



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.



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HighSpeed Healing Full Day Experience™

Ask yourself the following questions and take time to WRITE DOWN your answers. Writing stimulates a different part of the brain and memory center and is much more powerful than just “thinking about” something.

1. Which of the “Top 13 Reasons for Hidden Pain and Patterns” spoke to me the most?
2. What did I HEAR from today’s call and which callers and comments stood out to me the most?
3. Did anything or anyone “trigger” me emotionally, and if so, why? Write about this.
4. What emotions did I FEEL from today’s call?
5. How aware am I of my thoughts and emotions and how they affect my energy, body, and life?
6. How am I focusing on my symptoms, rather than looking deeper for the root ?
7. What, When, Where, and With Whom do I avoid, suppress, repress, resist, blame, try to stop, or “figure out” my “pain” and symptoms with my mind?
8. What is my pain trying to teach me? (Trust the first thoughts that come into your mind). “I don’t know” comes from your conditioning. Sit with this as you ask the question, listen deeper, write down your first thoughts, and all the thoughts that come up.
9. Where do I get stuck?
10. Where do I stop short? What am I UNwilling to change, feel, talk about, think about, look at?
11. Starting today, what am I willing to DO differently? What THOUGHTS am I willing to change? What am I willing to FEEL that I've been running away from before?

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