

Pain and Ripples Reflection

Use the questions below to reflect on your experience of pain. Each space is yours. Notice what arises, with curiosity and compassion.

Am I in danger?

Which part of this pain is real, and which part is imagined?

How could I be amplifying this pain right now?

How might I have amplified pain in the past?

What happens in my body when I amplify pain?

What would it look like to respond differently?
