



PAIN CYCLE SENSATIONS

To exit your pain cycle, it is necessary to observe the sensations in your body. This does not mean you just focus on how much pain you are in. That is focusing on suffering, not bodily sensations. Just see what your body is telling you. Your body is constantly changing, and pain changes, too.

When you observe your body's sensations, try to separate the physical sensations from your thoughts and feelings about them. Be aware of them without judging them. This can be very difficult to do at first, but with practice it becomes easier.

Write down what you observe. The Body Scan PDF download can be helpful for this. Mark where on your body you feel the sensation, and what type of sensation it is.

When you feel pain, is it:

Burning?

Throbbing?

Tingling?

Stabbing?

Shooting?

Aching?

Itching?

Does the area feel hot?

Does it feel cold?

Is there tightness?



Pain Processing Practice

Does it feel like something is being pulled apart?

Does it feel like something is being crushed?

Is there stiffness?

Is there soreness?

Is the pain constant?

Does it come in waves that get more and then less intense?

When you observe the pain, does it move?

When you observe the pain, does it change in any way?

If yes, how does it change?

Whenever you are in pain, go through your list, and compare it to past experiences. As you become better at observing your body's signals, you will learn that there is a difference between a pain signal, and suffering. Once you can easily tell the difference, you can more easily exit your pain cycle.