

Pain Cheat Sheet

Living with “I don’t like this”

Intention is not to “make it go away” but to redefine relationship to it

It will pass—meanwhile feel it, explore it

Take a step back—deep breath, focus on it and bring awareness to it

How does this physically feel?

- ◆ Where is it in my body?
- ◆ Sharp? Dull? Intermittent? Hot? Tight? Unstable? Aching? Stabbing? Tingling? Stinging? Irritating? Nervey? Swollen? Tight? Burning? Heavy? Nauseating? Radiating? Cramping? Deep? Itchy? Sensitive? Tiring? Sore? Gnawing? Shooting? Numb? Tingling? Weakness?
- ◆ Pain is not a solid thing—how is this fluid?

Expectations

Resistance

Narrative

Distraction is OK done mindfully and used sparingly...

3 x 3

10 “in” and “out”

Distract but then go back

What does this sensation want from me?

How can I show myself kindness?

Comforters

- * warmth
- * gentle touch
- * soft vocalizations

How does this mentally feel?

- ⇒ Label the emotions:
Scared? Angry? Sad? Frightened? Miserable? Bored? Wounded? Frustrated? Revolted? Impaired? Damaged? Abused? Humiliated? Violated? Hostile? Annoyed? Numb? Disconnected? Disappointed? Appalled? Disgusted? Fearful? Insecure? Anxious? Weak? Threatened? Inadequate? Nervous? Overwhelmed? Helpless? Vulnerable? Lonely? Guilty? Fragile?
- ⇒ What kind of thoughts about it? Label them:
“Worry thought” “thought about the future” “Thought about the past”
- ⇒ What am I believing?

Look at the beliefs...

- ◇ Are there judgements?
- ◇ Is there self-compassion?
- ◇ Where does that belief come from? (is it really mine?)
- ◇ Is there a different story that feels better?
- ◇ Am I in the present? (Can I refocus on just the present?)

**You are allowed to feel this right now...
like all feelz, it will pass in time
(you are not gonna “always” feel this way)**