

Questions to ask the Client

**Assuming they have been diagnosed by a doctor
and have said they want to be pain free!**

Questions for the client to answer - BRIEFLY

Where does it hurt?

When did that happen?

+ anything else that will flesh out the answer!

Internal Questions for the Practitioner to consider

How is this protecting them?

What does it protect or distract them from?

Why is it still doing it?

Who (if anyone) is controlling them?

Resistant clients (only use if the discussion hasn't revealed the answer)

1. Does this problem prevent you from doing anything you like?
2. Does this problem prevent you doing something you don't want to do?

Emotional issues (only where the resistance is emotional)

Are you willing to let go of any emotional issues that traps you in this physical pain?

Really resistant clients (possibly the first session didn't work)

Before we meet again, I want you to think about **ALL** the reasons why you think this will not work for you, and make a note of them.

Client guidance following an OldPain2Go® Pain Review Session

- The work we have done together is similar to a car recovery service, it takes you out of the ditch and ensures both you and the car are fit to drive before letting you continue. When you drive off it is up to you to steer clear of what will put you back in the ditch, you must learn from your painful experiences to avoid them in the future.
- Your internal language is really important and you must focus on what you want, not what you don't want.
- Listen to what your body is trying to tell you and it won't feel the need to scream its message at you!
- If your issue is resolved there is no need to continue visiting other alternative therapies over the same issue to get it resolved. In fact, doing so is likely to give the wrong message to your unconscious and it will give you problems for them to work on.
- You have most likely experienced something magical and others may not understand, or believe what has happened so they may be negative about it having worked or staying "fixed." This can undermine your results if you believe their negative logic. Avoid negative people, or simply do not tell them.
- You have not been "healed", you have had a self-review of the need for the pain message, so treat your body with respect to your true capability.
- If you feel good, that's enough. Give yourself time to get used to the new you.
- Put a positive spin on it.... don't look for the pain, enjoy your life
- Take it easy for the next two weeks gradually building back up to full capability.
- Remember YOU are the boss of you and your first responsibility is to yourself!
- Avoid groups that focus on illness awareness or "support", they will have people who cannot believe your improvement so will make out that you never had the illness in the first place.
- Remember you know you can speak to your own body. Say positive things and make honest agreements with yourself, so you can live the best life you can live.
- Think/speak about your pain in the past tense.
- If you are on pain medication speak to your GP about reducing these safely.
- If you get a random pain, understand this is most likely new pain, or the body adjusting. Be calm and careful not to obsess about it or catastrophise. Seek medical opinion if you feel it necessary (just the same as you would have before the session).
- If you have concerns, please feel free to phone me so I can reassure you.