

Guessing the Five Levels of Moderate to Severe Desynchronized Pain

Ways to guess	Level 5 Pain (4+)	Level 4 Pain	Level 3 Pain	Level 2 Pain	Level 1 Pain
I feel	Confused	Inadequate	Overwhelmed	Disconnected	Alone
Pain resolves with	More information	An example	Mirroring	Quieting	The one I love
Symptom	Internal conflict	Immaturity	Stuck in “big six”	Not listening	Cravings
Defense	Explain, blame, accuse, justify	React or try to control	Try to make them understand me	Make it stop	Cling or dismiss
Skill needed	Godsight	Act like myself	Mindsight	Self quieting	Secure attachment
Diagnostic indicators	If I am focused on what other people think or on rules I am likely in level 5 pain.	If I have gotten focused on doing instead of being I am likely having level 4 problems.	If I am still trying to get other people to understand me I am at level 3 or higher.	If the bad thing that scares me has my attention or I withdraw from others I am in level 2 pain or below.	If I overestimate or underestimate the importance of feelings or relationships I likely have level 1 pain.
Roll of communication	Resolved by good communication	Not resolved by communication alone (needs mature example too)	Not resolved by communication alone (needs feelings shared too)	Not resolved by communication AT ALL	Not resolved by communication AT ALL
Some tests for different levels of pain and synchronization	Information or understanding will solve the problem without a person needing to be involved (the right document would work)	Level four pain always realizes that “I am having an effect on you too” and continues to try to minimize the persons own negative impact.	It is all about them but they want you to understand their feelings. When they want you to share their fear it is level 3 pain not level 2 pervasive fear.	Stopped interacting and relating to others as the source of a solution to problems and is in his/her own fear driven world. Time and sequence do not matter below level 3.	Distorted view of relationships and what other people think and feel.

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Ways to guess:	Level 5 Pain (4+)
I feel	Confused
Pain resolves with	More information
Symptom	Internal conflict
Defense	Explain, blame, accuse, justify
Skill needed	Godsight
Diagnostic indicators	If I am focused on what other people think or on rules I am likely in level 5 pain.
Roll of communication	Resolved by good communication
Some tests for different levels of pain and synchronization	Information or understanding will solve the problem without a person needing to be involved (the right document would work)

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Ways to guess:	Level 4 Pain
I feel	Inadequate
Pain resolves with	An example
Symptom	Immaturity
Defense	React or try to control
Skill needed	Act like myself
Diagnostic indicators	If I have gotten focused on doing instead of being I am likely having level 4 problems.
Roll of communication	Not resolved by communication alone (needs mature example too)
Some tests for different levels of pain and synchronization	Level four pain always realizes that “I am having an effect on you too” and continues to try to minimize the persons own negative impact.

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Ways to guess:	Level 3 Pain
I feel	Overwhelmed
Pain resolves with	Mirroring
Symptom	Stuck in “big six”
Defense	Try to make them understand me
Skill needed	Mindsight
Diagnostic indicators	If I am still trying to get other people to understand me I am at level 3 or higher.
Roll of communication	Not resolved by communication alone (needs feelings shared too)
Some tests for different levels of pain and synchronization	It is all about them but they want you to understand their feelings. When they want you to share their fear it is level 3 pain not level 2 pervasive fear.

Guessing the Five Levels of Moderate to Severe Desynchronized Pain

Ways to guess:	Level 2 Pain
I feel	Disconnected
Pain resolves with	Quieting
Symptom	Not listening
Defense	Make it stop
Skill needed	Self quieting
Diagnostic indicators	If the bad thing that scares me has my attention or I withdraw from others I am in level 2 pain or below.
Roll of communication	Not resolved by communication AT ALL
Some tests for different levels of pain and synchronization	Stopped interacting and relating to others as the source of a solution to problems and is in his/her own fear driven world. Time and sequence do not matter below level 3.

Guessing the Five Levels of Moderate to Severe Desynchronized Pain

Ways to guess:	Level 1 Pain
I feel	Alone
Pain resolves with	The one I love
Symptom	Cravings
Defense	Cling or dismiss
Skill needed	Secure attachment
Diagnostic indicators	If I overestimate or underestimate the importance of feelings or relationships I likely have level 1 pain.
Roll of communication	Not resolved by communication AT ALL
Some tests for different levels of pain and synchronization	Distorted view of relationships and what other people think and feel.