

Pain and Ripples – Reflection Edition

Use the questions below to reflect on your experience of pain. Each space is for your own writing, noticing what arises with curiosity and compassion.

Am I in danger?

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

How am I amplifying this pain right now?

How have I amplified pain in the past?

What happens in my body when I amplify pain?

What would it look like to respond differently?

© Blue Feather Counseling | Reflection Handout