



The Pain PT

How to Let the 'Body Speak' via Physical Symptoms & Feelings

Keeps It Stuck

RESIST IT

- Activates Sympathetic NS
- Fight, Flight or Freeze Mode
- Increases Emotional Brain Activity
- What we Resist---Persists
- Resistance comes from Fear
- Leads to Fear-Avoidance
- Think it's a Danger or Threat
- Try to Suppress, Repress or Stop It
- Leads to Burying Feelings Inward
- Creates more Internal Pressure
- Builds more Symptoms & Feelings

Improves It

RELAX INTO IT

- Activates the Parasympathetic NS
- Rest and Digest Healing State
- Calms the Irrational Emotional Brain
- Body Speak- Letting it Speak Freely
- Just Listen Lightheartedly, Not Seriously
- Embrace it to Erase it- Open to it
- Feel It to Heal It- Feel What Arises
- Overcome Fear of Feeling the Feelings
- Because it's Not a Danger or a Threat
- Don't Look for-Seek out-Hypervigilance
- Let what Comes Come- Then Let it Go
- Reduces Symptoms & Feelings

Worsens It

REACT TO IT

- Activates Sympathetic NS
- Fight, Flight or Freeze Mode
- Amplifies the Emotional Brain
- React because Think it's Dangerous
- Try to Fix, Control, & Change It
- Physical, Mental, Emotional Reactions
- React because Don't Want to Accept it
- Sets Up Negative feedback Loop
- Just Adds More Fuel to the Fire
- Reinforces very things we don't want
- Creates more Symptoms & Feelings

