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THE PAIN STRUCTURE 10

OldPain2Go

Reaction Pain

- Harm or Threat of Harm
- Appropriate Pain Message
- Appropriate Action

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THE PAIN STRUCTURE 10

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Reaction Pain

- Harm or Threat of Harm
- Appropriate Pain Message
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Acute Pain

- Reassessment of Harm
- Appropriate Pain Message
- Appropriate Action
- Appropriate Healing Time
- Pain Goes

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THE PAIN STRUCTURE 10

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Reaction Pain

- Harm or Threat of Harm
- Appropriate Pain Message
- Appropriate Action

Acute Pain

- Reassessment of Harm
- Appropriate Pain Message
- Appropriate Action
- Appropriate Healing Time
- Pain Goes

Chronic Pain

- Pain Remains
- Inappropriate Message
- Inability to Act
- Pain Increases
- Medication Issues
- Lowered Quality of Life

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PITSS THEORY™ 17

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Pain

Inflammation

Tension

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THE PAIN MESSAGE 12

Protective State Manifests as a Symptom

Fear Anxiety Doubt

Fear bubble represents the size of the pain 0-10 scale

Acting as a reminder to protect them from

Danger or Damage

Through hoping they choose a Strategy of

Action or Avoidance

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CLIENT TELLS THE STORY 13

"BRIEF" Case

Watch & Listen Carefully

Need notes? -scribble them

What Why When How Where Who

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WE REALISE THE STORY 13

Conscious Reason

Exaggerated Reason

Emotional Reasons Negative Self-talk

Main Reason to Stay in Pain

Perceived Pain Level

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BrainBargaining 13

The art of using logic to update the Pain Review System

Unwanted Baggage Area

Stories No Longer Required

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BrainBargaining 13

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The art of using logic to update the Pain Review System

The diagram illustrates the BrainBargaining process. It starts with a large blue arrow pointing right, labeled "The Weight of Conscious Promises made to the Unconscious". This arrow points to a central box labeled "Reasons to keep". Above this box are two categories of reasons: "Reasons to Let Go" (containing "Free Will", "Life Quality & Desire", and "May Mask New Pain") and "Reduced Baggage & Contents". Below the "Reasons to keep" box is a "Perceived Pain Level" gauge with a scale from 0 to 10. A red needle on the gauge points to approximately 2.5.

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Removal/Reset Process 23 24

OldPain2Go

The slide features a central illustration of a person in a white suit and hat, walking towards the right. The background is a solid blue color. The text is arranged in two columns on either side of the illustration.

- Check with Conscious
- Enthuse Client
- Check with Unconscious

- Relax Client
- Auto Somatics
- Alignment & Balance
- Drain the PIT
- Check Results
- Aftercare