

# Letting Your Pain Pass By

Researchers are finding that one of the best ways to deal with pain is a technique called Mindful Acceptance. With this technique, rather than trying to fight your pain, you just detach your mind from the physical sensation of pain and accept your pain for what it is. Detaching yourself from the experience of the pain seems to trick the brain into thinking it is not that important, which in turn diminishes the experience and power of the pain.

In the spaces below, write down a description of the pains that are bothering you and taking up so much of your time and energy. For example, you could write: "there is a shooting pain up my back," or "the back of my head is throbbing."

Now, sit back and relax for a moment. Take a few deep breaths. Imagine that your pain is on the train pictured below. Get a vivid picture of the train slowly coming towards you, then passing you by, and then moving on into the far distance. Breathe slowly and deeply as you concentrate on the image of the train, with your pain on board, going further and further into the distance.

Please note that Mindfulness techniques take some practice. You may not feel very much relief the first time you use this technique, but remember that Mindfulness training has helped many people deal with chronic pain and with practice it can you help you too.

