



KEEP GOING!

Charge ahead – do not live in the past. Your pain free life is in the present.

Forge ahead, welcoming the challenge of change. You already know how to persevere. You know how to live with pain, now learn to live without it!

No matter what obstacles you run into, keep going. There will be obstacles – life is not stress-free.

With the Pain Processing Practice, you can learn to meet those stresses in a healthy and empowering way.

Begin with some general questions:

Do you have a comfort item for when pain seems overwhelming? What is it?

Do you have a happy place you can go to in your mind? Where is it?

What is your “Why” for living?

What is your vision of a pain free life?

Remember: walking away from stress doesn't get rid of it or provide a solution.