



## STOP PAIN-SHOPPING: A HEALING GUIDE AFTER BETRAYAL

### What is Pain-Shopping?

Going back to the source of your wound (details, comparisons, images) hoping it will finally make you feel better. It won't—it reopens the wound.

### What You're Really Seeking:

- Safety
- Reassurance
- Worth
- Control

### Create a “Details Policy”

1. Ask only what is necessary (timeline, truth, no ongoing contact).
2. Avoid harmful details (sexual specifics, comparisons, vivid imagery).
3. Ask once—not repeatedly.

### Use the STOP Method

See it – “I’m pain-shopping.”

Translate it – “What I need is safety/reassurance.”

Orient – “What would actually help me right now?”

Pivot – Ask a better question or self-soothe.

### Better Questions to Ask Instead:

- “Are you being fully transparent now?”
- “What are you doing to rebuild trust today?”
- “What do I need right now to feel grounded?”

### Truth to Hold Onto:

You don't heal by knowing everything.

You heal by learning how to care for yourself when you don't.