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The Dark Corner of **the Heart**

Understanding and Embracing Suffering as Portrayed by Adults

Background: In order to alleviate suffering it is essential to uncover the nature of suffering and find deeper ways of understanding the phenomenon from a holistic perspective and from the viewpoint of human beings themselves.

Results:

Methodology:

The study uses a hermeneutical approach.

The material was collected through focused interviews with ten adults who had lived through personal suffering and regained health. The method used was hermeneutical reading.



Life in the deep darkness of suffering is portrayed as a black moving current of total chaos where the human being is swept along.



Feelings of emptiness. The suffering human being is instead filled with hopelessness, meaninglessness, worthlessness, shame and guilt. Homeless in life.



Embracing the dark corner of the heart (the suffering) is crucial for initiating a movement towards its alleviation.



In the midst of suffering there is a hidden inner longing for life and love that may be uncovered.

Aims:

To reach an understanding of the different faces of suffering by uncovering how adults who have lived through deep darkness portray suffering.

Questions:

What are the different faces of suffering as described by the human beings themselves and what initiates a movement in suffering towards its alleviation?

Conclusions: 1. Suffering may be understood in the light of the metaphor of *the dark corner of the heart*. 2. Embracing the dark corner of the heart may enhance a better understanding of life promote health.

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