
COLLECTION

The Essentials of Applied Psychology

Why Does This Hit Me So Hard?

*Five emotional wounds and recurring
relationship patterns, explored with
care*



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Understanding Your Deep Schemas to Break Free

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Crisis resources

If you are going through a crisis and suicidal ideation comes to you, please do not face it alone.

- 988 — 988 Suicide & Crisis Lifeline. Call or text, 24/7, free and confidential (US and Canada).
- 741741 — Crisis Text Line. Text HOME to 741741 to reach a trained crisis counselor.
- 116 123 — Samaritans, free, 24/7 (UK and Ireland).
- 911 — in case of immediate danger (US and Canada).

These numbers apply to the United States, Canada, the United Kingdom and Ireland. Wherever you are, findahelpline.com lists helplines country by country.

For all those who sense, confusedly, that something within them keeps repeating — without knowing what, or why.

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Introduction

The Wounds We Carry Without Knowing It

There are pains that leave no visible mark. No fracture, no bruise, no scar you could show a doctor. And yet these pains govern our lives with a power that few people suspect.

Has it ever happened to you — reacting out of all proportion to an apparently trivial situation? A friend cancels a dinner, and suddenly you're overwhelmed by a sense of abandonment so violent you can't sleep. A colleague comments on your work, and it feels as though your entire self is collapsing, as though that small criticism calls into question your very right to exist. A partner comes home late without warning, and the rage that rises in you has nothing to do with a simple delay — it's an ancient, primitive fury that comes from somewhere far deeper than a ruined evening.

If these situations resonate with you, this book is for you.

What you feel in those moments is not weakness. It is not madness. It is not "all in your head." It is the expression of an archaic wound — a deep psychological injury inscribed in your history long before you had the words to name it, one that continues to shape your emotions, your relationships, and your life choices decades later.

Five Wounds, Five Ways of Suffering

The concept of "soul wounds" was popularized by Lise Bourbeau in her work *Les cinq blessures qui empêchent d'être soi-même* (2000). In it, she describes five fundamental wounds — rejection, abandonment, humiliation, betrayal, and injustice — and the five masks we develop to protect ourselves from them: the fugitive, the dependent, the masochist, the controller, and the rigid.

This model has touched millions of readers around the world, and for good reason: it puts simple, precise words to suffering that many people carry in silence. It offers an intuitive, accessible framework through which anyone can recognize themselves and begin to understand their repetitive patterns.

But the book you are holding is not a retelling of Bourbeau's work. Nor is it a critique. It is an extension — a bridge between Bourbeau's remarkable clinical intuition and the scientific advances of contemporary psychology.

Because here is what I believe is missing from the original five-wounds approach: grounding in research. Studies in affective neuroscience, attachment theory, cognitive psychology, and schema therapy have considerably enriched our understanding of these wounds over the past twenty-five years. We now know how these injuries form in the developing brain of a child. We know which neural circuits they activate. We know how they are transmitted from one generation to the next. And above all — and this is the essential point — we know how to heal them.