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

What is my pain or distress level? (0-10 scale)

Pain Level 1-4

Do Somatic Tracking

1. Do neutral body scan (mindfulness)
2. Tell yourself you are safe/ok (safety reappraisal)
3. Do something that makes you feel good/calm (positive affect induction)

Pain Level 5-6

Find Neutral or Positive Sensations

Shift attention to a more pleasant sensation.

Pain Level 7+

Engage in Self-Care or Short-Term Safety Behaviours

E.g., medications, stretching, self-massage, connect with friends/family, etc.

OUTCOME
Reduced Pain
Increased Safety
Rewired Brain

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