**Text, application

Description automatically generated with medium confidence**

***Disclaimer:*** *Only use this exercise for pain with clients who have already consulted with a physician. Pain is a warning signal and there for a reason. It should not be eliminated until first diagnosed by a medical professional. Lynn Swearingen (Bay Area Hypnotherapy) will not be held liable in any way, shape or form for misuse of this exercise*.

**ELIMINATE PAIN IN 5 MINUTES**

<http://www.choosehypnosis.com/send_it_forward.htm>

This has been very effective for back pain, neck pain, arthritis, headaches, nausea, restlessness, and many other forms of pain.

**IMPORTANT:** CHECK WITH YOUR DOCTOR FIRST. It is important before conducting this exercise that you have consulted with a physician if you are in pain. This exercise is designed to remove pain that is unnecessary. In other words, the doctor has treated you and says you are fine and no other treatments are necessary.

Remember, pain is a *Warning Signal* that something is wrong with the body and should be checked into. So, if you have lingering or annoying pain that does not need treatment, give this a shot.

The key factor in conducting this exercise is to use your imagination. Let your mind roam free as you imagine the answer to each question on the chalkboard below. It may even help to write down each answer as you give it as to remember.

In most cases the pain has gone away before even finishing the exercise. If any pain persist, simply do it again.

IMAGINE

If you were to put the (pain or discomfort) inside   
of a box, how big a box would you need?

**Color** If it had a color, what would it be? \_\_\_\_\_\_\_\_

**Taste** If it had a taste, what would it taste like? \_\_\_\_\_\_\_

**Smell** What do you imagine it would smell like? \_\_\_\_\_\_\_

**Sound** What would it sound like? \_\_\_\_\_\_\_

**Weight** How much do you think it would weigh? \_\_\_\_\_\_\_

Now put it all together. Imagine the box with the (pain)  
in it... Imagine you are holding it as you imagine the color,  
the weight, taste, smell, how it sounds and even feels.

Now ... Now notice how it is gone!