

## The Pain/Terror Technique (General Instructions)

The Pain/Terror Technique (P/TT) releases the emotional pain associated with painful memories. This technique is easy to do and the patient can do it on their own for a variety of painful memories. When doing the breathing into the color, it is not necessary or useful to take a deep breathe. Just breathe normally.

Close your eyes and sit comfortably, legs uncrossed.

1. Identify the P/T memory.
2. What color (sound) is the P/T?
3. Where is the color (sound) located in the body?
4. Visualize breathing into where that color (sound) is in the body.
5. Visualize the color as being composed of very tiny, tiny particles of color.
6. Visualize the particles of color coming out of your body – start with where the color is located, coming directly through the skin like a thick fog or stream. The out-breath should be very slow.
7. Breathe the tiny, tiny, tiny particles of (color or sound) out of different areas of the body. Start with breathing into the middle of the brain and breathing out the center of the forehead. Do this 3 times.
8. Breathe into the middle of the brain and then breathe/flow the tiny color-particles out your eyes. 3 times.
9. Breathe into your chest and breathe/flow the tiny color-particles down the arms out the palms. 3 times.
10. See your spine as being composed of guitar strings. As you breathe out, release the tension on the guitar strings and see the particles of color radiate out in all directions.
11. Breathe into your abdomen and breathe the tiny particles of color down your legs and out the bottoms of your feet.
12. Breathe into your heart and breathe the tiny particles of color out your heart.
13. Breathe into the right side of your brain. Breathe the tiny, tiny particles of color out the right side of your brain.

14. Breathe into the left side of your brain. Breathe the tiny, tiny particles of color out the left side of your brain.
15. Breathe into the front of your brain. Breathe the tiny, tiny particles of color out the front of your brain.
16. Breathe into the back of your brain. Breathe the tiny, tiny particles of color out the back of your brain.
17. Breathe into the center of your brain. Visualize the particles of color as being very tiny, tinniest, particles of color. See them radiate in all directions from the center of your brain.
18. Scan your body to see if there is any color left in your body. If there is, breathe into that part of your body and then breathe the tiny particles of color out the pores of your skin in that area.
19. When the report is that there is nothing left, re-evaluate the event. Remember the event. Does the event still feel “charged?” If there is any guilt, shame or anxiety related to that event, then there is more feeling to be processed. A reaction of sadness, grief, or regret means that the P/T has been released.
20. If the sadness, grief, or regret is causing more pain, repeat the P/TT on that feeling.
21. Now do the instructions given in Changing Patterns.