

# Relaxing the Pain

## CHEAT SHEET

DianaERuiz.com

**Our kind, positive and healing words to ourselves are very powerful.** Unfortunately we rarely say them when we are in pain. Find a quiet place and take this opportunity treat yourself to them.

**There is also an step by step program for pain relief available at: [www.DianaERuiz.com](http://www.DianaERuiz.com)**

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**Get a sheet of paper and pen. Take a deep breath.** Assess three aspects of your pain:

1. Level of pain on scale from one to ten, 2. Type of pain (sharp throbbing etc) and finally
3. The size of the area of pain (grape, orange, grapefruit, cantaloupe, size etc)

**Next focus and repeat OUT LOUD 3 x's** Even though I have this pain I am open to relaxing about it.

**Then repeat the following out loud and with calm intention**

I am open to feeling comfortable in my body  
I am open to feeling relaxed in my body  
I am open to feeling at ease in my body  
I am open to feeling flexible in my body  
I am open to feeling youthful in my body  
I am open to feeling energized in my body

**Take a breath and go back and measure those same three things again.** Notice if it is bigger/smaller or the same, more intense less intense or the same etc. Chances are you are feeling a bit better but we will continue.

**Repeat 3xs** Even though I still have some of this pain I am open to relaxing about it  
Even though I'm feeling a little better but it is still there I am open to relaxing about it.

**Then repeat the following out loud and with calm intention**

I am open to feeling comfortable in my body  
I am open to feeling relaxed in my body  
I am open to feeling at ease in my body  
I am open to feeling light in my body  
I am open to feeling youthful in my body  
I am open to feeling strong in my body  
I am open to feeling safe in my body

Go back and check as before. Notice any changes.  
Continue in the morning and/or evening every day until you feel relief.

**Reach Out For Free Consultation**  
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