

Conscious Self-talk to my Brain

Here are some ideas on self-talk that you may consider.

"Listen brain, I have obviously not injured anything so you must be making me experience this pain cause you're trying to protect me. Clearly you're afraid that I may hurt myself but there's no need to be so over-protective. It's OK, I can handle it; so you can relax."

"Listen brain, let me assure you that I am OK and there's no reason for you to be worried about me. I know my stress may be causing you to become extra sensitive. I can handle my stress so you don't have to make me experience pain to distract me from my stress."

"Listen to me brain; I 'm fully aware that you're increasing my pain in order to get my attention. You think that I am better off feeling this physical pain instead of my emotional pains. Trust me brain, relax, I can handle my emotional stresses and don't need this pain to distract me."

"Listen brain, you can stop being super protective of me by making my body feel pain even though I am OK. I know you think that I am in danger, but believe me, I'm perfectly safe. So you can just chill so I can go on with my day."

Choose any of the above four suggestion or write your own original one. Write the self-talk down below and the next time you feel that your pain is increasing, read the self-talk out loud over and over until you and your brain become firmly convinced!

For my self-talk to my brain I will say,

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