pain perception and management.

While this approach has proven beneficial for many individuals, the diverse personality types, as described by the DISC model, may face unique challenges.

Understanding these challenges can help healthcare professionals better support patients in their pain management journey.

D-Dominance

Individuals with a dominant personality type

are often characterized by assertiveness, determination, and a preference for control. These traits can create challenges when it comes to behaviour-based pain management, as they may struggle with the following issues:

- **Difficulty relinquishing control:** Dominant individuals may be resistant to accepting help or input from healthcare providers, as they may feel the need to maintain control over their pain management.

Encouraging these patients to collaborate with healthcare professionals can help them feel more at ease with the process.

- **Unrealistic expectations:** The drive to succeed and push through obstacles may lead dominant personalities to set unrealistic expectations for their pain management.

They may be disappointed with their progress or feel guilty for not achieving immediate results. Practitioners should emphasize the importance of patience and gradual progress, focusing on small victories to build momentum.

I-Influence

Individuals with an influence-oriented personality are known for their sociability, enthusiasm, and optimism. They tend to be highly expressive and enjoy interacting with others. However, these characteristics can also contribute to challenges in behaviour-based pain management:

- **Overemphasis on positive thinking:** While maintaining a positive outlook is important for pain management, individuals with an influence-oriented personality may struggle to confront negative emotions or address issues directly. This can hinder their ability to process and cope with their pain effectively.

Encouraging these patients to explore and express their full range of emotions can promote a more balanced approach to pain management.

- **Difficulty setting boundaries:** Influence-oriented individuals may have trouble saying no to social engagements

or other commitments, even when they need rest or self-care.

Teaching these patients to prioritize their needs and set appropriate boundaries can help them better manage their pain.

S-Steadiness

Steadiness-oriented personalities are characterized by their patience, reliability, and calm demeanour. While these traits can be beneficial in managing pain, they can also lead to specific challenges:

- **Reluctance to change:** Steadiness-oriented individuals often prefer stability and may be resistant to adopting new behaviours or strategies for pain management.

Encouraging these patients to explore different techniques and celebrating their successes can help them become more comfortable with change.

- **Tendency to internalize:** These individuals may be prone to bottling up their emotions and not expressing their

pain or concerns to healthcare providers.

Practitioners should create a safe environment for these patients to discuss their feelings openly and honestly.

C-Conscientiousness

Conscientious individuals are detail-oriented, analytical, and value structure and order. While these qualities can support effective pain management, they can also contribute to challenges:

- **Perfectionism:** Conscientious personalities may strive for perfection, which can create unnecessary stress and hinder their progress in managing pain.

Encouraging these patients to adopt a more flexible approach and accept that setbacks are a natural part of the process can alleviate this pressure.

- **Difficulty adapting:** These individuals may struggle with adapting to new pain management strategies, especially if they have a strong attachment to previous routines.

Helping these patients understand the rationale behind new techniques and providing structured guidance can ease their transition.

Each DISC personality type has its own set of challenges in behaviour-based pain management. By recognizing and addressing these challenges, healthcare professionals and family members can tailor their support to each patient's needs, ultimately enhancing the effectiveness of pain management.

11 BENEFITS OF BEHAVIOUR-BASED PAIN MANAGEMENT

Behaviour-based pain management offers several benefits for individuals experiencing pain, whether it is acute or chronic. Some of the key advantages include:

- **Empowerment:** This approach aims to empower individuals to actively participate in their pain management, promoting a sense of control and autonomy over their condition.
- **Holistic approach:** By addressing the multidimensional nature of pain, including physical, psychological, social, and environmental factors, behaviour-based pain management targets the root causes of pain rather than just treating the symptoms.
- **Personalized care:** Behavior-based pain management can be tailored to the unique needs, preferences, and goals of everyone, providing a customized treatment plan.
- **Improved coping strategies:** Learning effective coping strategies, such as relaxation

techniques, cognitive restructuring, and stress management, can help individuals manage their pain and improve their overall quality of life.

- **Reduced reliance on medication:** By focusing on non-pharmacological methods, behaviour-based pain management can reduce the need for pain medications, thereby minimizing the risk of side effects and dependency.
- **Enhanced self-awareness:** Developing a better understanding of one's pain triggers, emotions, and thoughts can lead to improved self-awareness and the ability to make positive changes.
- **Improved mental health:** Addressing the psychological aspects of pain can lead to reduced anxiety, depression, and emotional distress, which are often associated with chronic pain conditions.
- **Long-term benefits:** The skills and techniques learned in behaviour-based pain management programs can have long-lasting effects, helping individuals maintain an improved quality of life even after the completion of the program.

- **Cost-effective:** As a non-invasive and non-pharmacological approach, behaviour-based pain management can be a cost-effective alternative to more invasive and expensive treatments.

Complementary to other treatments: Behaviour-based pain management techniques can be easily integrated with other treatments, such as physical therapy or pharmacological interventions, providing a comprehensive and multidisciplinary approach to pain management.

ADDITIONAL INFORMATION

Emotional Development of Children from Birth

The emotional development of a child begins at birth, laying the foundation for social interaction, problem-solving, and self-regulation. The emotional experiences that a child goes through during their early years are profoundly influential and play a significant role in shaping their future behaviours, relationships, and mental health.

Birth to 3 Months

Newborns primarily communicate their emotions through their behavioural signals, such as crying, eye contact, or body movement. They can express basic emotions such as distress, relaxation, and interest. Around six weeks, babies

often start to develop social smiles, a critical early step in emotional development. This social smile is a response to external stimuli, often a caregiver's face or voice.

3 to 6 Months

At this age, infants start to exhibit a broader range of emotions. Joy, surprise, and interest are apparent by three months. Anger and sadness are discernible by about five months. By this age, infants also become emotionally responsive to other people's distress. Infants also start to develop expectations about their caregivers' responses, laying the groundwork for attachment.

6 Months to 1 Year

Babies at this age begin to display fear, usually displayed by separation anxiety or stranger anxiety, indicating a cognitive milestone: they've begun to understand object permanence, recognizing that their caregivers continue to exist even when out of sight. Additionally, they exhibit a stronger bond towards familiar people, primarily their parents or caregivers. By the end of their first year,

most babies have a primary attachment figure, often a parent, whom they prefer over all others.

1 to 2 Years

During this stage, children start to show signs of self-conscious emotions, such as embarrassment, envy, and pride. This development coincides with their growing sense of self-awareness and autonomy. Children start to test boundaries, leading to potential conflicts of interest with caregivers, and resulting in what is often referred to as "the terrible twos." The formation of secure attachment relationships during this period is crucial as it contributes to the child's ability to explore their environment and develop a sense of independence.

2 to 5 Years

As children continue to grow, their emotional experiences become more complex. They start to understand that they can experience more than one emotion at a time, and their emotions can be different from those around them. They also begin to learn about emotional control or regulation, where they manage

their emotions to adapt to different social situations. This learning is done through observation and coaching from caregivers.

In parallel, the development of language skills greatly aids emotional development as it provides children with a medium to express and understand their feelings more explicitly. However, it is important to note that emotional development can outpace language skills, which may lead to frustration for the child.

Role of Parents and Caregivers

Caregivers play a crucial role in a child's emotional development. Responsive parenting that appropriately acknowledges and responds to a child's emotional needs helps foster secure attachments. This secure base allows the child to explore their environment and develop resilience.

Parental modeling also plays an essential role. Children learn a great deal about emotions by observing their parents or primary caregivers – how they express their emotions, how they

manage stress, how they react to exciting or challenging situations.

Conclusion

The emotional development of children from birth is a complex process, influenced by various factors, including their innate temperament, environmental influences, and the quality of their relationships with caregivers. Understanding this process is fundamental for caregivers and educators to provide supportive and nurturing environments for children to grow and develop healthy emotional habits.

ABOUT THE AUTHORS

Dr Anthony van Tonder

Doc Ant, as he is fondly known, is deemed a Coaching Expert, especially in the field of Leadership Development.

He has excelled as Behavioural Strategist with a specific focus on Corporate Relationships and Teamwork.

As Trainer, Mentor and Facilitator he has assisted Companies Worldwide toward both Individual and Corporate improvement through his Trademark Product called 'Behavioral Modification'

He has operated as Business Coach in both the Retail and Corporate sectors for decades.

His statement regarding discipline has gripped the world:

"If you do not discipline yourself, the world has a mandate to discipline you."

He is a best-selling Author, Radio Presenter, and Television personality and focuses on living out his life motto: 'Shaping Others for Significance.'

If you would like to learn more about people skills and the effect of behaviour in society, whether that is work or family, I am available to serve.

Remember, 'behaviour never lies'

Dr Michelle van Tonder

Dr Michelle van Tonder is an accomplished author and academic with a PhD in Leadership and Management. She has dedicated her career to studying and practising leadership, helping individuals and organizations reach their full potential.

Dr van Tonder has written extensively on topics such as leadership, management, and organizational behaviour, and has been published in numerous academic journals and industry publications. She is known for her ability to bridge the gap between academic

research and real-world application, making her work highly accessible and practical for leaders at all levels.

In addition to her writing, Dr van Tonder is a sought-after speaker and consultant, providing expertise on leadership development, change management, and organizational culture. She has worked with a diverse range of organizations, from Fortune 500 companies to small businesses and non-profits, helping them to achieve their strategic goals and build sustainable success.

Dr van Tonder is deeply committed to advancing the field of leadership and management and has served as a mentor and advisor to countless students and young professionals. She is passionate about helping others to unlock their full potential and achieve their personal and professional goals.

She is married to Dr Anthony van Tonder and has 4 children and 10 grandchildren.

JOIN OUR COMMUNITY

Looking for an easy and convenient way to expand your reading collection?

Look no further than our website!

<https://growthhabits.online>

Join today and receive a collection of complementary eBooks to get you started on your growth journey.

Our website also offers a wide range of genres and topics to suit all reading preferences, from gripping thrillers to heart-warming romances, and everything in between. With our easy-to-use interface and comprehensive library, finding your next favourite book has never been easier.

As a new member, you will receive access to our exclusive collection of free eBooks, carefully curated by our expert readers. Simply sign up today and start enjoying your new collection of books right away.

So, what are you waiting for?

Join our website today and start exploring the world of literature, all from the comfort of your own home. With our selection of eBooks and our vast library of titles, there is something for everyone.

<https://growthhabits.online>

You will find Video and Audio courses from Relationship Building to Leadership and Personality Profiling.

Facebook: <https://www.facebook.com/growthhabitsofficial/>

TikTok: <https://www.tiktok.com/@growthhabits>

IMPACT OF DAMAGED ADULTS ON CHILDREN

SUMMARY CHART

	D	I	S	C
	Dominant	Influence	Supporter	Compliant
	Choleric	Sanguine	Phlegmatic	Melancholic
	Powerful	Popular	Peaceful	Perfect
	Results & Challenge	Recognition & Approval	Relationship & Appreciation	Excellence & Quality
	Driver	Impressive	Steady	Cautious
	Decisive	Inspirational	Stable	Compliant
	Dogmatic	Influential	Supportive	Critical Thinker
Type of Parenting	Controlling	Rescuing	Fearful	Authoritarian
Raise Children to be	Immature	Irresponsible	Insecure	Irate
Emotional Response	Anger & Hostile	Nervous Optimism & Anxiety	Non-emotional & non-forgiving	Fearful & Repressed Anger
Reaction to Stress	Control & Cut People out	Leave the scene & Blame Others	Hide from other stress & overeat	Withdraw & Rehash Problems
Early Signs of Pain	Become Difficult	Becomes Impossible	Become Stubborn	Become Critical
Sickness	Hyper tension	Panic Attacks	Arthritis & Multiple Sclerosis	Migraines & Tension
Challenges	Difficulty relinquishing control & Unrealistic Expectations	Overly Positive Thinking & Difficulty Setting Boundaries	Reluctant to Change Bottle things Up	Perfectionism & Difficulty Adapting

Ebooks

- How to get your Dad Degree by Raising Good Humans
- How to get your Mom Degree by Raising Good Humans
- Dirty Delegation – The Dark Side of Leadership
- 10 Things you can do to Boost Your Self-Confidence
- Leaving a 7 Generational Legacy – Secret Keys to Unlocking a 7 Generational Legacy
- Let's Explore the Miracle Morning
- Thinking, Fast and Slow
- 5-Second Rule
- Steal like an Artist
- Make Your Bed
- How to Make People Like You
- Talking to Strangers
- How to Talk to Anyone
- Act Like a Lady Think Like a Man
- 5 Love Languages
- Mirror Madness
- Pool Of Positive Thinking
- 7 Habits of Highly Effective People
- Rich Dad, Poor Dad
- Think and Grow Rich
- How to Win Friends
- No Spend Challenge
- The 80_20 Principle
- The How of Happiness
- Subtle Art
- Declutter Your Mind
- Feeling Good
- How to Stop Worrying
- Guide to The Good Life
- 12 Rules for Life

IMPACT OF DAMAGED ADULTS ON CHILDREN

Video Courses

- Keys to Building Healthy Relationships
- Foundational Parenting
- RelationSHIFT
- How to Get Your Dad Degree
- How to Get Your Mom Degree
- Beyond Grief – Dealing with the Pain of Loss
- The Art of Connection