



DEBORA WAYNE
Founder and CEO
Pain Release and Energy
Healing Specialist

Thousands of Clients In 160 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the Pain Free Living Program Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.

HighSpeed Healing Full Day Experience™ **Top Reasons For Pain and Suffering**

1. Resisting what you are feeling, resisting what is going on, being said, happening around you.
2. Unresolved fear, anger, hurt, resentment, grief, guilt, shame, other emotions
3. Saying yes when you mean no - Emotional Dishonesty
4. Misinterpreting what other people say and do.
5. Trying to figure pain out with your logical mind
6. Hanging around Negative People, Toxic Environments
7. Focusing on yourself all the time.
8. Focusing totally on others and forgetting to take care of yourself.
9. Taking on the pain and problems of other people.
10. Holding onto or getting attached to a specific outcome and/or unwilling to let go of) people, places, and things you cannot change.
11. Talking to yourself in a negative way.
12. Not following your own inner guidance.
13. Gossiping and Judgement of self and/or others
14. Jumping too quickly to forgiveness and skipping over emotions

HOMEWORK:

1. Which items on this list do you recognize that may be causing you pain?
2. What ACTION STEPS will you take starting NOW TODAY to reduce or eliminate your pain?

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