

Hidden Core Pain

I recently produced a teaching article entitled ‘For Your Family’s Sake, Get Your Emotional Baggage Dealt With’¹. To expand on that topic, this document highlights an important component of our ‘baggage’ that needs to be dealt with for the sake of our family, as well as for our emotional and mental welfare.



One of the issues I had to deal with was my ‘pain tank’, as Jack Frost² calls it. What is that?

“We all have a pain tank, and every time our four basic love needs are not met, we are wounded and a little more pain goes into that tank.”³

Our ‘pain tank’ is a metaphorical measure of your Hidden Core Pain, which is the build-up of pain in our heart and soul from the wounds we have received from others. This pain remains unidentified until someone gives us teaching on it, which is why I’m indebted to Jack Frost. I didn’t know that the pain people cause me builds up inside me and manifests in various ways, including anger, aggression, resentment, and many other emotions.

Ever wondered why divorcees and separated individuals act so angrily and aggressively when they’re confronted with their ex or their ex’s actions? It’s a manifestation of Hidden Core Pain. Their ‘pain tank’ is full and overflowing, so they need to let it out somehow because they can’t hold onto it any longer.

“Something that we are carrying around our whole lives is activated and takes over our behavior.

That’s why the emotional distress we feel isn’t necessarily caused only by the fact that our Ex⁴ left us; the Ex is merely the face of our pain.

The real cause is what I call ‘Hidden Core Pain Points’.

‘Hidden Core Pain Points’ are negative or toxic belief systems that result from experiences we had in our childhood or early adulthood. And this is not necessarily trauma or abuse.

This could merely be early memories or negative behaviors and beliefs picked up from our parents. Or just things that happened in early adult life that shaped our vision about love and relationships.”⁵

Yes, everyone has Hidden Core Pain and a ‘pain tank’ which starts as soon as we are born. The level of pain will rise and fall, depending on our life experiences and the woundedness we receive from others. In the end, as we move into adulthood, this pain causes us to develop a belief system around it, called ‘Core Belief’.

“It’s something hidden in your past, early childhood, or some experiences you had as a young adult that created a false belief system.

And this false belief system created a negative “Core-Belief” that is basically ruling your life.”⁶

This belief system drives their lives and controls our reactions to others and to the situations and circumstances we come up against.

Ever wondered why the members of the ‘Women’s Lib’ movement are so angry against men and misogyny? Their ‘pain tank’ is full from the wounds that men have given them – usually husbands. These

1 – canberraforerunners.org/wp-content/uploads/For-Your-Familys-Sake-Get-Your-Emotional-Baggage-Dealt-With.pdf

2 – LISTEN TO: Jack Frost “Displacing Hidden Core Pain”
www.shilohplace.org/products/Displacing-Hidden-Core-Pain-MP3-Jack-Frost-p147346987

3 – Rick & Sue McCoy “Dealing with Father and Mother Issues” [Lesson #5 p:1]
www.abbasarmsintl.org/wp-content/uploads/2019/05/lesson_5_-_dealing_with_father_and_mother_issues_.pdf

4 – Ex-wife or ex-husband

5 – Eddie Corbano “The Symptoms and the Underlying Reasons” lovesagame.com/stop-obsessing-3

6 – Eddie Corbano “7 Epiphanies You Must Have to Get Over Your Ex Fast” lovesagame.com/7epiphanies
(READ: Section entitled ‘Epiphany #4 — Hidden Core Pain-Points’)

women are toxic and anyone who sits in their company for a short period of time will feel the anger that emanates from them, as well as hearing it in their speech.

What happens with Hidden Core Pain is that we (all of us) **allow** the negatives we encounter to hurt us. Yes, we make the unconscious decision to allow people's negatives to become a hurt. These hurts build up, increasing the pain in us, to the point where it can become unbearable. It's at this point ('pain tank' full and overflowing) that we lash out at little annoyances, even though we may not know why. That's the big problem with Hidden Core Pain, we don't know we have any because no one has taught us.

This article is to 'lift the lid' on this subject and to let everyone know what's going on inside them. It's also to instruct my readers that **they are the cause of their own pain tank, no one else**. That's what I learnt from Jack Frost, and have recognised it in my life. I emptied my 'pain tank' back around the year 2000, and I now work against it by not allowing people's negatives to hurt me – that's an act of my will. I refuse to let woundings become hurts which could've remained long after the incident. So, I prevent pain from unconsciously accumulating by not allowing wounds to hurt me.

Initially my Hidden Core Pain came from my father's mistreatment of me as a child and a youth.

“Often we carry unresolved conflict towards our earthly father or father figures that can hinder us from intimacy with God. Sometimes, there still lies unconscious hidden core pain from our father relationship within our mind, will, our emotions (the soul). Hidden core pain can result from a father's spoken insults, broken promises, outright rejection, demeaning looks, disappointments, grief, or abandonment.”⁷

Yes, men – especially fathers and male school teachers – are very often the source of the origin of our 'pain tank'. Again, I'm indebted to Jack Frost's teaching for showing me this emotional/mental truth, so I worked on forgiving my father and not allowing his nastiness to hurt me in my adult years before his death.

Unfortunately, it's this pain from father issues that cause us to have the wrong impression of our loving Father. I did. I thought he was a cosmic policeman who's looking to whack me with a big stick every time I stepped out of line – just like my dad did. The foundation of my thinking like that was reading the OT.

The Solution

Like all mental and emotional issues, the solution is identifying their existence and resolving the foundational cause. The foundational cause with Hidden Core Pain is our willingness to hold grudges against those who wound us and not to forgive them. This is what I originally had to overcome, and in the process, Father taught me to release the perpetrators, not just to forgive them. Releasing them is to free them from having to be accountable for what they have done to me.

The solution is in our hands once we know that Hidden Core Pain exists, what it's causes are, and how to solve the problem.

There's More

Father gave me additional teaching to cover areas of my thought-life where I could turn negatives into pain. He told me, “No regrets”⁸ and also “No disappointments”⁹. I discovered that although I didn't let people wound me any more, I would often mull over in my mind things I regretted and things that caused me disappointment. These, I found, would end up causing a 'frustration tank' inside me which was just as damaging as a 'pain tank'. So, be aware of this hidden issue which destroys people's lives unknowingly.

7 – Roger & Gerri Taylor “Father Issues” (11-4-2016) placesinthefathersheart.org/father-issues

8 – MESSAGE: “No Regrets-No Looking Back” (25-3-2013)
canberraforerunners.org/wp-content/uploads/2020/10/6b-No-Regrets-No-Looking-Back.pdf

9 – CCOP MESSAGE: “No Regrets and No Disappointments” (7-8-2022)
canberraforerunners.org/wp-content/uploads/MESSAGE-No-Regrets-and-No-Disappointments-17-8-2022.pdf

Helpful Resources



Jack Frost “Displacing Hidden Core Pain” [LINK](#)



Jack Frost “Slavery to Sonship (1) Exposing the Roots of the Spiritual Orphan” [LINK](#) {FREE}



Jack Frost “SonshipEvergreen” [LINK](#) {FREE}



Doug “Sonship Cheat Sheet Points” [LINK](#) {FREE}



Rick & Sue McCoy “Dealing with Father and Mother Issues” [LINK](#) {FREE}
(Primarily from Jack Frost's book Experiencing the Father's Embrace and tape series "From Slavery to Sonship")



Eddie Corbano “7 Epiphanies You Must Have to Get Over Your Ex Fast” [LINK](#) {FREE}
(*READ: Section entitled ‘Epiphany #4 — Hidden Core Pain-Points’*)



Roger & Gerri Taylor “Father Issues” [LINK](#) {FREE}

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(Readers will need to look up for themselves any scriptures alluded to in this document)