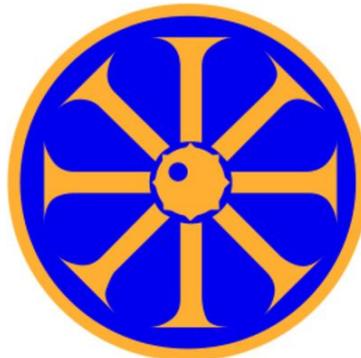
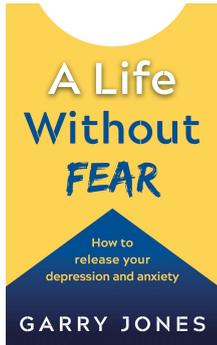


A Life Without Fear.

Pain Management



PAIN MANAGEMENT

- ABC. Accept nothing. Believe nothing. Check everything. Question what you are told. However the only measure of the effectiveness of something is for you to try it. Experience is the only measure.
- Cut down the chatter in your head. Place your tongue behind your teeth to stop the movement of the tongue. It moves as we think.
- Wiggle your toes. Before the age of 7 we learn at our optimum rate. One thing we do at this age is wiggle our toes while learning. If we do it as adults we enhance our learning.
- What is pain? An electrical signal to the brain. It is guilt and emotions stored in the body. A memory of an experience. It is a signal to say something in your life/body needs attention. To do something different.
- Power poses. Look them up more. How do you feel when your shoulders are hunched over, eyes down to the floor? How do you feel when you look up to the right with your hands and arms open to the sky? They both release chemicals that will shape your emotions. Typical power poses are: 1. Stood up straight, eyes up to the right, arms held high. 2. Hands on your hips, chest out, head high. 3. Feet up on a desk, fingers laced together in front of you.
- My baseball bat theory: I have found in life that pain comes in a three. Mild at first like a tap from a baseball bat. If you do not pay attention to the next "strike" is more like a thud off the bat. If you still refuse to pay attention comes the big hit. Hospitalisation, relationship collapse, redundancy etc.
- Change in human behaviour " The pain of staying the same needs to be more than the pain of change". This is where motivation comes from. Pain is a tool to motivate you as anger is. Adversity is what gets us to change. We should welcome adversity as a powerful motivator.

- Stored pain: Massage or exercise can release pain sometimes. It is not uncommon for a 'memory stored pain' to be unlocked in massage for instance. Similarly a life event can trigger stored pain. The brain anticipates a repeat of its learned response from the past. This is a time to deal with it, pay attention and change the outcome. Sometimes the reason for the pain has gone but the brain continues to respond as pain. This is the time to teach the brain that everything is ok.
- How to deal with the pain?: You need to be in the moment. It is well recorded that the anticipation of pain is greater than the experience and certainly enhances it. Torture techniques are based upon this. Imagining pain to come increases the pain! We need to get the interface between body and mind. Here are two techniques to deal with immediate pain, emotional or physical:
 1. Breathe a 4,4,4,4 count. In for 4 seconds by counting 1 and 2 and 3 and 4. Then hold your breath doing the same, out for 4 seconds and hold for 4 on an empty set of lungs. This is not as easy as it sounds.
 2. Imagine a straw from the point of the pain [or emotional source such as gut or head], draw the breath from this point with short shallow breaths which are quick. This is generally good for immediate pain such as banging your toe on the door edge! Try it on long term pain also.

I personally had my stomach operation without anaesthetic. I did this by imagining a huge pain dial numbered 1 to 10. Each time the pain increased I visualised turning the dial down. Some techniques involve doing similar by visualising a huge number 10 then let it fade away to be replaced by a 9 and so on. Only ever take it to 2. You need the signal. Be creative in the visual part. The brain works better with crazy images of impact. Think about your dreams in this respect. As an example the number 2 could be seen as a serene swimming Swan.

Remember that these techniques deal with reducing pain. It really is not a good idea to eradicate pain. You need the signal to say "Do something different".

- Pain is resistance. If you choose to fight the signal it is at your own peril!
- Another way of being in the present moment is to study your pain! Be curious, like a child. Internally ask yourself questions about the pain. Where specifically is it? What level is it on?[Think paramedics, they use this]. When did it first occur? Does something trigger the pain? Is it better or worse at certain times of the day? Who is around me when it is painful? Does it have a colour when I think about it? Think location, colour, sound, weight, memories, pushing, pulling, pinching, stabbing, tingling, smell, shape. You will think up many more. It helps to think of "floating" outside of your body and viewing yourself from the outside. This is called dissociation. Continue to study, notice and respond. Thank the body for its response.
- PAIN passively acknowledging internal notices!
- Do something about it. Change direction, behaviours or habits. Find someone to help if you are unable to. Doctor, coach, physio etc.

Bye for now

Thank you

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Master Practitioner of Neuro Linguistic Programming and Hypnosis

Master of Martial arts

#1 best selling Author

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Biography

Garry Jones is a Transformational Coach, Martial Arts Master, an International Speaker and number best selling author.

He worked for twenty years in private industry, starting on the shop floor to become a General Manager responsible for 1,100 staff. It was in this environment that he discovered his passion for developing people, helping many attain top level careers worldwide.

Subsequent years of self-employment have given Garry a complete understanding of businesses both large and small, and the people who work within them.

He has a life long involvement with martial arts and alongside his successful coaching career, runs a Muay Thai boxing gym which combines his love of physical fitness with bringing out the very best in his students through his forty plus years of experience.

Garry has a strong belief in achieving measurable results quickly and effectively. His unique experiences in the worlds of business, martial arts, physical and mental health, and spiritual development combine to create positive, almost alchemical, change in the lives and businesses of his clients.

His Vision is to have a lasting impact on 300 million people of the world. To leave a legacy of more smiles in the world.

He lives with his family in Herefordshire, U.K. and works with clients on a national and international level creating bespoke solutions to many and varied issues, from 1:2:1 coaching to developing teams and leaders in multi-million pound businesses.

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