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Intake for Pain

**FIRST**: **Eliminate the word “pain” from your vocabulary** – Train yourself and your clients to think of this as “discomfort” or “uncomfortable sensations.” By merely paying attention to use of language, the idea of “pain” is immediately reduced, as the emotional charge of the word “pain” is removed.

**SECOND**: **Eliminate any reference to “MY pain”** – It is not YOUR pain, is it? Did you choose to have it? Did you invite it? Don’t you wish it would go away? It is DISCOMFORT – yes – but it IS NOT “YOUR pain” REJECT negativity in any form.

**What is the nature of your discomfort?**

*Understanding the nature of the discomfort will help you to create imagery specific to the condition.*

Arthritis

Muscle

Neurological

Burns

Fibromyalgia

Diabetic

Kidney Stones

From a specific disease or injury (Explain)

**Describe where the pain exists in your body and what it feels like.**

**Does it always present in the same place, in the same way, or does it vary?**

**On a scale of 1 to 10 – how would you rate your discomfort? \_\_\_\_\_\_\_\_\_\_\_\_\_.**

**What sort of treatment do you wish existed for this discomfort?** *Allow the client create their own “miracle cure”* – *What would a cure LOOK like to you? What would it FEEL like?*