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Physical pain can also be a type of distraction from emotional pain. 5. All types of greed. Greed is the most frequent way of coping with emotional pain of unsatisfied needs. The most obvious one is greed for money, but there are many other types. Intellectual greed. Emotional greed or neediness. Sexual greed or lechery. Greed for status or ...



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Yes sometimes, it feels like the emotional pain has a physical manifestation – like our heart has actually broken. According to The Scientific American, one of the reasons lies

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in biology. There's part of the brain called the anterior cingulate cortex (ACC) that regulates emotions and emotional reactions to pain.

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