

A close-up photograph of a bouquet of chrysanthemums. The bouquet is composed of several large, bright yellow flowers and several smaller, vibrant purple flowers. The flowers are arranged in a vase, which is partially visible at the bottom. The background is softly blurred, showing what appears to be a wooden table and some indoor plants. The overall lighting is warm and natural.

TALES OF EVERYDAY JOY

Pain *to* Power

*A workbook to reframe what hurts, and
find the hinge inside it.*

BY ROOPA VITTAL

This book belongs to _____

You don't have to fix it. You only have to *turn* it.

Life isn't meant to be tidy, predictable, or under our control, no matter how much we wish it were. It is raw, messy, full of surprises. This workbook isn't about ignoring pain or rushing past it, and it will never ask you to pretend a loss was good. It is only about learning to *see what remains possible*, without denying a thing you feel.

You are already stronger than you realise. We will walk five small turns together, and one woman's story will walk beside you in the boxes marked **Example**. Her ending is only one of many. Yours may be nothing like it. Take your time. There is no right pace.

HOW THIS WORKS: FIVE SMALL TURNS

1. *Name it.* Write the pain honestly. No fixing.
2. *Feel it.* Let the emotions have their names.
3. *Find the hinge.* The opening the pain leaves, not a reason for it.
4. *One small practice.* Insight becomes power only when it moves.
5. *Carry it.* A line to keep for the hard days.

1

NAME IT

What is the pain?

Write it plainly: what happened, what was lost. No softening, no justifying. Just let it be true on the page.

Date

EXAMPLE *“My marriage ended. The life we built, and the person I imagined growing old with, are gone.”*

Naming a thing is the first act of power over it. You are not the pain. You are the one who can hold it and look.

2

FEEL IT

What does it raise in you?

Circle the ones that fit. Add your own. Emotions are not the enemy. They are messengers. Let them be named.

- Fear
- Worry
- Anxious
- Shame
- Guilt
- Anger
- Resentment
- Grief
- Numb
- Lonely
- Tired
- Lost
- Unworthy
- Betrayed
- Longing
- + your own

EXAMPLE *“Grief. Fear of being alone. Anger on some days, and on others a love that still aches. All of it, at once.”*

Where do you feel it in your body? What is it trying to tell you?

Feelings are a map, not a verdict. They point to what matters. They do not get to decide who you are.

How others turned it.

If your pain is different, here are three more. Notice that none of them call the loss a gift. Each only finds the door that remains.

JOB LOSS

The hinge: however it happened, the hours are yours again, to point toward what you choose next.

A small practice: one focused hour each morning on a skill or a search, before the day's noise begins.

GRIEF, THE LOSS OF SOMEONE YOU LOVE

The hinge: the love does not end with them; it asks where to live now, in how you give and how you remember.

A small practice: one small act each day in their honour, a candle, a line written, a walk they would have loved.

A HEALTH SCARE, OR ILLNESS

The hinge: the body asking to be heard rather than pushed, and a clearer sense of what truly matters.

A small practice: one gentle, kind act for your body each day, kept without negotiation.

3

FIND THE HINGE

Find the door that remains.

A hinge is not pretending the loss was good, or that it was secretly for the best. Your pain is real, and so was what you loved. A hinge is only the small forward opening the loss leaves, the one you can step through without denying anything you feel. And often, whatever the ending and however it came, the door is the same: the road now leads back to you.

EXAMPLE · THE DOOR THAT REMAINS *“I cannot change that it ended, or how. But the road from here leads back to me, to the woman I set aside. I get to find her again.”*

The door your pain leaves open:

4

ONE SMALL PRACTICE

Make it move today.

Insight becomes power only when it becomes practice. Not a five-year plan. One small, doable act that walks you toward the door you found, something you could do in the next day.

EXAMPLE · THE PRACTICE *“Each morning I do one small thing that is only mine, and slowly remember who I am.”*

My one small practice:

Repeat it for three days. Tick each one. Small things, kept, rebuild a life.

Day 1

Day 2

Day 3

You cannot rebuild your life. That one is gone. But you can rebuild yourself. One walk. One honest morning.

5

CARRY IT

A line for the hard days.

Write one true sentence you can return to, your own, in your own words.

EXAMPLE · THE LINE SHE CARRIES *"I am not only what I lost. I am also the one still here, beginning again."*

A few more to borrow, if you like:

"I don't have to fix it. I only have to turn it."

"Joy doesn't wait for the pain to end. It lives alongside it."

My line:

YOU TURNED ONE PAIN

This was one turn. A whole life is built from many.

Come back to these pages whenever the ground shifts. And if you'd like company for the next seven days, a small practice each morning, the door is open.

FREE · 7 DAYS TO STEADIER GROUND

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