

Addressing Physical Issues with PSTEC

Physical problems usually have emotional components - Resolve the emotional issues and often the physical symptom is decreased or eliminated.

Get a specific description...no, more specific...always look to increase the specificity!

1. Be specific about the location of the pain - Where is the location of the pain? Where in that area? For example, if someone says their pain is in the shoulder, ask: 'Where in the shoulder? Front – back? Side? Inside? Does it feel like the bone is hurting or the muscle? Etc....Where exactly is the pain? Is the pain moving around? (Beware of chasing the pain)
2. Be specific as to the type of pain – throbbing, sharp, etc.
3. Be specific as to the degree of the pain –what is the SUDS rating?
4. If you were to describe the pain, what would it look like? (It could look like a face, a tar pit, a paper clip, animal, doll, etc.)...give it a color...bright or dull?

Allow the person to describe it in their own words

Talk to Me!

Is the pain willing to have a conversation? If no answer...let it go.

If “yes”, ask what the pain is protecting the client from, or, what message do you have for (client name)...DO NOT make pain wrong for being there.

Thank the pain for how it has been serving client and ask if it could serve him/her in a different way now.

Pain, how have you been protecting client?

Tell me more about that.

More Questions (of course)

- *If there were an emotional contributor to this pain what would it be?*
- *How do you feel about having this pain?*
- *If there were an emotional reason this won't heal, what would it be?*

How Long Have You Had the Pain?

Ask how long they have had the pain and what occurred around that time. The person may say nothing, they just know it happened back then...let's say 12 years ago.

The key to pain, illustrated here, I've found lies in getting back to an initial memory or situation that was occurring when the pain began. If clearing the memory doesn't completely take care of it, then it is helpful to probe any emotions about the memory.

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PSTEC is not advocated for pain control because whilst it may very well work you should always seek medical assistance for such problems. All of the descriptions of treatment and advice that refer to self-help are not meant to imply that everyone will benefit in that way. If you consider that you have long-standing or severe problems, you should consider treatment with a qualified therapist.

Jeff Harding is not a licensed health or medical professional and offers PSTEC as a personal performance coach.

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3 Keys to Addressing Physical Issues

- 1. Events Surrounding the Onset of the Pain** - Pinpoint any emotionally traumatic memories on or around the onset of the physical problem. Then tap on all the aspects of that memory which are troublesome until it is no longer problematic to recall. When someone has a chronic physical ailment, ask them when did the problem develop, then what was going on in their life at the time it developed.
- 2. Emotions about the Pain Itself** - Specifically address how the person feels about the physical concern. What is the emotion you have when you think about the fact that you have it? Are you scared, angry, sad, or frustrated? Becoming emotionally neutral about the pain allows the person to let go and allow the body to heal.
- 3. Emotions about Never Healing** - Find out how the person feels about never getting rid of the issue. Again, what are the emotions involved when this is considered? How do you feel your life will be affected if you never getting rid of the physical issue? (This could bring up some fears)

Chasing the Pain

Follow the predominant pain

- Try focusing on physical issues BEFORE dealing with a painful emotional issue
- Sometimes when you relieve the pain, you relieve the emotional issue
- Often pain “moves” and/or changes nature
- Possible evidence of changing emotional issues.

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