The Emotional Pain Release Workbook

By

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The Emotional Pain Release Workbook

Emotional pain is the foundation of all negative and destructive behavior. Releasing the pain changes the behavior. The Emotional Pain Release Technique (PRT) is an quick and easy method of getting rid of the pain.

Some types of pain are easy to notice. If a person’s spouse has recently died or if a person’s girlfriend left him for another man, the emotional pain is clear. Other behaviors, however, may make it harder to even identify the pain. For example, procrastination, anxiety, depression, or overeating may be the result of emotional pain but the person may be unlikely to be aware of the pain underlying the dynamic. However, whether the pain is obvious or hidden, the pain causes dysfunctional behavior.

The purpose of this book is:

1) to teach you a simple technique for releasing emotional pain and
2) to help you identify exactly the pain that underlies your behavior so that you can release it.

For most people, identifying the pain is actually the more challenging task. Many negative feelings about ourselves and problematic behaviors are actually the consequence of emotional pain. Releasing the pain changes the negative self-feelings and resulting behavior. This book is set up so that you can find any behavior that is bothering you and release the pain that is motivating that behavior.

Results:

There are two results of clearing emotion pain:

1). The first result is that the suffering you are experiencing when thinking about the event is no longer present. This usually occurs immediately after doing the PRT. You may notice that the event is not as 'charged' as it had been.

2) The second result is less immediately obvious. Some painful events are more foundational. For example, if a person was raped during their teenage years, many feelings/thoughts and behaviors may have been driven by the pain of that event. When
the pain is released, the driving force behind those feelings/thoughts and behaviors is no longer present. The first result of the PRT, as described above, is that after releasing the pain, the charge of the event goes away. The second consequence is that you may feel unmotivated for several days. There just isn't any reason for feeling and doing those old pain-driven behaviors anymore. After a few days, this kind of empty listless feeling goes away and you may experience new motivations, interests, desires that reflect the new pain-free spirit that had been covered up by the pain.

When beginning to learning to clear the pain using the PRT, I suggest beginning with some painful event that it is easy to remember and that the pain is easy to feel. Events such as the breakup of a relationship or some other loss or the pain of a failure are usually events whose pain is evident. After you have learned how to use the PRT and have experimented with what exact approach works best for you, then move on to behaviors in which the pain is less obvious. The PRT works the same in all events but it is not always easy to find the pain underlying a behavior.
!Warning!

Do NOT deeply or intensely connect with the pain.

Intensely connecting with the pain is not necessary. In fact, it’s a bad idea. Nobody wants to feel pain. Letting yourself experience the pain may actually make it harder for you to stay with the release process. Identifying the pain of the event, then the color and location is all that is necessary to release the pain.

!Second Warning!

Do NOT release more than 2 separate pains in one session.

Psychological and behavioral patterns are created as a result of emotional pain. Removing that pain, removes the driving force or motivation for those patterns or behaviors’ existence. Because people’s sense of who they are is significantly the result of these patterns and behaviors, removing the pain underlying those dynamics removes that sense of who they are. Once the pain is removed, people naturally begin creating new patterns and behaviors that are not based on the pain. However, a transition time is necessary for this to emerge. Too many pains released, can therefore make this process seem threatening to the self rather than a liberation of the self.
Pain Release Stories

Tantrums

Joan was a 9 year-old girl who was having multiple tantrums everyday. She had been doing this since she had a very bad experience with her mother six months previously. Currently, she was living with her father. After doing the Emotional Pain Release Technique (EPRT) on that event, the frequency of her tantrums dropped to two each day. Joan also reported feeling that she was in more control of her life.

Suicidal Thoughts

David was a 40 year-old professional who had been having increasing thoughts of killing himself since his wife left him for another man six months prior to treatment. David stated that he had never had problems with depression previously or any thoughts of harming himself. However, the pain of this loss and betrayal had become worse over time and he reported that it was becoming more difficult to live with it. After releasing the pain with the PRT, all thoughts of suicide disappeared and were no longer a factor in treatment.

In Summary:

1. Negative events create emotional pain.
2. Emotional pain drives the creation of negative belief and feelings.
3. Emotional pain creates negative and destructive behavior.
4. When the pain is released, feelings and behavior change.

Emotional Pain is the Foundation of all negative/destructive behavior
How to Do the Pain Release Technique

The PRT utilizes a breathing/visualization technique. During this process, think of the pain as an actual physical substance that you are removing from your body. When breathing the pain out, visualize the pain as a thick fog that slowly moves out the pores of your skin. Alternately, if pain is a sound for you, hear the pain as a sound that disappears as you breathe through it. Whether you use a visual or auditory mode of identifying the pain, it is very important to think of the pain as an actual substance that you are releasing from your body. The more intensely you can visualize this process, the more complete the pain release will be.

WARNING: Once you learn and see how effective the PRT is, you may be tempted to use the PRT on many different memories immediately. This is a very bad idea. Please limit yourself to two different memories a day. Because of the profound change that can occur, too much change can result in intense anxiety. That anxiety is the result of too much change, too quickly.

Now to begin the PRT start with some event that you can clearly identify as emotionally painful. Then identify the painful feeling you are experiencing i.e. shame, guilt, humiliation, embarrassment, loss. Now you’re ready to begin the releasing process.
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 your eyes. 3 times.
8. Breathe into your chest and breathe/flow the color/pain down the arms out the palms. 3 times.
9. Breathe into your abdomen and breathe/flow the color/pain down your legs and out the bottoms of your feet. 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.
Identifying Emotional Pain

Identifying your emotional pain is sometimes obvious such as when you feel rejected or someone says something hurtful to you or you experience a significant loss. The pain that underlies other reactions may not be so obvious. Feelings of being overwhelmed or anxiety about doing things indicate that emotional pain is present. An overly intense angry reaction to a situation can also indicate that you feel hurt (pain) using anger to overcome the hurt. Obsessively thinking about how you could have changed the outcome of a situation also indicates an underlying pain. In this case, you are trying to avoid pain by altering the situation.

To summarize: There is an underlying pain when:

1. Remembering an event causes emotional pain.
2. You feel overwhelmed or anxious.
3. You have an overly intense angry reaction.
4. When you are constantly thinking about what you could have done differently to change the outcome of the situation.
5. When you are procrastinating.
6. When you felt guilt or shame.
It is easiest to learn the PRT using an event that you remember as painful.

**Releasing the Pain from a Painful Event**

1. Describe the painful memory.
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

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

3. What color is the pain?
   ________________________________________________________________

4. Where is the pain located in your body?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

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 event again? On a 0 to 10 scale, how painful is the memory?

13. What is your emotional reaction now?

14. If your emotional reaction is painful, do the PRT again on that feeling.
Releasing the Pain Underlying the Feeling of Being Overwhelmed or the Anxiety about Doing Something

When people feel overwhelmed and/or anxiety about things they have to do, they often do some form of hiding behavior such as watching TV, drinking, eating, or working. However, the feeling of being overwhelmed or anxiety about doing things is never the result of what is happening, what we have to do, or any activities we have to do. Rather, we feel overwhelmed or anxious because of the thoughts we say to ourselves. Thoughts such as “I can’t do all this” trigger other negative thoughts and feelings such as “I’m going to fail” which, in turn, creates emotional pain.

For example, Peter felt overwhelmed at work because he felt he had too many things to do. The negative belief that was being triggered was “I can’t”. Underlying that belief was the belief, “I’m going to fail.” Releasing the pain of “I’m going to fail” cleared the feeling of being overwhelmed.

Steps for processing the pain underlying the feeling of being overwhelmed or anxious about having to do things:

1. When you feel overwhelmed or anxiety, 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 pain of the thought.
4. Do the PRT
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.
Releasing the underlying pain of obsessive thoughts

Obsessive thinking comes in two varieties. The first type is when you like what you are thinking about. For example, a compulsive gambler may compulsively think about gambling even when he is not gambling. Or someone may constantly fantasize about sex. These thoughts patterns are not the direct result of emotional pain. Changing these types of thoughts require a different approach called the Feeling-State Addiction Protocol. This type of thinking is driven by a positive underling feeling that has become linked with the behavior obsessively thought about.

The other type of obsessive thought is when you are trying to change the outcome of the situation. In this situation, you are trying to avoid the pain of the actual outcome by thinking of behaviors you could have done to make the outcome less painful.

Charles

Behavior: Charles had lost a lucrative contract that would have made him the top salesman in his company. He continues to think about what he could have said or done to change the outcome. Charles thinks about this event everyday sometimes for hours trying to find what he did wrong and what else he could have done.

Psychological dynamic: What Charles is trying to do is avoid the emotional pain of failure by rethinking the event. Whether there was anything he could have done to change the outcome is not the point. The obsessive thinking is caused by the need to change the outcome so that he will not have to feel the pain of what actually happened.

Solution: The solution is to get Charles to release the pain so that he doesn’t have to fight off the feeling of pain by trying to create a different outcome.

Joseph

Behavior: Joseph has a pattern of charitable giving beyond what he can afford.

Psychological dynamic: During Joseph’s childhood, his sister was abused by their father. He feels guilt and the associated emotional pain because he was unable to intervene. His feelings of guilt and pain make him feel that he has to do something to help others.

Solution: Joseph needs to identify, connect with, and release the pain he feels when his sister was abused by their father.

Jackson
Behavior. He will sometimes make snarky remarks toward him and spends too much time thinking.

Psychological dynamic: Jackson feels envy toward his brother for his brother’s success in business. He’s always thought of him as the favorite of his father and wanted the attention his father gave him brother. Jackson’s envy is the result of the pain of wanting something that his brother has that he wants – his brother’s successful and parental attention.

Solution: Jackson needs to release the pain associated with not having gotten what he wanted that his brother did get – his father’s attention and his brother’s success.

Instructions for Freeing yourself from obsessive thoughts

1. Write down what you are thinking about.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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

3. 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.”

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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

5. What color is the pain? _________________________________

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 actual event again and your thought about yourself from step 3? On a 0 to 10 scale, how painful is the memory?

14. When you let yourself think about the situation, are you still thinking about what you could have done to change the outcome? If your 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.

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

When you are angry, ask yourself, what am I saying to myself that makes me feel weak or powerless. Common thoughts are “I never do anything right”, “No one loves me”, “I’m a loser.” Let yourself think that thought and then feel the emotion underlying it such as shame. Then feel the pain of the shame and do the PRT.

Jim feels intensely angry at his teacher because he refused to change his grade that he feels that he deserves. Underlying that anger is the memory of boys in elementary school calling him stupid because he couldn’t work a math problem at the blackboard in front of the class. All Jim may be able to identify, however, is the thought of being stupid. The thought of being stupid triggers that memory and the feelings of shame connected with it. However, instead of feeling the shame, Jim reacts with intense anger. When Jim feels the pain of his shame of being “stupid”, he can release the pain and the overly intense anger will disappear. Jim still felt some anger at his teacher because he felt unfairly treated, but now his anger was appropriate to the situation.

Releasing the pain underlying intense anger

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

2. What is the negative feeling underlying the anger. Examples: shame, humiliation, weak, powerless.
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

3. Become aware of the emotional pain of that negative feeling. On a 0 – 10 scale, how intense is it. ________________________________

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 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 are still wanting to change the outcome, even if less intensely, repeat this exercise.

14. If your emotional reaction of sadness or regret and it is painful, do the PRT again on that feeling.
Releasing the pain of irrational Guilt and Shame

Pain = “I’m Bad”

Feelings of guilt and shame can be irrational. That means that you can feel guilty about something even though you didn’t do anything wrong. For example, a six year-old boy who is sexually abuse may feel guilty about the abuse even though, at six years old, there wasn’t anything he could do about it. The six-year-old boy grows up and feels guilty, “I should have done something.”

When you were a child, you knew that you were bad when you were punished and experienced emotional pain. In other words, you know that you’re bad when you feel pain. So the equation is: [Pain = I’m Bad]

This is why when a six year old child is abused that he/she feels guilt or shame. The child must have done something wrong or the adult would not have hurt him/her. This model of pain = bad then carries over to adulthood. So as an adult, when you are hurt, you may feel guilt and/or shame even though it’s not your fault. Eliminating the pain will then eliminate the negative feelings (“I feel guilty”, etc.) that the pain creates.

In summary:

Pain means “I’m bad” (feelings of guilt, shame, worthless, defective, etc.)

Releasing the pain deconstructs the negative self-thoughts

Sean

Sean’s wife committed suicide because of intense intrusive memories of children dying after an earthquake. As a nurse, she tried to save many of them, but three children died in spite of her best efforts. She felt responsible for their deaths even though logically he knew that he had done everything that he could. Sean was seeking therapy to help him work through his feelings that he should have/could have done more to help his wife. Sean was depressed and obsessively thinking about what he could have done to change the outcome.
The Emotional Dynamic: Sean experienced feels of guilt because he felt he should have done something to prevent his wife’s suicide. He kept thinking and rethinking the event trying to find someplace, some event, where he could have done something differently. He would ruminate obsessively over memories of being with his wife where he should have been able to be notice what was going to happen. He knows that she had refused help and had given no indication that she was suicidal. But Sean could still not forgive himself no matter how logically he and others could explain that her death was not his fault.

At the child level of mind, Sean was equating pain with guilt and shame (Pain = I’m bad). Because he felt guilty, he kept thinking back to the events leading up to his wife’s death trying to find something he could have done differently.

The solution: The solution for Sean was to release the pain that was causing the feelings of guilt. First, Sean acknowledged and identified the feelings of guilt resulting from his fiancée’s death. Then he identified the color of the pain and the pain’s location in his body. After doing the PRT, Sean no longer felt guilt or responsible for his wife’s death. He was able to distance himself from her suicide and had a more realistic understanding of what happened. Even though Sean no longer felt guilty, he still had some intense memories about his wife’s suicide. Those were processed using the standard EMDR protocol.

David

David is a 40 year old male presenting with a pattern of relationships in which he feels that he has to rescue women. When he was a child, he witnessed his older sister being physically abuse by his mother. David states that he feels guilty about his sister’s abuse because he should have done something about it. Even though intellectually he knows that there was nothing he could have done, he still feels guilt and that guilt affects his current relationships. He then tries to rescue women because he will then feel less guilty and therefore less emotional pain.

David’s real problem is the emotional pain he suffered witnessing his sister’s abuse. Witnessing the abuse not only made him feel powerless and helpless and emotional pain as well. Because he felt emotional pain, he therefore felt he was bad which resulted in feeling of guilt and shame. As long as he feels the emotional pain in regards to that event, he will continue to feel that he is bad (guilt and/or shame). He currently acts out of this bad self-feeling by rescuing women.

The solution is for David to release the emotional pain of witnessing the abuse of his sister. Then the bad feelings about himself will clear. So the focus on treatment is not to confront the feelings of guilt or shame, but to release the emotional pain.
Releasing the pain underlying an irrational feeling

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

2. On a 0 - 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 - 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 – 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.
Enmeshment

Enmeshment is the emotional dynamic of the joining with another person or persons motivated by fear or pain. A person who is enmeshed will then be overly reactive to that person or group so that what the person thinks and feels is less important than what the person or group feels.

Example:

Roger and Sally are getting married. Roger has a half-sister by a woman his father never married. Roger’s sister, Mary, wants to invite their half-sister to the wedding. However, Roger is horrified and attempts to shame Mary about inviting Sally.

The dynamic is that Roger is deeply enmeshed with his father and knows that his father will reject any attempt as shaming to have Mary at the wedding. Roger is passing on the shame to his sister when she talked about inviting her. Because Mary is also enmeshed, she experiences shame as well.

The solutions:

Both Roger and Mary’s shame is the result of the fear of being excluded from the group. In this case, the group is the family as represented by their father. The enmeshment is a result of this terror. The prospect of inviting Sally activates Roger’s fear that his father will reject him. By shaming Mary, he protects his place in the group and attempts to keep Mary in line. Mary’s feeling of shame is her response to not be excluded.

Both Roger and Mary need to release the terror that underlies these dynamics. Then they can decide the best course of action.

Stages of Change

The amount of change that occurs after doing the PRT depends on how much the pain has become a focus of your behavior. If you have suffered a recent loss of a job or relationship, the likely change will be small other than how the current pain has changed your behavior since the loss occurred. On the other hand, if the pain-causing event occurred many years earlier or if the event caused a significant change in behavior, then releasing the pain may result in significant change in behavior.

A useful image of the connection between emotional pain and the feelings/behavior is to think in terms of sphere with the pain in the middle. Surrounding the pain, emanating from the pain, are the psychological patterns and behaviors motivated by the pain. When the pain is released, the patterns and behaviors resulting
from the pain no longer have a motivation or driving force. The result is that you are no longer motivated to do that behavior or to see in the world through that lens.

De-motivation is the usual consequence of releasing a pain that has caused significant change in the person’s life. The next few days after the pain release you may feel tired and not have any real desire to do anything. The next stage is often a re-evaluation of what you have done since the event occurred. There is often sadness and/or grief or regret about the choices made and the lost years. This occurs because without the pain and the psychological patterns driven by the pain, you may see your behavior through a different lens.

While the above changes are occurring, something else is also happening: the experience of something wonderful expanding and growing inside. The experience has been described by others as a release from a bondage they didn’t know they had and new, deeper sense of their own self and what they feel and want. Awareness of this experience is most acute in the first few weeks. After a few weeks, the most obvious changes have taken place and you may no longer be aware of the changes because you are now seeing/feeling yourself in a new way.
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 your eyes. 3 times.
8. Breathe into your chest and breathe/flow the color/pain down the arms out the palms. 3 times.
9. Breathe into your abdomen and breathe/flow the color/pain down your legs and out the bottoms of your feet. 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.