



HOW TO USE HYPNOSIS TO EASE OR ELIMINATE PAIN

Hypnosis shines when it is used intelligently instead of generically.

Core Principle

Pain responds best when the hypnotic metaphor matches the nervous system's experience of the pain.

Key dimensions to assess:

- Temperature (hot / cold / alternating)
- Texture (sharp, throbbing, tight, grinding, electric, dull)
- Tempo (acute vs chronic, pulsing vs constant)
- Meaning (threat vs memory vs protection)
- Client relationship to pain (fearful, exhausted, angry, resigned)

Mismatch the metaphor → **resistance**

Match the metaphor → **rapid relief**

PAIN TYPES & HYPNOTIC STRATEGIES

1. Arthritis (Inflammatory, Degenerative, Stiff Pain)

Common sensory language

- Hot, burning, aching
- Stiff, rusty, grinding, swollen
- Worse in cold or inactivity

Best metaphors

- Cooling

- Lubrication
- Softening / melting
- Gentle circulation

Effective imagery

- Cool blue light
- Anti-inflammatory balm soaking in
- Oil flowing into rusty hinges
- Warm movement after cooling (not first)

Hypnotic approach

- Reduce inflammation → then restore ease of motion
- Emphasize comfort, cushioning, and flexibility
- Avoid sharp or electric imagery

Example suggestions

“As the heat drains away... the joint feels bathed in a cool, soothing blue... every movement becoming smoother... quieter... easier.”

2. Migraine & Vascular Headache

Common sensory language

- Throbbing, pounding, pressure
- Heat, light sensitivity
- One-sided, rhythmic

Best metaphors

- Cooling
- Dimming
- Pressure regulation
- Slowing rhythms

Effective imagery

- Ice caps or cool cloth
- Dimmer switches

- Tides gently receding
- Valves opening to release pressure

Hypnotic approach

- Address vascular rhythm and sensory overload
- Reduce intensity before addressing cause
- Use slow pacing and breath-linked imagery

Example suggestions

“Each pulse softens... like waves losing strength as the tide moves out... the lights dim... the system finds its natural calm rhythm again.”

3. Soft Tissue Damage (Muscles, Tendons, Fascia)

Common sensory language

- Sore, tight, pulling
- Achy, bruised, tender
- Sometimes warm, sometimes guarded

Best metaphors

- Warmth
- Lengthening
- Unwinding
- Restoration of flow

Effective imagery

- Warm compresses
- Muscles untying knots
- Stretching silk
- Blood flow washing nutrients in

Hypnotic approach

- Encourage safety and release
- Normalize healing time
- Reintroduce comfort with movement

Example suggestions

“The muscle remembers how to let go... fibers lengthen... warmth brings nourishment... healing happens naturally now.”

4. Acute Injury (Cuts, Burns, Sprains, Dental, Medical Procedures)

Common sensory language

- Sharp, stabbing, intense
- Sudden, alarming
- Protective pain response

Best metaphors

- Numbing
- Anesthesia
- Disconnection
- Containment

Effective imagery

- Ice, snow, frost
- Turning down a volume knob
- Glove or shield around area
- Switching nerves “offline”

Hypnotic approach

- Rapid analgesia
- Dissociation works extremely well
- Use authoritative, confident tone

Example suggestions

“That area becomes comfortably numb... like it’s been wrapped in cool snow... the signal fades... the body knows how to protect and settle.”

5. Chronic Pain (Central Sensitization, Long-term Pain)

Common sensory language

- Constant, exhausting
- Deep, dull, burning, electric
- Feels stuck or “never-ending”

Best metaphors

- Volume control
- Recalibration
- Retraining
- Separating pain from identity

Effective imagery

- Control panels
- Signal filters
- Rewiring pathways
- Turning down false alarms

Hypnotic approach

- Pain is often a memory loop, not tissue damage
- Focus on nervous system safety
- Emphasize choice, control, and pacing

Example suggestions

“That signal was once useful... and now it can soften... fade... be reclassified... as the system learns a calmer, safer baseline.”

6. Neuropathic Pain (Sciatica, Nerve Pain, Phantom Limb)

Common sensory language

- Electric, shooting, buzzing
- Burning, pins-and-needles
- Erratic, unpredictable

Best metaphors

- Insulation

- Grounding
- Signal smoothing
- Static reduction

Effective imagery

- Rubber coating on wires
- Noise-canceling filters
- Signals rerouted gently
- Warm neutralization (not ice)

Hypnotic approach

- Normalize nerves calming down
 - Avoid sharp or icy imagery unless client reports relief from cold
 - Use smoothing, steady language
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7. Visceral / Organ Pain (Endometriosis, IBS, Pelvic Pain)

Common sensory language

- Cramping, squeezing, twisting
- Deep, emotional, exhausting
- Cyclical

Best metaphors

- Warmth
- Gentle rhythm
- Soothing containment
- Safety and permission to relax

Effective imagery

- Warm pools
- Cradling hands
- Gentle waves
- Organs floating freely

Hypnotic approach

- Strong emotional component
 - Work with safety, comfort, and acceptance
 - Avoid mechanical imagery
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QUICK TEACHING SUMMARY TABLE

| Pain Type | Best Temperature | Primary Strategy |
|--------------|----------------------|----------------------------------|
| Arthritis | Cool → gentle warmth | Reduce inflammation, lubricate |
| Migraine | Cool | Dim, slow, regulate pressure |
| Soft Tissue | Warm | Relax, lengthen, restore flow |
| Acute Injury | Cold / Numb | Block signals, protect |
| Chronic Pain | Neutral | Recalibrate, reduce false alarms |
| Neuropathic | Neutral / Warm | Insulate, smooth signals |
| Visceral | Warm | Soothe, cradle, soften |

Advanced Clinical Tip

Always ask the pain what it responds to *inside hypnosis*.

“If this sensation could choose what helps it most... warmth or cool... movement or stillness... which would it choose now?”

This bypasses conscious guessing and dramatically increases effectiveness.

HYPNOTIC PAIN MANAGEMENT

Matching Metaphor, Sensory Quality & Nervous System Response

Core Principle:

Pain responds best when the hypnotic metaphor matches the sensory experience of the pain.

Mismatch creates resistance. Match creates relief.

Always assess:

- Temperature (hot / cold / neutral)

- Texture (sharp, dull, throbbing, tight, electric)
- Tempo (acute vs chronic)
- Meaning (threat, memory, protection)
- Relationship (fearful, exhausted, guarded)

QUICK REFERENCE GUIDE

| Pain Type | Common Sensation | Best Temperature | Primary Hypnotic Strategy |
|---------------------------------|----------------------|----------------------|----------------------------------|
| Arthritis | Hot, stiff, aching | Cool → gentle warmth | Reduce inflammation, lubricate |
| Migraine | Throbbing, pressure | Cool | Dim, slow, regulate rhythm |
| Soft Tissue | Tight, sore, pulling | Warm | Relax, lengthen, restore flow |
| Acute Injury | Sharp, intense | Cold / numb | Block signals, protect |
| Chronic Pain | Constant, exhausting | Neutral | Recalibrate, reduce false alarms |
| Neuropathic | Electric, burning | Neutral / warm | Insulate, smooth signals |
| Visceral / Organ Cramping, deep | | Warm | Soothe, cradle, soften |

UNIVERSAL CLINICAL TIP

Inside trance, ask the pain what it responds to:

“If this sensation could choose what helps it most—warmth or cool, movement or stillness—what would it choose now?”

HYPNOTIC LANGUAGE SCRIPTS

(Use as-is, enhance or adapt)

1. ARTHRITIS (Inflammatory / Degenerative Pain)

Goal: Reduce inflammation, soften stiffness, restore ease

“And as you bring attention to that joint, you may notice a gentle cooling beginning... like a soft blue light washing through the area... calming irritation... soothing inflammation.

As the heat drains away, the joint feels cushioned... supported... and naturally lubricated... like oil easing into a hinge that remembers how to move smoothly again.

Every movement becoming quieter... easier... more comfortable now.”

2. MIGRAINE / VASCULAR HEADACHE

Goal: Reduce pressure, slow rhythm, dim sensory overload

“With every breath, the pulsing begins to slow... like waves losing strength as the tide gently moves out.

A cool, dim calm spreads across the head... lights lowering... pressure releasing through invisible valves that open naturally.

Each rhythm softens... steadies... until the system finds its calm, balanced pace again.”

3. SOFT TISSUE DAMAGE (Muscles, Tendons, Fascia)

Goal: Release guarding, restore flow, promote healing

“Warmth begins to spread through the muscle... a comforting warmth that allows fibers to lengthen and soften.

Knots unwind on their own... tension dissolves... as fresh circulation brings nourishment and healing.

The body remembers how to relax... how to repair... how to move with ease again.”

4. ACUTE INJURY (Procedural, Dental, Burns, Sprains)

Goal: Rapid analgesia, protection, signal interruption

“That area begins to feel comfortably numb... as if wrapped in cool snow or a protective glove.

Sensations fade into the background... signals turning down... switching off... as the body protects itself naturally.

Calm replaces intensity... comfort replaces urgency... and the area settles now.”

5. CHRONIC PAIN (Central Sensitization)

Goal: Retrain nervous system, reduce false alarms

“That sensation was once a useful signal... and now it can be updated.

Imagine a control panel... where the volume has been turned up too high... and you begin turning it down—slowly, deliberately—until the signal becomes neutral... manageable... quiet.

The nervous system learns a new baseline of safety... comfort becoming the new normal.”

6. NEUROPATHIC PAIN (Nerve Pain, Sciatica, Phantom Pain)

Goal: Calm nerve firing, smooth signal transmission

“The nerves begin to feel insulated... protected... as though a soft coating surrounds each pathway.

Erratic signals smooth out... static fades... communication becomes clear and calm again.

The system settles into steady, comfortable transmission now.”

7. VISCERAL / ORGAN PAIN (Endometriosis, IBS, Pelvic Pain)

Goal: Soothe deep structures, increase safety and softness

“A gentle warmth spreads through the abdomen... like floating in warm water, fully supported.

The organs soften... release... finding their natural rhythm again.

Everything is cradled... safe... allowed to relax completely now.”

OPTIONAL CLOSING SUGGESTION (Universal)

“And as comfort increases... the body remembers this pathway... returning to ease more quickly each time... because now it knows how.”
