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How long does emotional pain actually last

Emotional pain lasts for 10 to 20 minutes, anything longer is actually self-inflicted by overthinking, making things worse. Published: 12:41 BST, 31 October 2014 | Updated: 13:22 BST, 31 October 2014 Researchers have discovered sadness lasts up to 240 times longer than other emotions, including feeling ashamed, surprised, irritated or even bored. Getting over a break-up, mourning a loved one or generally feeling down in the dumps can feel overwhelming. And now researchers have discovered this is because sadness lasts up to 240 times longer than other emotions, including feeling ashamed, surprised, irritated or even bored. Sadness often goes hand-in-hand with events of greater impact such as death or accidents, explained the researchers. And people therefore need more time to mull over and cope with what happened to fully comprehend it. To test the length and effect of emotions, Philippe Verduyn and Saskia Lavrijsen from the University of Leuven in Belgium asked 233 students to recollect recent emotional episodes and report their duration. The participants also had to answer questions about the strategies they used to cope with these emotions. Out of a set of 27 emotions, sadness lasted the longest, whereas shame, surprise, fear, disgust, boredom, being touched, irritated or feeling relief were over much faster. Typically, it took 120 hours to stop feeling sad, but just 30 minutes to get over feelings of disgust and shame. Hatred lasted for 60 hours, followed by joy for 35 hours. Boredom was also listed among the shorter emotions, and Professor Verduyn and Professor Lavrijsen claim this means that even though time seems to pass slowly when one is bored, an episode of boredom typically doesn't last that long. Their research, published in Springer's journal *Motivation and Emotion*, is the first to provide evidence to explain why some emotions last longer than others. The researchers additionally discovered that emotions that last a shorter time are typically elicited by events that have relatively low importance attached to them. On the other hand, long-lasting emotions tend to be caused by events that have strong implications for a person's major concerns. Belgian researchers asked 233 students to recollect recent emotional episodes and report their duration. The participants also had to answer questions about the strategies they used to cope with these emotions. Sadness lasted, on average, for 120 hours while disgust and shame passed within 30 minutes. Professor Verduyn added some of these implications may only become apparent over time, which then causes the emotion to be maintained or strengthened. The feeling therefore endures while a person rethinks the events and consequences over and over. Duration was found to be a dimension that can differentiate between, otherwise very similar, emotions, too. For instance, Verduyn and Lavrijsen found that guilt is an emotion that persists much longer than shame, while anxiety lingers longer than fear. 'Rumination is the central determinant of why some emotions last longer than others. Emotions associated with high levels of rumination will last longest,' said Professor Verduyn. 'Emotions of shorter duration are typically - but, of course, not always - elicited by events of relatively low importance. On the other hand, long-lasting emotions tend to be about something highly important,' Lavrijsen explains further. CC-BY/coffee/pixabay Pain is something everyone has dealt with in their lives. From acute (short-lived) to chronic (frequent and recurring,) pain occurs when the pain receptors in our bodies are triggered and send a message along the spinal cord to be received by the brain. The area on the body where the pain is felt isn't necessarily indicative of the true cause of the pain. Sometimes the pain receptors overlap, making it difficult to pinpoint the exact location of the issue. For example, a person having a heart attack might feel pain in their arm, leg or neck instead of their chest. Here are 10 common pains and their causes. Joint Pain Joints connect the bones in the body and are used so frequently and unconsciously that you don't even notice until it hurts. The most obvious and inevitable cause of joint pain is age, but other causes can include: Arthritis - pain in the joints due to inflammation Osteoarthritis - degeneration of the joints due to age, more commonly in women Sprains - strains to the joints Back Pain It is reported that about 80% of adults will experience back pain. The reason back pain is so common is that the important role the spine plays in the body's stability and mobility. Some of the causes of back pain are: Slipped/Herniated Discs - occurs when the discs between vertebrae rupture and irritate the surrounding nerves Muscle pain - caused by over-using the back muscles or repetitive heavy lifting Arthritis - Arthritis is most often linked to arms or hips, but it can affect the back, too Head Pain Head pain is one of the most common pains. It can be frustrating and depressing to deal with because the cause can be difficult to define. Head pain is usually caused by: Headaches - two of the most diagnosed types are migraines and tension Tumors - brain tumors are rare but head pain is one of the first symptoms Nerve Pain There are over a billion nerves in the body. No, that wasn't a typo. More than 100 billion, to be precise. Nerve pain happens when the nerves send incorrect pain signals to the brain. Some common nerve pains are: Shingles - a viral infection that causes a painful rash Phantom Limb - a phenomenon that causes pain where an amputated limb was Chest Pain Thanks in part to the overdramatic television trope of clutching one's chest and falling to the floor, chest pain is not always the sign of a heart attack. Other causes of chest pain can be: Stress - one frequent symptom of stress is the tightening of the chest Indigestion - spicy foods can cause mirror heart attack symptoms Lung problems - lung problems, such as asthma, can display themselves in the chest Abdominal Pain Whether it is from eating too much or too much of the wrong food, everyone gets a stomach ache from time-to-time. However, frequent and unrelenting pain can be caused by: Pancreatitis - a sudden inflammation of the pancreas Appendicitis - rupturing or inflammation of the appendix Gallstones - stones that block the bile duct Foot Pain Humans are bipeds, meaning we walk upright on two feet. Swollen and sore feet are normal everyday pains, to an extent. Some of the more serious causes of foot pain are: Plantar Fasciitis - small tears in the heel muscles frequently seen in athletes Blisters - walking too much and wearing new shoes can cause blisters Stress Fractures - tiny cracks in the bones Neck Pain The neck is responsible for holding up your entire head. It's no wonder that it hurts sometimes. Aside from small children, other possible causes of pain in your neck are: Muscle Strain - sitting hunched over your laptops or phones all the time can result in muscle strain from overuse Injuries - such as whiplash after a car accident Herniated Discs - like the back, herniated discs can occur in the neck Pelvic Pain Pelvic pain is most commonly found in women, though it can affect men, as well. Some of the most frequent causes of pelvic pain are: Endometriosis - a painful condition that occurs when lining typically found inside the uterus grows on the outside of the uterus Ovarian Cysts - fluid-filled sacs that grow on the ovaries Irritable Bowel Syndrome - affecting male and women, IBS results in frequent diarrhea and stomach pain typically after eating certain foods or drinking dairy products Fibromyalgia Fibromyalgia is a musculoskeletal disorder that affects millions of people. The cause of the disorder isn't fully understood yet. The pain is typically referred to as a "fibro-flare" and can include: Widespread Pain - it hurts. Everywhere Cognitive Functions - memory and focus can be affected Fatigue - the constant pain can cause an endless cycle of insomnia and fatigue Depression - it can be difficult to live a "normal" life (work, have social interactions) and that can lead to depression Most people think pain is just a normal, typical thing to deal with every day, but for frequent and explained pain can be the sign of a more serious problem. Hiding your pain doesn't make you a martyr. It just makes you in pain. MORE FROM QUESTIONSANSWERED.NET What citations support this theory? Page 2 7 comments "When a person has a reaction to something in their environment, there's a 90 second chemical process that happens in the body; after that, any remaining emotional response is just the person choosing to stay in that emotional loop. Something happens in the external world and chemicals are flushed through your body which puts it on full alert. For those chemicals to totally flush out of the body it takes less than 90 seconds. This means that for 90 seconds you can watch the process happening, you can feel it happening, and then you can watch it go away. After that, if you continue to feel fear, anger, and so on, you need to look at the thoughts that you're thinking that are re-stimulating the circuitry that is resulting in you having this physiological response over and over again." -My Stroke of Insight: A Brain Scientist's Personal Journey, Dr. Jill Bolte Taylor. You may have noticed an emotional reaction after reading this. You may be asking yourself, "Why do I feel so emotional?" One response to this is that there may be some "big feelings" that need to be worked through. Recurrent, persistent feelings that are causing distress and impairing relationships, impacting work, school, or other important areas are an indication that something is going on. Our emotions encompass experiences that combine physiological arousal; however, feelings are also influenced by our interpretation of how we perceive a situation. Especially when childhood experiences are rooted in early trauma, these narratives can be very painful and take time to heal. Using a biopsychosocial approach, each person brings a unique set of variables that contribute to emotional responses. Biological: age, gender, genetic predisposition to medical and mental health, effects of substance use Psychological: coping & communication skills, trauma, emotional distress, memory & learning, attitudes, beliefs & expectations Social: Social supports, quality of interpersonal relationships, socio-economic status, cultural & environmental factors Oftentimes individuals come to therapy to talk about difficulties with a relationship that are a source of conflict, stressors at work or school, and other general areas of life stress but have more difficulty with expressing the feelings related to these experiences. Feelings may be suppressed or avoided altogether. One may intellectualize problems as a way to cope while minimizing the emotion. While the logic side of our mind is very important, so is the emotional side! This can start by learning to recognize and name the emotion and learning how to be more attuned to one's emotions. Without awareness of our feelings and without awareness of how we experience emotion in the body, it can be difficult to engage. Mindfulness is a great practice to increase awareness of emotions-to be able to focus one's attention on the inner processes and experiences within the moment. Mindfulness allows the opportunity to observe and accept one's emotions rather than try to avoid or make judgment about any thoughts that occur. Try using mindfulness (be an observer of the 90 second process). If you are interested in learning more about emotional regulation, mindfulness, or would like additional support with maintaining good emotional wellness, CARE is here to help. Written By: Charlotte Johnson, MA, LPCC Our wellness experts will be happy to take care of you. You can [CLICK HERE](#) to schedule an appointment now or call (612)223-8898. We're united by our commitment to providing effective, relevant, and innovative mental health support at all stages of your journey. 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