

Pain Buddies

Handle With Kindness

(HEART)

- There is a Heart inside all of us that is safe and loving. There is kindness, peace, stillness, and joy. It is always there for us
- Sometimes thought painful experiences, both emotional and physical, are part of life. How we respond to taking care of ourselves will make a difference in our well-being.
- The Pain Buddy is a friend that helps us through difficult times as well as everyday happenings. So that we can be kind to ourselves and those around us when experiencing those painful feelings.

(PICTURE) In this moment

- **Notice your feelings.** Are you at ease? Or are you feeling Fear, Disappointment, Loneliness, Inadequacy, Sadness, Boredom, Anxiety, Depression, Anger...
- **Notice your thoughts.** What are you telling yourself?
- **Notice where in your body are your feelings.** Focus on the area that is hurting.

(TURN AWAY-UNKIND TO OTHERS)

- We may want to turn away from pain and not feel it. We may not want to act out our feelings because we hurt but we don't know what to do. We just want to stop the pain. So sometimes we may be unkind to others because of how we are feeling.

TOUCH SMALL HEART ON THE OUTSIDE)

- Our pain makes our heart seem so small but if we dig deep inside of ourselves, we will remember that it is safe to experience our pain. The **bigger heart** inside holds us so we will be all right even when it hurts.

(TIED IN KNOTS-UNTIE THE KNOT)

- Calm the body and spend a minute or more doing deep natural breaths. Trust this wise self and its goodness

(FACE THE PAIN)

- Look at your pain. Accept as part of your current reality. We do not have to act at this moment. Sometimes we want to because we are anxious—we want it to be over! We want the pain to stop.

(SHAKE HANDS)

- Recognize that the feeling is inside of you. Just be open to what you feel.

(PUT ARMS AROUND BUDDY)

- It may get worse BUT STAY WITH IT
- It may scare you BUT STAY WITH IT.
- You may want to quit but STAY WITH IT.

(MOVE BUDDY SLOWLY BACK AND FORTH)

- Now just watch your pain
Observe your pain. Continue to watch your pain.

(TALK TO THE PAIN BUDDY-FOLDED WITH LEGS UP)

- Be silent with your pain and see if there is information from the pain?

(TWO PEOPLE HOLD HANDS)

- We can share information with friend—be careful with dramas—What is happening is at the current moment
- There may be an action to take.

(PUT BUDDY AWAY)

- Are you ready to gently release your pain?
- You have a choice.
- Say farewell.
- This prevents us from becoming attached to our pain.
- We do not want to identify with pain.
- We are not our pain.

(PICTURE)

- Why would we want to go through all of this when it doesn't feel good? When you let pain be pain – a normal process of life- we let pain be just a feeling that is letting us know about life inside of us. It is helping us live our best life. We have freedom to choose the life we want to create. You can choose happiness more often. We become lighter and lighter inside. With more freedom we have chosen to experience all of life.
- The PB acts as a **symbol** to help us face obstacles, challenges, and every day living.
- The PB with regular use can **teach** us with practice to respond to life in a calm, clear-sighted way.
- The PB can be a **support** – a silent presence-to make it ok to talk about how we feel.

Reflections Thoughts from Testimonials

Sam - *Anger is meant to feel and to give us information.*

- **Can you find information from your feelings?**

Noah- *I look inside and let others know what I am feeling.*

- **Are you honest with others about how you feel when you are fearful or scared?**

Denise -*We can see the energy coming up – the hurt and not mask what is there.*

- **Can you trust the energy that is coming up even if it hurts?**

Paul – *It is a reminder so that we do not get caught up in the feeling of the moment...but allow ourselves to feel the hurt of pain and respond appropriately and lovingly.*

- **Even in your pain can you respond from that loving place?**

Janis – *We need to risk feeling our essential pain so that we have more freedom in life.*

- **Can you let pain be pain to find freedom?**

Kristine – *We look outside for answers for our anxiety and emptiness where the answers are inside. We have to stay with our pain and be aware of what it is telling us.*

- **Can you look inside for answers to what you need to know?**

PJ – *The good stuff is in the center. We can protect it without putting a hard shell around it. We can protect it by sharing and letting it out.*

- **Can you find someone trustworthy to share your feelings?**

Margaret – *Where do you want to live?*

- **Can you live in joy and peace in this moment?**

Mary – *We need to learn to express what we are feeling. We need to become the silent witness to our pain.*

- **Can you be the observer of your feelings?**

Bethany - *I always stay close to myself so I don't hide from what is going on inside.*

- **Can you moment to moment stay with what is going on inside of you?**