

THE PAIN TRUTH JOURNEY GUIDE

STAGE 3 – CONFIDENCE

You can influence your pain.

THE TRUTH

Confidence begins when we discover that we can experience pain without fearing it.

Our struggle with pain often adds to our suffering.

Pain often becomes more frightening when we fight against it.

The goal is not to force the pain away.

The goal is to teach your nervous system that you are safe.

One of the most powerful ways to begin doing this is through a simple exercise called **Somatic Tracking**.

Today's practice is simply to listen to the guided audio on www.ThePainTruth.org

YOUR LIFE SCORE

To what extent are you living the life you want to live?

0 1 2 3 4 5 6 7 8 9 10
0 = Not at all *10 = Completely*

WHAT'S ONE THING I CAN DO TODAY?

(A small step that will get you closer to one of your activity goals)

WHAT'S ONE THING I CAN DO THIS WEEK?

(A small step that will get you closer to one of your activity goals)

REMEMBER

You gain a sense of confidence every time you take one small step towards your desired goal.

 Hope →  Understanding →  Confidence →  Trust →  Self-acceptance →  Living →  Begin Again

You are here:  Confidence

www.ThePainTruth.org

CONFIDENCE

The more we fight pain, the more important our brain believes it must be.

Confidence begins when we discover something surprising... you don't have to be afraid of pain.

We can notice pain...without fearing it... without fighting it... without trying to make it disappear.

This tells the nervous system, **"I'm safe."**

Today's practice: Listen to the **Somatic Tracking** audio with curiosity, not with the goal of getting rid of your pain.

Audio is available on www.ThePainTruth.org

It isn't about reducing pain. It's about changing your relationship with pain.

Listen to the guided audio. Notice what happens. Be curious.

There is nothing to achieve. Only something to observe.

Before moving to Stage 4...

- ☐ I listened to the Somatic Tracking audio.
- ☐ I noticed my pain with curiosity instead of fear.
- ☐ I took one small step toward my goal.
- ☐ I'm ready for stage 4.

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