Releasing the Pain from a Painful Event

1. Describe the painful memory.

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Feel the emotional pain of that memory. On a 0 to 10 scale, how intense is the pain? ______

2. What color is the pain? ________________________________________________________

3. Where is the pain located in your body? ________________________________________

4. Take a deep slow breath and imagine that the breath is going into the pain/color.

5. Breathe out very slowly. Imagine that the pain/color is slowly moving out of your body through the pores of your skin. Think of it as a thick fog emerging out of your body. Do this at least 3 times.

6. Breathe into the middle of your brain and breathe out the middle of your forehead. Do this at least 3 times.

7. Breathe into the middle of your brain and breathe out your eyes. Do this at least 3 times.

8. Breathe into your chest and breathe out down your arms and out the palms of your hands. Do this at least 3 times.

9. Breathe into your abdomen and breathe out down your legs and out the bottoms of your feet.

10. Scan your body to see if there is any pain/color left in your body. If there is, breathe into that part of your body and then the pain/color out the pores of your skin in that area.

11. Re-evaluate the pain of the memory: Does it still feel charged when you think of the event again? On a 0 to 10 scale, how painful is the memory?

12. What is your emotional reaction now? __________________________________________

13. If your emotional reaction is painful, do the PRT again on that feeling.
Instructions for Releasing Feelings of Being Overwhelmed or Anxiety

1. Ask yourself, “What am I saying to myself?” Common thoughts are “It’s too much,” “I can’t handle it,” “Nothing I do matters anyway.”

2. What is the consequence of the thought? For example, “If it’s too much then I’m going to fail,” or “If I can’t handle it, no one will love me.”

3. Feel the emotional pain of that thought. On a 0 to 10 scale, how intense is the pain? ______

4. What color is the pain? __________________________________________

5. Where is the pain located in your body?____________________________

6. Take a deep slow breath and imagine that the breath is going into the pain/color.

7. Breathe out very slowly. Imagine that the pain/color is slowly moving out of your body through the pores of your skin. Think of it as a thick fog emerging out of your body. Do this at least 3 times.

8. Breathe into the middle of your brain and breathe out the middle of your forehead. Do this at least 3 times.

9. Breathe into the middle of your brain and breathe out your eyes. Do this at least 3 times.

10. Breathe into your chest and breathe out down your arms and out the palms of your hands. Do this at least 3 times.

11. Breathe into your abdomen and breathe out down your legs and out the bottoms of your feet.

12. Scan your body to see if there is any pain/color left in your body. If there is, breathe into that part of your body and then the pain/color out the pores of your skin in that area.

13. Re-evaluate the pain of the memory: Does it still feel charged when you think of the event again? On a 0 to 10 scale, how painful is the memory? ____________________________

14. What is your emotional reaction now?______________________________

15. If your emotional reaction is painful, do the PRT again on that feeling.
**Instructions for Freeing Yourself from Obsessive Thoughts**

1. Write down what you are thinking about.__________________________________________________________

   In your thinking, are you trying to change the outcome of what actually happened? ______


2. If you are trying to change the outcome of what actually happened, focus on what actually happened. What are you saying about yourself in regards to that outcome? Examples are “I’m not good enough,” “I never get what I want,” “I’m a loser,” “I’m a failure.”

   Feel the pain of that thought. On a 0 to 10 scale, how intense is the pain?__________________________

3. What color is the pain? _______________________________________________________________________

4. Take a deep slow breath and imagine that the breath is going into the pain/color.

5. Breathe out very slowly. Imagine that the pain/color is slowly moving out of your body through the pores of your skin. Think of it as a thick fog emerging out of your body. Do this at least 3 times.

6. Breathe into the middle of your brain and breathe out the middle of your forehead. Do this at least 3 times.

7. Breathe into the middle of your brain and breathe out your eyes. Do this at least 3 times.

8. Breathe into your chest and breathe out down your arms and out the palms of your hands. Do this at least 3 times.

9. Breathe into your abdomen and breathe out down your legs and out the bottoms of your feet.

10. Scan your body to see if there is any pain/color left in your body. If there is, breathe into that part of your body and then the pain/color out the pores of your skin in that area.

11. Re-evaluate the pain of the memory. Does it still feel charged when you think of the actual event again and your thought about yourself from step 3? On a 0 to 10 scale, how painful is the memory?___________________________________________

12. When you let yourself think about the situation, are you still thinking about what you could have done to change the outcome? If you are still trying to change the outcome, has the color of the pain changed or are you saying something else about yourself that is painful? If the color has changed and you still want to change the outcome, even if less intensely, repeat this exercise.

13. If your emotional reaction of sadness or regret and it is painful, do the PRT again on that feeling.

The Emotional Pain Release Workbook

Robert Miller, PhD
Releasing the Pain Underlying Intense Anger

1. Describe the event that you are angry about.______________________________________________

_____________________________________________________________________________________

What is the negative feeling underlying the anger? Examples: shame, humiliation, weakness, powerless.
_____________________________________________________________________________________

2. Become aware of the emotional pain of that negative feeling. On a 0 to 10 scale, how intense is it? ____________________________________________________________

3. What color is the pain?________________________________________________________________

4. Take a deep slow breath and imagine that the breath is going into the pain/ color. 

5. Breathe out very slowly. Imagine that the pain/color is slowly moving out of your body through the pores of your skin. Think of it as a thick fog emerging out of your body. Do this at least 3 times.

6. Breathe into the middle of your brain and breathe out the middle of your forehead. Do this at least 3 times.

7. Breathe into the middle of your brain and breathe out your eyes. Do this at least 3 times.

8. Breathe into your chest and breathe out down your arms and out the palms of your hands. Do this at least 3 times.

9. Breathe into your abdomen and breathe out down your legs and out the bottoms of your feet.

10. Scan your body to see if there is any pain/color left in your body. If there is, breathe into that part of your body and then the pain/color out the pores of your skin in that area.

11. Re-evaluate the pain of the memory: Does it still feel charged when you think of the actual event again and your thought about yourself from step 3? On a 0 to 10 scale, how painful is the memory? 

12. When you let yourself think about the situation, are you still thinking about what you could have done to change the outcome? If you are still trying to change the outcome, has the color of the pain changed or are you saying something else about yourself that is painful? If the color has changed and your are still wanting to change the outcome, even if less intensely, repeat this exercise.

13. If your emotional reaction of sadness or regret and it is painful, do the PRT again on that feeling.
Releasing the Pain Underlying an Irrational Feeling

1. Identify the memory that you feel guilty or shameful about. Describe it.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. On a 0 to 10 scale, how intense is the guilt or shame.

3. The event is most likely a painful event to remember. Focusing only on the pain, on a 0 to 10 scale, how intense is the pain?

4. What color is the pain?

5. Take a deep slow breath and imagine that the breath is going into the pain/color.

6. Breathe out very slowly. Imagine that the pain/color is slowly moving out of your body through the pores of your skin. Think of it as a thick fog emerging out of your body. Do this at least 3 times.

7. Breathe into the middle of your brain and breathe out the middle of your forehead. Do this at least 3 times.

8. Breathe into the middle of your brain and breathe out your eyes. Do this at least 3 times.

9. Breathe into your chest and breathe out down your arms and out the palms of your hands. Do this at least 3 times.

10. Breathe into your abdomen and breathe out down your legs and out the bottoms of your feet.

11. Scan your body to see if there is any pain/color left in your body. If there is, breathe into that part of your body and then the pain/color out the pores of your skin in that area.

12. Re-evaluate the pain of the memory: Does it still feel charged when you think of the actual event again and your thought about yourself from step 3? On a 0 to 10 scale, how painful is the memory?

13. When you think of the event, how charged, on a 0 to 10 scale, is the feeling of guilt or shame?

14. If your emotional reaction of sadness or regret and it is painful, do the PRT again on that feeling.
The Pain Release Technique

The Pain Release Technique (PRT) 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.

Close your eyes and sit comfortably, legs uncrossed.

1. Identify the painful memory. ____________________________________________________________

2. What color (sound) is the pain? __________________________________________________________

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 pain coming out of your body. Start with where the pain is located, coming directly through the skin like a thick fog or stream. The out-breath should be very slow.

6. Breathe the pain (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.

7. Breathe into the middle of the brain and then breathe/flow the color/pain out through your eyes. Do this 3 times.

8. Breathe into your chest and breathe/flow the color/pain down the arms out through the palms. Do this 3 times.

9. Breathe into your abdomen and breathe/flow the color/pain down your legs and out the through the bottoms of your feet. Do this 3 times.

10. Breathe into your abdomen and breathe/flow the color/pain out your naval area 3 times.

11. Re-evaluate by asking if there is any color/pain left in the body. If there is, do the breathing and breathe/flow out that part of the body 3 times.

12. 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 pain has been released.

13. If the sadness, grief, or regret is causing more pain, repeat the PRT on that feeling.