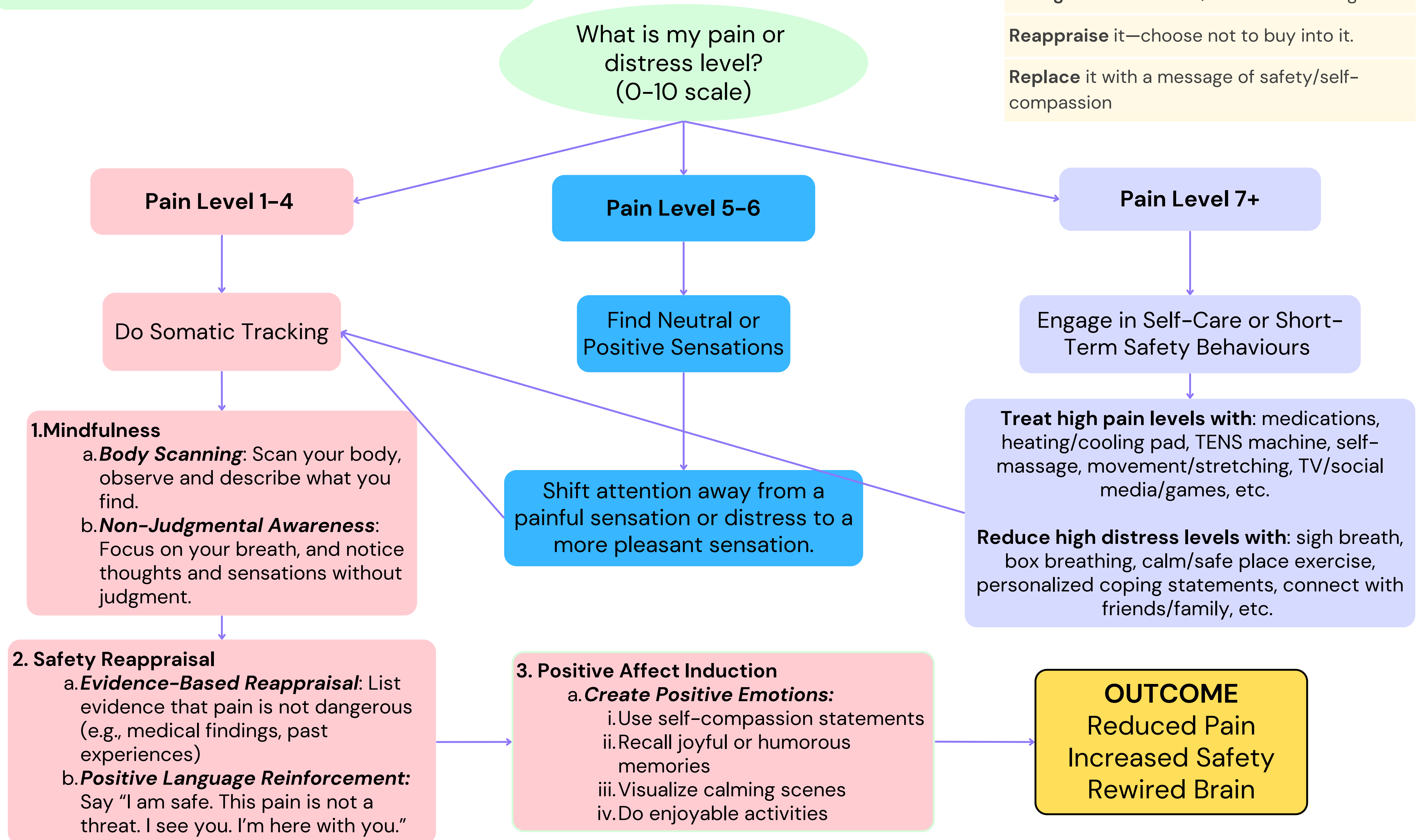


Pain Reprocessing Therapy Steps



Catching Fears/Negative Behavioural Patterns	
Steps	
Recognize	self-critical/fear-based thoughts
Reappraise	it—choose not to buy into it.
Replace	it with a message of safety/self-compassion